



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

The Department of Defense Education Activity (DoDEA) will administer its biennial Customer Satisfaction Survey (CSS) from November 1, 2008 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 areas needing improvement. All sponsors with students enrolled in DoD schools from Pre-kindergarten or SureStart through grade 12 may participate by completing a survey for each school in which they have student enrolled. The survey takes approximately 20 minutes to complete and is available online at www.dodea.edu (click on the CSS graphic link). Thank you for your support.

Donna O. Kacmarski

Important Dates



November

- 13—Water Quality Demonstration
- 13—School Newsletter Goes Home
- 18—PEA Sponsored Special Assembly -
"Nutrition, the Magic of Five-a-Day" -
1:30 PM
- 19—School Picture Retakes
- 20—Thanksgiving Feast
- 20—Important Dates Flyer Sent Home
- 26-28—Thanksgiving Break—No School

December

- 3—PEA Meeting @ 3:00 in auditorium
- 5—Word of the Month Assembly
- 11—RES Winter Program—9:00 AM &
7:00 PM
- 11—School Newsletter Goes Home
- 12—Principal's Coffee—2:00 PM
- 18—Important Dates Flyer Sent Home
- 12/22- 1/2/09—Winter Break—No School
- 1/5/09—School resumes

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

COURAGE

This month we are focusing on the meaning of COURAGE. Courage is doing the right thing, in the right way, for the right reasons. Courage is trying new things and putting your best effort into difficult tasks. Courage is taking responsibility for your actions. It is doing something even when scared. Please take time to talk with your children about courage. We can't force courage on our children and we can't give it to them. They must find it for themselves and with in themselves. We can help them by discussing courage, noticing their courageous acts and praising them when they use it.

School Improvement—Goal #2

Goal #2 of the Russell School Improvement Plan states “All students will improve their problem solving skills across the curriculum.” The Essence of this goal is to facilitate the process of problem solving, in a developmental manner, using the four step problem solving method- Understand – Plan – Solve – Look Back.

Our researched intervention that will help us achieve our goal, is “UPSL” which we will implement as we teach and model skills and strategies to solve problems. It is our hope that our emphasis on this four step process for mathematical problem solving will lend itself to the solution of problems throughout other curricular and behavioral areas.

Our staff has developed two local assessments and specific rubrics per grade level that we will be administering school-wide on November 13th and 18th and again in the spring as we evaluate our progress after the implementation of this intervention. We anticipate that parents will begin to see and hear more about “UPSL” as it becomes a regular part of the Russell educational program.

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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

TIME TO GET YOUR FLU SHOTS

The Quantico Clinic now has flu shots available for dependents. Please take the time to get you and your family the flu shot.

New recommendations from the Centers for Disease Control are for all children age 6 months to 18 years old be given the flu shot this year.

- There is no shortage of flu vaccine in the USA.
- Flu is a serious and contagious disease.
- Each year more than 200,000 people are hospitalized from flu complications and 20,000 of those are children younger than 5 years old.
- Each year 36,000 people die from the flu.
- You can protect yourself by getting a flu shot.

The Immunization Clinic has extended hours until 5:30pm on the following Tuesdays: November 4th, 18th, and 25th. If you have any questions, please call me at 703-221-4161.

Tami L. Streib, RN

From our Cafeteria Manager



The cafeteria would like to thank all of you for your support. We love having parents for lunch, but ask that you call the school to let us know you are coming. We want to ensure we have enough food for guests. The cost for adults is \$3.00.

As the weather gets colder it is important to remember the kitchen serves a hot lunch daily with all the vitamins and healthy choices your child needs. Keep a close eye on the menu.

The school hopes to have new ovens installed for the Thanksgiving feast. More information will be available as installation gets closer.

Please remember, all lunch charges are due the next day. We are now offering healthy snacks to second and third graders for 65 cents.

The cafeteria is always looking for on-call help. You can pick up an application at any of the schools and turn it into the manager. The hours are different at each school, but you are home when your children come home and off the same days they are. On-call help make \$8.30 per hour and can expect to work 3.5 hours per day.

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.

COMPUTER CORNER

As a family, surf the John H. Russell Elementary School web site (http://www.am.dodea.edu/ny_va/quantico/russell/) to find the answers to the following questions.

1. What is for lunch, Thursday, November 20, 2008?
2. On the “Resources” page, what is the second link under Language Arts?
3. Where would you find pictures of student art?
4. Under “Community Strategic Plan” name one of the four school improvement teams.
5. When are picture re-takes? Check under “Up-Coming Events.
6. Who accreditates our schools at Quantico? “School Improvement might be where to look.
7. On our web site, where would you go to download a medical permission form?
8. What is missing from the home page photo?
9. How many links are there on the RES home page?
10. What two contests are listed on the Military Family Month Contests link?

Bonus:

How many teachers have active classroom/specials links?

Have your student(s) bring answers to Mrs. Moore Wednesday morning, November 19th. If **all** answers are correct, students will receive a special sticker.

PRINCIPAL’S COFFEE

A coffee with Mrs. Donna Kacmarski will be held on Friday, December 12th at 2:00 PM. All parents are welcome to come and share their ideas, successes and concerns.

HEALTHY CHOICE OF THE MONTH AT RUSSELL

“Choose To Eat Your Fruits And Vegetables”

Fruits and vegetables are a valuable source of vitamins and fiber the body needs to be healthy. Try to include both in every meal. If you have a picky eater...keep presenting the non-desired foods. Studies show it may take as much as 30 or more exposures for a child to taste or begin to like a new food item.

Tami Streib, RN, 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.

COUNSELOR'S CORNER

Ideas for Raising Responsible Children

We'd all like our children to develop into responsible people. How can we help to ensure that our children learn the lessons of responsibility? Here are some ideas:

- 1. Start young.** Young children like to help out. They can do a lot more than you think, if you're patient and creative. Some tasks may take longer, but the foundation is set for later years.
- 2. Use natural consequences.** Children need to see how their actions affect themselves and others. As parents if we come to our child's rescue or defense every time they make a mistake or mess up, then our child will not learn to be responsible for their actions.
- 3. Praise responsible behavior.** Be very specific about the responsible behavior that is being praised. General comments are not retained but specific statements are often remembered and often lead to an increase in the specified behavior.
- 4. Use extrinsic rewards sparingly with children.** You want children to develop an intrinsic sense of responsibility, they need to learn the "big picture" value of the things they do. They won't learn that if they're focused on what they're going to "get."
- 5. Talk often about responsibility with your children.** Make responsibility a family value, let them know it's important.
- 6. Model responsible behavior for your kids.** Children watch very closely what their parents do, so it is important that parents model the same characteristic they expect in their children.
- 7. Role-play what responsibility looks like.** Use role play and talk to them about exactly what kind of behavior you expect from them. It's hard for kids to be responsible when they don't know what it looks like.

CHECK THIS OUT

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.