



Raccoon Dispatch

John H. Russell Elementary School
3301 Purvis Road
Quantico, VA 22134



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PARENT NEWSLETTER

Math Matters at Russell Elementary School

Principal's Corner

Parent-teacher conferences are an important part of our educational program. Research indicates parental involvement helps children more effectively learn and succeed. Our school conferences provide you with this involvement, encourage school-home teamwork, and give you a time to discuss your child's report card with the teacher. This school year, to increase communication between parents and teachers, we will have conferences at the end of first and third quarters. Our first parent-teacher conferences will occur November 4-7 for K-3. Students in K-3 will be dismissed at 1:00 PM each day. Pre-K PM classes will be in session. We are looking forward to seeing you during conference time.

Important Dates



October

6-10 - Fire Prevention Week
9 - School Newsletter Goes Home
13 - Columbus Day—No school
18-26 - Red Ribbon Week
20—Conference Request Letters Sent Home
23 - PEA Science Night
24—PEA Sponsored Assembly—9:00 AM
24 - End of Grading Period
27 - Teacher Work Day—No school for students

28 - Fall Hike
30—Fall Hike Rain date
30—Important Dates Flyer Sent Home
31 - Principal's Coffee—2:00 PM

November

3-7— RES Book Fair
4-7—Parent/Teacher Conferences for K-3
7— Assembly - 9:00 AM
10-11—Veterans' Day—No School
19—School Picture Retakes
26-28—Thanksgiving Break—No School

RES MISSION STATEMENT

Our school community provides quality opportunities and experiences that inspire the children of our military families to become creative problem solvers, life-long learners and productive members of a diverse technological world.

RES WORD OF THE MONTH

SELF-CONTROL

This month we are focusing on the meaning of SELF-CONTROL. Self-control is managing your feelings, actions, time and behavior. Please take time to talk with your children about self-control. Discuss with your child how to look at alternatives and consequences of their actions. If a bad choice was made discuss a new plan of action. Discuss with your child times you have had to use self-control and model that behavior for them. It is through our example, more than any other method, that will teach self-control to our children.

School Improvement—Goal #1

Goal # 1 of our School Improvement Plan states “All students will improve their writing skills across the curriculum.” The Essence of this goal is to “facilitate the process of writing in a developmental manner to improve the ability to communicate ideas effectively in written form.”

Our staff has determined two local assessments that would give us data to support our program. We administer the McGuffey Developmental Spelling Test as well as a School-wide Writing Prompt twice a year to determine the percentage of growth made in the written products of our students.

Our researched writing intervention is “6+1 Traits of Learning” which is a comprehensive program that incorporates certain key qualities of good writing. They are: Ideas; Organization; Voice; Word Choice; Sentence fluency; Conventions; and Presentation. The staff emphasizes these traits through a variety of writing activities throughout the school year.

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RUSSELL’S SUGGESTION BOX

As Russell Elementary School continues to focus on improving all aspects of our educational program, we remind you that your comments and suggestions are important to us. You may submit your ideas to the “Suggestion Box” by the school office or to silt.russell@am.dodea.edu. Thank you.

CLASSROOM VISITS

Visits to the classroom are encouraged. Please call ahead and let the teacher know you would like to visit. If you are a visitor/volunteer in the building you must sign in at the main office and receive a visitor/volunteer badge. Please do not go to the classroom without the teacher’s knowledge or without arrangements having been made prior to the visit.

Nurse's News

Hand washing is the single most important way to prevent illness

Wash your hands before eating or meal preparation, after using the restroom, after coughing or sneezing, after handling garbage or pets, after you rub your nose or when you come in contact with someone who is sick.

How to clean your hands:

1. Wet your hands with running water
2. Apply liquid soap
3. Vigorously rub hands together for at least 20 seconds
4. Rinse under running water
5. Dry using a disposable towel

Did you know one of the most common ways people catch colds is by rubbing their nose or eyes after touching someone or something that is contaminated with the cold virus? Please take the time to reinforce proper hand washing at your home. If you have any questions, please call me at 703-221-4161.

From our Cafeteria Manager



WOW! I just can't believe we have been in school six weeks already. The new meals plus program is starting to run smoothly. Please be sure to check on your students account balance. It is getting colder out and everyone wants to sleep in a little longer. We do offer breakfast everyday, so, if your child sleeps in, it's ok, they can come eat breakfast with us!

In an effort to help with low account balances, I will be placing a stamp on your child's right hand. If you see a stamp, please send money in for your child's account. If your child has charges they must be paid the next day. Thank you for your help.

Hope to see everyone join us for lunch and or breakfast! Adult lunches are only \$3.00!!

Just a Reminder

The arrival time is 8:20-8:30 AM for students who are driven to school in private vehicles or who walk with their parents. **There is no supervision prior to 8:20 AM.** Breakfast is served from 8:20-8:45 each morning. Late arrivals require a tardy slip and must be signed in by a parent in the school office. Early departures for appointments, etc., require children to be signed out by a parent as well.

Office Information

Please continue to update your records during the year, i.e., new telephone numbers (home, duty, cell phone and emergency contact), email address and new mailing address. **IT IS VERY IMPORTANT** in order to ensure the parent/emergency contact is notified in a timely manner in the event your child is sick or injured. Your help in this matter is greatly appreciated.

COUNSELOR'S CORNER

The elementary school years are a key time period of learning new social and academic skills. Help your child succeed in school through taking an active role in his/her education.

*Help your child to set up a schedule and organize his/her time. When doing homework, make sure he/she sits at a desk or table in a well-lit area that is free from distraction. Make sure the assignment is understood before started, the child stays on target, and the assignment is completed.

*Read with your child. Family reading creates a bond and gives parents and children the chance to connect with each other and books.

*Take an interest in what your child is learning in school. Ask specific questions about what is going on in the classroom. Have your child share the papers that are brought home. Do not let children tell you they did "nothing" at school, ask the right questions and you will find out about your child's day.

*Set appropriate and clear expectations for schoolwork and behavior both at home and at school. Discuss with your child what the goals are and what you expect from him/her during the school year. Be consistent with both praise and consequences.

Maintain and strengthen the relationship between you, your child, teachers and the school to help your child have a successful year at Russell Elementary!

PRINCIPAL'S COFFEE

A coffee, with our principal, will be held on Friday, October 31st at 2:00 PM in Room 12. All parents are welcome to come and share their ideas, successes and concerns.

HEALTHY CHOICE OF THE MONTH AT RUSSELL

Eat a Healthy Breakfast Everyday

Studies show children who eat breakfast everyday do better in school and have less behavior problems. Some breakfast cereals sold for kids have poor nutritional value. Choose wisely and consider this information from a recent article published by Consumer Reports that says - "The most healthful brands are Cheerios with 3 grams of fiber per serving and 1 gram of sugar, Kix and Honey Nut Cheerios, all made by General Mills, and Life, made by PepsiCo Inc's Quaker Oats unit. Be sure to read the product labels, and choose cereals that are high in fiber and low in sugar and sodium." Please arrange for your child to eat a healthy breakfast at home or school EVERYDAY!

School Nurse

COLDER WEATHER IS HERE!

Now that the weather has become much cooler, please remind your child to wear warmer clothing. The layered look works well as we have changeable weather. We will continue to go outside for recess most days as weather permits.

FIVE STEPS FOR A SUCCESSFUL CONFERENCE

Parent-teacher conferences are one of the best ways you can learn about your child. Here are five tips that can help you have a more successful parent-teacher conference:

1. **Plan for it.** Before you come to your conference, write out questions you'd like to ask. Here are suggestions:

- Does my child get along with others?
- How is my child's behavior in class?
- Does my child read at the level you would expect for this grade?
- Is my child able to do the math that you would expect for a student at this grade?
- What are my child's strengths and weaknesses?

2. **Keep an open mind.** Your goal is to work for cooperation between you and your child's teacher. Even if the teacher says something you disagree with, try to listen to what she has to say.

3. **Ask to see your child's work.** There's no better way to see how your child is progressing than to look at his schoolwork.

4. **Ask for suggestions.** If your child is doing well, ask what you can do to keep things on a positive track. If there are problems, ask what you can do to help.

5. **Clarify and summarize as you go.** Teachers sometimes use educational buzz-words. If you don't understand something the teacher says, just ask.

FROM OUR PE TEACHER

Please remember tennis shoes are required for all PE classes. They are also recommended for everyday wear as our students go outside daily. They are the safest shoes and provide the best support. Doctors are finding frequent wearing of shoes that require the toes to grip (flip flops, croc-like shoes) are causing Plantar Fasciitis problems in children. This condition used to be typical of people in their 40's. Thank you for your assistance in this matter.