



# Lorton Station Express

News from Lorton Station Elementary School and the PTA

October 2005

## Call Sheet

### Lorton Station Elementary School

**Principal:**

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**Web Site:**

[www.fcps.edu/lortonstations/](http://www.fcps.edu/lortonstations/)

### PTA Executive Committee

**President:**

Sandi Fedorshik  
sfedorshik@yahoo.com  
703-690-5060

**1st Vice President**

Nannette Henderson (temporary)  
n.henderson6@verizon.net  
703-643-9085

**2nd Vice President**

Christie Thornett  
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**Secretary:**

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571-642-0032

**Treasurer:**

Catherine Benavides  
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703-495-8070

## Focus on the positive

*"You've got to stand for something or you'll fall for anything." – Title of a Song*

**A**s our year begins, let's review as a school community our commitment to our children with our motto, "We KNOW we CAN!" as a point of focus.

First, learning must be challenging. Your children will be asked to undertake difficult ideas and complete new and different assignments. They will get frustrated! They have to feel the stretch, or we are not asking enough of them.

We also know they can meet the challenges we present for them. Please let them know that you know they can, too. But do contact us if the expectations appear to be overwhelming. We stand for strong instruction and achievement.

Second, we expect children to be safe and "professional" about their behavior. Our theme this year is "We mean Business and our Business is learning!" Our new initiative will begin in October. The "No Put Downs" curriculum will be taught daily. These lessons help children develop positive approaches to negative situations. For more information you can check out the

### From the Principal Susan B. Garrison

web site at <http://noputdowns.org>.

The workplace asks that individuals be productive and non-confrontational. We ask the same of your children. Share your workplace behavior expectations with your children so they see that grown-ups have to be safe and productive, too. We stand for being safe and supportive for learning.

Finally, children do what they see adults do. We ask that all of us together be respectful and purposeful problem solvers. Communicate. Be kind. Focus on the child. Take time to say thank you and you are doing a good job! Our "Drop in the Bucket" program asks you to support your school by saying thank you.

You can send an e-mail or print of a drop to send in. Check out the web site at <http://bucketbook.com>. We stand for a community that praises.

Take care. We are looking forward to a great year standing up for what we know is good and right for kids!

## Become part of the PTA

**By SANDI FEDORSHIK**  
PTA President

**H**ello everyone and welcome back to another exciting year of learning and fun at Lorton Station Elementary School. The summer went by so quickly it is hard to believe we are back in school.

### PTA activities

The PTA has many things planned for you and your family this year and we hope you will take advantage of all the

activities. We kicked off the new year with a teacher breakfast to let our teacher know how important and special they are to us and our children. We had our annual "Boo Hoo" breakfast for those dropping off their kindergartner for the first time, and our very first Movie Night was held on Sept. 23. Everyone had a great time.

Please look at the PTA calendar provided with the newsletter. It will let you know when events are coming up and the

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**School Hours**

**Grades K-6**

**Mondays:** 9:05 a.m. to 1:15 p.m.

**Tues-Fri:** 9:05 a.m. to 3:40 p.m.

Children should arrive at school no earlier than 8:40 a.m. We cannot assume responsibility for their supervision before this time.

**Office Hours**

**Monday-Friday:** 8:30 a.m. to 4:30 p.m.

**Attendance Line**

571-642-6060

**Transportation**

Information about transportation is available at the school or by calling 703-329-3600.

**School Age Child Care**

Before and after school-age child care (SACC) is available. For more information, visit [www.co.fairfax.va.us/service/ofc/sacc.htm](http://www.co.fairfax.va.us/service/ofc/sacc.htm)

**Cafeteria Prices**

**Breakfast:**

Student . . . . . \$1

**Lunch:**

Student . . . . . \$1.70

Adults . . . . . \$2.50

2nd Entree with Lunch. . . . . \$1

**Available as a daily menu choice:**

Yogurt with Pretzel, a Deli, and Chef's Salad. A la carte items also will be available daily.

Meal cards are available for purchase.

**How to Reach PTA Committee Chairs**

**6th grade representative:**

Sandi Fedorshik  
sfedorshik@yahoo.com

**Bingo Night:** Christie Thornett

rncthornett@aol.com

**Book Fair:** Vickie Hough

hough\_v@juno.com

**Chess Club:** Stacy Barley Riggs

stacy.barley.riggs@gsa.gov

**Cultural Arts:** Crystal Dufresne

CrystalWDufresne@netscape.net

**Fall Fundraiser:** Christie Thornett

rncthornett@aol.com

**Family Movie Night Coordinators:**

Cheri Belkowitz

belkowitzfamily@verizon.net

Caryn Emanuel

ce4ever@cs.com

**FLEX (Foreign Language program):**

Claudia Limache

ClauLiMac@aol.com

**Girls on the Run Coordinator:**

Deborah Kress

deborah.kress@us.army.mil

**Grants Coordinator:** Michael Benavides

Michael.benavides@verizonmail.com

**Hands on Science Coordinator:** Kacy Pate

kc pate@ix.netcom.com

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jsperanzo@cox.net

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**Hospitality:** Laura Hume

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**Newsletter:** Glenn Cook

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**Parliamentarian:** Laura Abedi

labedi@psych.org

**Reflections:** Mary Collins

collinsusmc@cox.net

**Room Parent Coordinator:** Michele Finley

mfinley@entnet.org

**Shop and Earn Fundraising:** Sue Butler

jbsueva@cox.net

**Special Education Representative:**

Open

**Spiritwear:** Lorraine Hamilton

lhamilton@saain.com

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tjgibbons@verizon.net

**Theatre Arts Coordinator:** Anne Wakim

wakim@cox.net

**Volunteer Coordinator:** Leslie Sandler

lsandler@cox.net

**WATCH D.O.G.S.:** Chris Kormis

kormis@gwu.edu

**'Fairfax Families Care' helping hurricane victims**

"Fairfax Families Care," consisting of people from Fairfax County government, Fairfax County Public Schools, and the Fairfax County Council of PTAs, has a website ([www.FxFC.org](http://www.FxFC.org)) to accept donations for victims of Hurricane Katrina. All money is used to support relocated families. For more information on how to help, e-mail FCCPTA president Lynn Terhar at [fcpta@cox.net](mailto:fcpta@cox.net).



The Lorton Station Express is published on the first Friday of each month as a joint project of Lorton Station Elementary School and the PTA. Articles are strictly for the purpose of keeping parents and staff informed and do not take stands on any issue. Information provided by vendors or candidates for public office will not be accepted.

## PTA

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dates of our meetings. PTA meetings are held at 7 p.m. on the second Tuesday of each month in the library. We welcome all PTA members to join us and see what we are all about.

It is so important to your children to see you involved with their school. I love to see children run up to their parents when they see them come into the school to volunteer. They get so excited. It shows them that you really care about what is happening in their school.

### Reminders, requests

I have a couple of reminders and requests. Please remember when dropping off your children at kiss and ride that the teacher/aide is there to assist and direct you. Please pull your car forward far enough so that three or four vehicles can be unloaded at one time. This moves the line forward much quicker.

Also, for everyone's safety, remember not to drop your child off in the street near the front of the school then try to do a three-point turn from your position in the line. This ties up traffic for everyone. Parents, please use the sidewalks and crosswalks. Let's set a good example for our children and teach them proper street safety.

When coming to the school, whether to volunteer or have lunch with your child, please remember to sign in at the office and get a visitor sticker. By following these simple procedures we can insure everyone's safety.

I welcome any questions, and suggestions you may have, so feel free to contact me at any time. E-Mail is best (sfedorshik@yahoo.com) or my home number is 703-690-5060.

Again, welcome back and we are looking forward to another great school year!

## keeping on track

### Notes & reminders for parents

#### Book Fair to be Oct. 21-26

Lorton Station's fall book fair will be held the week of Oct. 21-26. If you are interested in volunteering, please contact Vicki Hough at [hough\\_v@juno.com](mailto:hough_v@juno.com) or 703 493-9019.

#### Red Ribbon Week scheduled

Each year, schools across the country focus on turning students away from drugs. This year, from Oct. 24-28, Lorton Station students will participate in Red Ribbon Week activities that promote good character, positive choices and a healthy, drug-free lifestyle.

The theme of this year's Red Ribbon Week is: "Show good character by being drug-free." Daily themes include: "Team up against drugs"; "Drugs turn you inside out"; "Put a cap on drugs"; and "Shade out drugs."

Activities will include wearing red ribbons, signing pledge cards, journal writing and other fun and educational events. Each student will earn a certificate for participating in the week's events.

Look for a flyer in the Tuesday Take Home Folder in the coming weeks.

#### Foreign language classes set

Classes in Spanish (25 weeks) and American Sign Language (15 weeks) will be starting in mid-October.

Watch your Tuesday folders for the details, including enrollment forms. Enrollment forms can also be downloaded from the PTA section of the school website.

#### Theatre Arts program planned

The Lorton Station PTA is partnering with Mount Vernon Community Children's Theatre to offer both beginning and advanced theatre arts classes this fall.

Instructor L.B. Hamilton is an award-winning director, published playwright, freelance arts and entertainment writer, and acting coach whose work has been seen from California to New York, in Great Britain, New Zealand and Australia. She was founding Artistic Director of the critically acclaimed Las Vegas fringe theatre, Our Backs to the Wall Players, and co-founder of the 10-year old Maine Youth Summer Theater Institute (MYSTI).

Her work as a playwright and director for Minnesota's CLIMB Theatre has reached hundreds of thousands of students throughout the Midwest.

Class size is limited, so make sure to sign up early! Registration forms will go home in Tuesday folders, and are also available on the PTA section of the school website.

#### Reflections program ongoing

The Reflections Program is an art contest sponsored by the National PTA that allows students to express their creativity through literature, photography, visual art, and music.

Students can submit up to three original works which will be judged within the same age group and media category. Winning pieces from Lorton Station will compete at higher levels for additional prizes and recognition.

This year's theme, "I Wonder Why," is to be interpreted by your child. A handbook with rules for each of the four categories is available in the PTA Information Section of the Lorton Station website.

Hard copies in English and Spanish are available from your teacher and in the school office. The deadline for entries is Nov. 3.

If you have any questions, contact Mary Collins at 703-339-1077 or [collinsumc@cox.net](mailto:collinsumc@cox.net)

## Want to Volunteer?

Here are some upcoming volunteer opportunities at Lorton Station:

■ **CLINIC AIDES:** Once a week commitment, or just available on an "as-needed" basis. Clinic training is required; sessions to be held at various dates in October.

■ **LIBRARY VOLUNTEERS:** Help shelf books or with circulation desk. Training is provided; contact the librarian, Mrs. Bowers, to help out.

■ **ROADRUNNER READERS:** Read once a week with children at all grade levels on a one-on-one basis.

■ **WatchDOGS:** we need dads (or other significant males in our students' lives) to help unload buses and kiss and ride in the morning, and be visible to the students. All dads are asked to come in for just one day during the school year. To get more information or to sign up, contact Chris Kormis at 703-455-7316 or [kormis@gwu.edu](mailto:kormis@gwu.edu).

■ **DONUTS WITH DADS:** Help to serve donuts and schedule dads for WatchDOGS duty on Oct. 20.

### How to Volunteer

Unless otherwise indicated, contact Leslie Sandler at [lsvoovolunteer@hotmail.com](mailto:lsvoovolunteer@hotmail.com) or 703-690-4165 to help out.

To hear about other volunteer opportunities, become a part of the volunteer database by completing a volunteer form.

Forms are available in the school office or on the PTA page of the school's website ([www.fcps.edu/lortonstations](http://www.fcps.edu/lortonstations)).

The best way to find out about the latest volunteer opportunities is to go to the volunteer event listing at [www.lortonstation.ptomanager.com](http://www.lortonstation.ptomanager.com).

# Wanted: Dads

## WatchDOGS group seeking men to volunteer

By **CHRIS KORMIS**  
WatchDOGS Chair

We want to see our dads in school! Usually our students see moms in school. We know — dads are at work. But can you give us just an hour before or after work for just one day between now and the end of the school year?

We need you to be here to provide a positive and active role model for children at the school.

WatchDOGS (Dads of Great Students) are men — uncles, stepfathers, neighbors, or grandfathers — who play a significant male role in a child's life and who volunteer for about one hour at the beginning or end of the school day. These men keep the kiss and ride line moving, make sure breakfast runs smoothly, unload buses, or shelf library books — whatever needs to be done to plant seeds of success in the lives of our children.

### Donuts with Dad

Please join us for "Donuts with Dad" in the cafeteria from 7:30 to 8:45 a.m. Oct. 20. Spend some time with other dads and students and learn more about the Watch D.O.G.S. program at Lorton Station. Don't forget to bring your student with you.

We are asking each dad to volunteer just one hour. Of course, if you try it and want to do it more often, you are certainly welcome! Dads are needed in the morning from 8:15 to 9:15 a.m. and in the afternoon from 3:15 to 4:15 p.m. We'll give you a cool vest and sticker to wear, and say your name during the morning announcements!

To sign up for a day or get more information, please contact me at [ckormis@hotmail.com](mailto:ckormis@hotmail.com) or call 703-455-7316.

## Notices for Volunteers

### IMPORTANT!!!!

Are you getting emails with volunteer opportunities? If not, please make sure that you have the following email addresses listed in your e-mail address book, contacts, or safe list:

- [LSvolunteer@hotmail.com](mailto:LSvolunteer@hotmail.com), or
- [admin.87220@ptomanager.com](mailto:admin.87220@ptomanager.com).

Several people have wondered why they have not been getting volunteer requests, only to find that they were going to their junk email folder.

### Do you like to run?

Last spring, the Lorton Station PTA offered a program called "Girls on the Run." It is a self-esteem and running program for girls in the 3rd through 6th grade; at the end of the

program, the girls participated in a 5K race.

The PTA wanted to offer the program again this year. However, to date we have been unable to find a coach for the program.

Our opportunity has passed for the fall session, but we are hoping that we can still find someone so that this worthwhile program can be offered in the spring.

Girls on the Run can be a before or after school program; it lasts for 10 weeks, and meets for one hour, twice a week. Coaches are paid.

If you know someone who likes to run and who may be interested in serving as a coach, contact Deborah Kress at [deborah.kress@us.army.mil](mailto:deborah.kress@us.army.mil) or 703-339-8632.

# Eat, Earn, and Learn

Saving box tops is one way you can help our school

By **SUE BUTLER**

Shop & Earn Fundraising Coordinator

The Lorton Station Elementary School PTA is excited to offer all students, parents and staff a wonderful and easy way to help raise much needed funds to support our school programs.

The following are some of the "Shop and Earn" fundraising opportunities.

## Box Tops

General Mills is offering a nationwide promotional program that enables schools to raise money for their local programs simply by saving box top coupons from merchandise packages.

Lorton Station Elementary can earn 10 cents for each box top coupon to help defray the costs of field trips, supplies, and special events. The goal this year is to earn \$1,500.

Visit [www.BoxTops4Education.com](http://www.BoxTops4Education.com) for a list of participating products. These items are all found in our local grocery stores and many of us already have them in our own pantries.

Each classroom has a collection box to gather the box-top "tokens." We will conduct occasional counts of contributions in order to award surprise bonuses for high-collecting classes.

Our first deadline is Oct. 14. So if you saved them over the summer, you are already ahead. If you have not yet started saving, now is the time! Keeping a Zip Lock baggie near the pantry to collect these box tops is a fun way for your children to get involved.

Along with many of our favorite food items Zip Lock is also a participating product containing the Box Top logo.

So start clipping and saving! We will have three contests throughout the year with special parties for the winning classes.

## Grocery Shopping

Additionally, local grocers (Giant, Safeway, Food Lion) have also registered to contribute a portion of retail proceeds to LSES. This has the potential for thousands of dollars, and all you have to do is affiliate your bonus cards with the school.

I have completed this for those of you that visited the Shop and Earn table and signed up during the school's open house and back-to-school nights, but the rest of you can complete this in five minutes during your next visit to the store or through the grocers' websites:

■ [www.giantfood.com](http://www.giantfood.com) (enter LSES school code of 04506)

■ [www.foodlion.com](http://www.foodlion.com)

■ [www.escrip.com](http://www.escrip.com) (Safeway)

Please re-link your grocery cards to Lorton Station even if you did so last year.

## Shopping On-Line

Finally, there is a third way to raise money for the school. For you at-home, Internet shoppers, you can access hundreds of top-name retailers online through the web portals below.

Following a brief registration that identifies you as a LSES participant, your purchases will generate a percentage of sales toward the school (amount varies by merchant). Like the bonus card option, this doesn't cost you a penny.

■ [www.boxtops4education.com](http://www.boxtops4education.com) (requires registration to the "Booster Club," which also allows you to print out money-saving grocery store coupons

■ [www.igive.com/lortonstation](http://www.igive.com/lortonstation)

The PTA and your children cannot thank you enough for taking the time and effort to support our school through these simple and generous programs.

If you have any questions or need assistance, please contact me at [jbsueva@cox.net](mailto:jbsueva@cox.net) or at (703)283-1559. Thank you.

## 2nd Boo-Hoo Breakfast a hit

The PTA sponsored the second annual Boo-Hoo breakfast on the first day of school and it was a huge success! This event was organized to help parents adjust to sending their kindergarteners off to school. More than 60 parents attended and enjoyed a continental breakfast in the library.

Door prizes (to help turn their boo-hoos into yahoos!) were given away throughout the breakfast. We were fortunate to have a large number of wonderful door prizes donated by our local businesses.

These included Blockbuster, Domino's, Good Hair Day Salon, Gorgeous Nails, Hidden Oasis SpaSalon, Papa John's and Polo Grill. The breakfast food was provided by Food Lion, Giant, McDonald's, Starbucks and the PTA.

Everyone seemed to enjoy meeting other kindergarten parents and relaxing over breakfast. This event is sure to become a Lorton Station tradition!

— **LAURA HUME**  
Hospitality Chair