



Westgate News

October 2009

Westgate Elementary
703-610-7500 Main Office

7500 Magarity Road, Falls Church
703-610-5757 Attendance



Parents,
We really appreciate your cooperation during dismissal. We strive to make sure all students and their family enter and exit the school property in a safe manner. Please give the following information your consideration:

- Taking advantage of Kiss and Ride
- Not walking or standing in bus parking
- Being on time to pick your child up at dismissal
- Car pooling



Columbus Day October 9, 2006

Fairfax County Schools celebrate Columbus day on October 11th. All Schools will be closed. Enjoy the day and do some exploring around your home!



Communicating With The School Year-Round

- ▶ Stay attuned to your child's academic accomplishments on a weekly basis. Praise those accomplishments appropriately.
- ▶ Communicate with the school regularly. When you have a concern or question, write a note, or email or phone the teacher. *We need you on our team!*
- ▶ Think ahead: at the end of the school year, schedule a meeting to discuss with the teacher your child's successes and challenges.



Alaska's coastline, which measures 6,640 miles, is greater than the coastlines of all the other 49 U.S. states combined.

The city of Island Park, Idaho, is 33 miles long. Its main street is the longest main street in America.

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B is for BEDTIME.

Awwwww, Mom! Already? Sound familiar? On average, children need 8 to 10 hours of sleep each night. Sleep is important for many reasons. Lack of sleep can cause kids to be hypersensitive, impatient, or cranky. It is more difficult for children to concentrate and learn when they are tired. (Some doctors even believe that during sleep the brain "files away" what is learned during the day.) Encouraging quiet activities -- such as reading -- just prior to bedtime offers a transition that helps children relax. *Sweet dreams!*

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