



Raccoon Dispatch



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

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January 2009

PARENT NEWSLETTER

Math Matters at Russell Elementary School

Principal's Corner

Happy New Year!

I hope everyone had a nice, relaxing winter break. A new year provides all of us a renewed focus on the educational needs of our students. The Russell Elementary School staff would like your continued support in helping us by ensuring all our students attend school regularly, complete class and homework assignments and display good manners and behavior. We can achieve these goals by working together as a team. Thank you!

Donna O. Kacmarski

Important Dates



January

- 9—Character Counts Assembly—9:00 AM
- 14—Clubs and Candid Pictures Taken
- 15—End of Grading Period
- 16—Teacher Workday—No school for students
- 19—Martin Luther King, Jr. Day—No school
- 22—Report Cards Sent Home
- 23—"Books-The Magic is Real" Assembly
- 29—Important Dates Flyer Sent Home
- 30—Jump Rope Assembly—9:00 AM
- 30—Box Tops and Labels Collection Ends

February

- 4—PEA Meeting—3:00 PM
- 6—Word of the Month Assembly—9:00 AM
- 11—Teacher Inservice Day—No school for students
- 12—School Newsletter Goes Home
- 16—Presidents' Day—No school
- 20—"6+1 Writing Fun" Assembly—1:30 PM
- 26—Important Dates Flyer Sent Home
- 27—Jump Rope Assembly—9:00 AM

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

COOPERATION

This month we are focusing on the meaning of **COOPERATION**. Cooperation is working together to complete a goal or task. When cooperating, we must remember to encourage all to participate, share ideas, take turns, be good listeners and show respect to all. Cooperation can be taught through modeling, acting and discussing. Children at this age may need to hear your thought process as to how you handle a situation or solve a problem. When cooperation is needed, it may help to talk about the problem or job and discuss what will need to be done to solve the problem or complete the task.

“Books! The Magic is Real !”----January 23rd

The Russell Staff is very grateful to our PEA for sponsoring a return visit of Joe Romano, an awesome magician and storyteller. He has performed at shows and theme parks around the country, including Universal Studios, Disney Cruise Lines and NFL Halftime Shows. Joe has entertained RES students several times and he never ceased to amaze and astound his audiences of adults and children alike. He has delighted us with his feats of magic and comedy as he connected each act to a particular children’s book. This year he is offering his paperback book, Magic Tricks to Fool Your Friends for sale with a profit to our PEA. Each book will be signed, personalized and mailed to our school following the performance. An order form will go home in the red folders closer to the performance date.

Please plan on joining our students for a fantastic Joe Romano performance on Friday, January 23rd at 9:00.

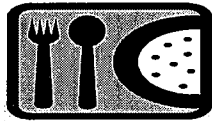
CUSTOMER SATISFACTION SURVEY

INDEX

Principal’s Corner	1
Important Dates	1
RES Mission Statement	1
Word of the Month	2
Books! The Magic is Real	2
CSS	2
From Our Cafeteria	3
Suggestion Box	3
Inclement Weather	3
Check This Out	3
Healthy Choice	4
Counselor’s Corner	4

The Department of Defense Education Activity (DoDEA) is currently administering its biennial Customer Satisfaction Survey (CSS). This survey will continue through February 28, 2009. The CSS provides valuable feedback to DoDEA from its most important customers, parents and students, about the quality of education it provides and the areas needing improvement. All sponsors, with students enrolled in DoD schools from Pre-K through 12th grade, may participate by completing a survey for each school in which they have students enrolled. The survey takes approximately 20 minutes to complete. Please go to www.dodea.edu and click on the CSS graphic link. As of January 5, 2009, 21 (9%) of our parents have taken the survey. Our goal is to have 100% of our parents complete the survey by February 28th. Thank you!

From our Cafeteria Manager



Parents, are you tired of being home alone while your kids are at school? Well, we have an offer for you! The cafeterias at the Quantico schools have immediate openings for cooks and bakers, as well as food service workers and on call personnel.

The hours are perfect-from 9:00 AM to 1:00 PM with a half Hour break and free lunch. There is no weekend and no holiday work, but you receive holiday pay.

One advantage of working in school is that you leave home after your children, and you return home before they do. When your children are out of school, so are you.

If you are interested, apply at Food Services located on the second floor of Burrows Elementary School. Please contact the Child Nutritionist office, room 200A, or call Paul Tillemma at 703-640-9431.

The starting salary for cooks and bakers is **\$11.53** an hour. The starting salary for food service workers and on call workers is **\$8.30** an hour.

Russell's Suggestion Box

As Russell Elementary School continues to focus on our educational program, we again invite you to submit your ideas, concerns and suggestions to the "Suggestion Box" by the school office or to silt.russell@am.dodea.edu. We will be responding to recommendations and concerns in the next school newsletter. Thank you.

will be announced on the following radio stations: WPWC 1480 AM, WFLS 1350 AM, WTEK 106.7 FM, WCXR 105.9 FM, and WDCT 1310 AM. Also, please remember that the Quantico schools are NOT part of the Prince William or Stafford County School Systems. There may be days we are open but they are closed.

Check This Out

Inclement Weather

Please ensure that your child is dressed appropriately for the weather conditions. The layered look works well as we have changeable weather.

Please check out the Russell website for information about the Armed Services YMCA 2009 Art Contest, "My Military Family," and Essay Contest "My Military Hero." Our website has the link that will lead you to the information needed for the contests. The deadlines are in February and March.

Delayed openings and school closings due to inclement weather for the Quantico schools

HEALTHY CHOICE OF THE MONTH AT RUSSELL

“Choose the Right Portion Size”

This month at Russell we are focusing on helping children choose the right portion size and read labels. Take some time to look at the serving size on food package labels and compare to what you had planned to serve your family. Use common objects to help keep serving sizes consistent:

- 1 cup spaghetti with sauce = size of a baseball = 2 servings (6 servings/day of grains recommended)
- 1 cup mashed potatoes = size of a fist = 1 serving (2-3 servings/day of vegetables recommended)
- 1 small cooked skinless/boneless chicken breast = size of a deck of cards = 3 servings (5 servings/day of meat recommended)
- 1 apple, pear or orange = size of a tennis ball = 1 serving (2 servings/day of fruits recommended)
- 1 ½ oz cheese = size of 6 dice = 1 serving (3 servings/day of dairy recommended)
- 1 cup dry cereal = size of a large handful = 1 serving (6 servings/day of grains recommended)

Remember to adjust the servings to slightly smaller for inactive children and slightly more for VERY active children. Try to balance your meals and eat all of the recommended servings of each food group each day.

Check out www.myramid.com for more information and suggestions!

Tami L. Streib, RN

COUNSELOR'S CORNER

2009 is Here, Make it a Great SCHOOL YEAR!

- Make school a priority.
 - Assist and make sure homework is completed correctly.
 - Limit TV and video games.
 - Discuss papers that come home.
- Reinforce positive reading habits.
 - Schedule weekly trips to the base library.
 - Have a family reading time.
 - At dinner, share the favorite part of a book.
 - Dress up as a favorite character one night.
- Help you child set realistic school goals.
 - Talk with your child about his/her strengths and weaknesses.
 - Write down one or two goals to work toward.
 - Monitor and keep track of the progress.

Flu or Cold?

Can you tell the difference between the flu and the common cold? The two illnesses may seem alike, but they are different. Read the chart to learn more. Then decide whether each sentence below is true or false.



Symptom	Flu	Cold
fever	always	rarely
headache	often	rarely
sore muscles	often	sometimes
extreme tiredness	often	never
cough	often	often
runny/stuffy nose	sometimes	often
sneezing	sometimes	often
sore throat	sometimes	often

1. You often get a runny nose when you have a cold.

true false

2. Fever and headache can be symptoms of the flu.

true false

3. You rarely get a cough when you have the flu.

true false

4. A sore throat can be a symptom of a cold or the flu.

true false