

Lightning Tracks

News from Lorton Station and the School and Home Partnership

October 2013

CALL SHEET

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October and November SHP meetings

Thank you to the parents who came to the October SHP meeting and participated in the discussion on school safety and security with our special guests, Fred Ellis, FCPS Director of Safety and Security and Lt. Christian Quinn, Fairfax County Police School Liaison Commander. This was a great chance for parents to have their questions answered and gain a better understanding of school security.

The next meeting will be November 12, in the cafeteria at 7:00pm. We will have guests from the Children's Science Center to talk about the new museum they are building in Northern Virginia. This is going to be a wonderful opportunity for our children! The Children's Science Center will also be providing the programming for our Family Science Night on March 19.

Message from 2nd VP Toni Russo: On behalf of the Lorton Station School and Home Partnership, I would like to extend a big **THANK YOU** to those in the LSE community who participated in this year's Fall Fundraiser! Lots of people will be drinking Java Joe's Premium Coffee and baking Cookie Joe's Brownies and Cookies in a few weeks! We also have had impressive participation in this year's No Hassle Fundraiser. Your efforts are truly appreciated and will help fund buses for field trips for the students. Thanks again!



Meet the new Superintendent of Schools!

Fairfax County Public Schools (FCPS) Superintendent Karen K. Garza will be visiting the Mount Vernon district with Fairfax County School Board members Dan Storck (and others) to hear attendees' concerns and questions about school issues and priorities. She also will ask meeting participants to provide their feedback to questions that will be used to develop a Portrait of a Graduate that will provide a framework for a long-range strategic plan for FCPS. The meeting will be held Tuesday, October 15, at 7pm at Whitman Middle School, 2500 Parkers Lane, Alexandria. All are welcome!

AAP (Advanced Academic Programs)
Events

AAP Parent Coffee with the Principal

October 17, 2013
9:00 a.m. - library

A Partnership for Excellence

FCPS will host an **Advanced Academic Programs Parent Conference** entitled **“A Partnership for Excellence”** on **Saturday, October 26th, from 8 am to 12:30 pm.** The program will be held at West Springfield High School, and childcare will be available. The conference will showcase AAP Best Practices and provide information about how to engage and challenge students in and out of the school setting. There will be over 30 breakout sessions covering a wide range of AAP related topics. Over 500 people have registered so far! Call the AAP office at 571-423-4740 for more information.

SHP AAP Liaison: Marty McFadden: mrsmartymcfadden@yahoo.com

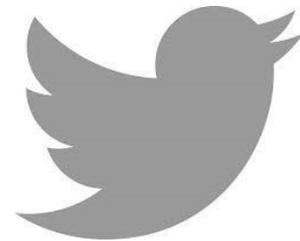
Small Contributions
Can Make a Big Difference

Collect your beverage can tabs to be recycled to benefit the Ronald McDonald House. Ronald McDonald Houses collect tabs instead of entire aluminum cans because it's more hygienic to store tabs than cans, and collection and storage is easier. The program is an easy way for people of all ages to support RMHC and know they are making a difference for families and children. Source: <http://rmhc.org>.

This project is goal three of the school improvement plan, which is responsibility to community.

Parent-Teacher Conferences

Students may be out of school, but parents, we need you here! **November 4th and 5th** are Parent-Teacher Conference days. If you haven't scheduled a conference yet with your child's teacher, please do so as soon as possible. This is an important chance for you to have one on one time with your child's teacher to ask questions, address concerns, or learn more about your child's progress. Please remember to be on time for your scheduled conferences. See tips for your conference on page 7 of this newsletter.



Follow Lorton Station on Twitter!

Did you know that Lorton Station has a Twitter account? Follow @LortonStationES to keep up with all the latest news.



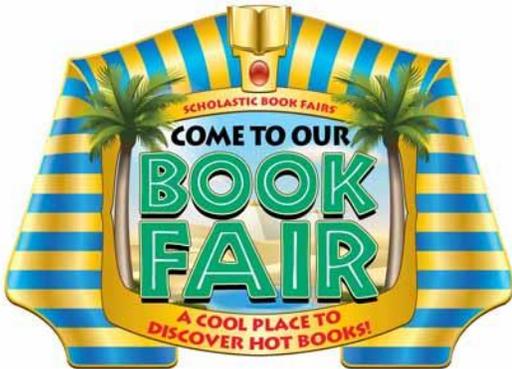
McDonald's Dine-Around Restaurant Night is BACK



October 22nd from 5-8 p.m.!!!!

Come on down and join us for the first restaurant night of the year! Stop by for some yummy dinner, meet Ronald McDonald, get your face painted, and you may even run into a few teachers moonlighting behind the register! A percentage of sales that night will go directly to the SHP to help fund many of the exciting activities the kids enjoy throughout the year! See you there! Questions? Contact Toni Russo 2nd VP at shp2vp@gmail.com.

THE BOOK FAIR IS COMING SOON! VOLUNTEERS NEEDED!



Our school's book fair is coming soon, and we need volunteers to help make it a great success. Please consider volunteering an hour or two to help set up, pack up, or help students with browsing or buying. Join in the fun! Contact Mrs. Boettke, our librarian, if you are interested at rrboettke@fcps.edu or 571-642-6007. Below are the hours we need assistance:

October 30 – **Set Up** 9:00am-1pm

October 31 – **Student Browsing Day** – 9:30am-11:30am, 11:30am-1:30pm, 1:30pm-3:30pm

Nov. 1 – **Student Browsing Day** – 9:30am-11:30am, 11:30am-1:30pm, 1:30pm-3:30pm

Nov. 6 – **Student Buying Day** – 9:30am-11:30am, 11:30am-1:30pm, 1:30pm-3:30pm
Family Night – 5:00pm-7:00pm

Nov. 7 – **Student Buying Day** – 9:30am-11:30am, 11:30am-1:30pm, 1:30pm-3:30pm

Nov. 8 – **Student Buying Day** – 9:30am- 11:30am, 11:30am-1:30pm
Pack Up – 1:30pm-3:30pm

Spook-tacular!

SAFETY TIPS

Children love Halloween; they get to dress up and eat candy. What else could a child ask for in a holiday? Although it's fun, there are some common sense tips to keep your children safe during this yearly tradition.

- Get on the internet and check the local state website sex offender registry list. Make sure that your children stay away from these houses.
- Know the route your children will be taking if you aren't going Trick-or-Treating with them and check in with them periodically.
- Know what other activities a child may be attending, such as parties, school or mall functions. If they are going to be at a friend's home, get the phone number and make sure that you've met the parents.
- Help your young child pick out or make a costume that will be safe. Make sure that it's fire proof or treated with fire retardant. If they are wearing a mask of any kind, make sure that the eye holes are large enough for good peripheral vision.
- Explain to children of all ages that vandalism and animal cruelty are not acceptable Halloween activities and can be punishable by law.
- Make sure to check your children's candy before they dig in.
- Teach your kids about not getting into cars with strangers or talking to those they don't know – even if they seem friendly, ask for help, or know the child's name. They should never go into the house of a person they don't know. Also, tell them what they should do if a stranger takes them- scream as loud as possible to attract attention and to run away as fast as they can to someplace safe.
- Be sure your children know how to cross the street properly.

For more tips visit: <http://www.cdc.gov/family/halloween>

Health Tips

By Uchechi Isirimah (SHP – Health & Safety Committee)

The transition from summer to fall brings cooler air, crisp leaves, fall festivals, and holiday planning. Unfortunately, it also brings runny, stuffy noses and sore throats. So in order to keep your little one healthy and prevent the spread of germs, here are some tips to follow:

Tip #1 Make sure your child washes their hands as soon as they get home. Children touch their face all the time and are constantly eating. The cleaner their hands, the safer they are.

Tip #2 Make sure your child eats plenty of fruits and vegetables guaranteed to provide them with Vitamin C to boost their immune system.

Tip #3 Don't forget your child's jacket for the cool morning air.

Tip #4 Talk to your child's pediatrician about the yearly influenza vaccine that is offered from October to March.

Tip #5 Remember to practice what you preach. Children are not the only ones who get sick and spread germs.

As parents, let's do our best to keep our children healthy. Here's to a happy and healthy school year!



SPIRIT WEAR IS ON SALE NOW **UNTIL OCTOBER 24th!!!**

Don't miss out, this year's design is selling fast! We have t-shirts, crewneck sweatshirts, and hoodie sweatshirts for sale. You can send in the paper order form that came home in a Tuesday folder, or order with a credit card online at

<http://www.lortonstationshp.org/spiritwear.html>.

(We prefer online orders.) Order yours today!

Orders will be delivered to your child's class approximately the 2nd week in November.



Questions? Please contact Toni Russo, 2nd VP at shp2vp@gmail.com.

Wear your spirit wear on Fridays and show your Roadrunner Pride!

Note: We are looking for someone to take over spiritwear sales for the remainder of the year. Please also contact Toni Russo if you would be interested in doing that.



Boxtops for Education -- Every year the SHP collects over \$1000 through this program. Each boxtop is worth 10 cents, and those individual boxtops really add up! Here are some tips to keep in mind when collecting boxtops:

- Only **non-expired**, official boxtops coupons count (no cut out logos) – and YES, they do check!!
- No Betty Crocker or Campbell's Soup labels... they do not count in this program.
- Go to <http://www.btfe.com/products> to see the official list of products
- Clipping and trimming the boxtops really helps our volunteers, but please be careful not to cut off the expiration date.
- You can send in your collected boxtops at any time, but be on the lookout for special collection sheets and contests throughout the school year!

Tip Sheet for Parents: Make the Most of Your Parent-Teacher Conferences

Fall is often a time for parent-teacher conferences. This conference is a great way to find out what your child will be learning this year and what you need to do to help.

Preparation is the key to a successful conference. Here are some suggestions of things to do before, during and after your conference:

Before the Conference

- Make a list of things to tell your child's teacher. These may include your child's favorite subjects, after-school activities, difficulties in school, special medical needs and sensitive issues (weight, shyness).
- Make a list of things to ask your child's teacher. You might ask about grades, homework, attitude, behavior, strengths, weaknesses or test scores.
- Let your child know you are having a conference. Ask him or her what you and the teacher should discuss.

During the Conference

- Be on time. Teachers have many conferences, and even a five-minute delay can throw off their schedule.
- Start the conference on a positive note. Both you and your child's teacher are trying to do what's best for your child.
- Use the lists you prepared of things you want to tell the teacher and questions you want to ask.
- Ask the teacher for an outline of what will be covered in class that year.
- Listen carefully and take notes as the teacher talks about your child's progress.

After the Conference

- Talk over the results of the conference with your child.
- Stress the good things the teacher said. Talk about the suggestions the teacher made for improvement—and how you plan to carry these out.

Note: Copyright 2013. Reprinted with permission from the Parent Institute. Additional tip sheets and other resources for parents and families can be found on the Family and School Partnerships website at <http://www.fcps.edu/cco/fam/resources/publications/index.shtml>.



**Family Support Department
Parent Coffee
Monday, October 21
9:15am – 10:15am**

Download the New FCPS Mobile App

Fairfax County Public Schools **has designed a new mobile app** for parents to provide easy access to information you need where and when you need it.

Here's what you can do with the mobile app:

- Get the latest news from FCPS in Top Stories.
- Check out lunch menus in the Energy Zone icon.
- Find your school in the Directory.
- Find important school year dates and events in Calendars.
- Go to Settings to get news and updates from schools you select.
- Access your school's athletic schedule and support your team by clicking on the Sports icon. This feature is currently under construction.
- Check out the FCPS Facebook, Twitter, and YouTube pages.



The FCPS Mobile app is **free** and available now for download on Android devices, iPhones, and iPads in the iTunes or Google Play stores.

Note: The FCPS Mobile app will continue to be updated with new features throughout the year. It is intended to be a convenient tool to find information and is not intended to replace the FCPS website.

School Bond Referendum to Be on November 5 Ballot



A school bond referendum **will be on the general election ballot Tuesday, November 5**. Polls will be open from 6 a.m. to 7 p.m. Residents of Fairfax County may vote if they are 18 years or older on Election Day and have registered to vote 22 days prior to the election (by Tuesday, October 15, at 5 p.m.). For more information about registering or voting, call 703-222-0776 or go to <http://www.fairfaxcounty.gov/eb>.

The 2013 proposed bond referendum includes approximately \$42 million for two new elementary schools and \$271.7 million for renovations (including construction planning). Another \$24.6 million is included for infrastructure management, \$8.2 million for capacity enhancements at Westbriar Elementary School and South Lakes High School, and \$10 million for site acquisition costs for a new high school in the south west part of the county. In addition, unspent proceeds from prior bond issues **have reduced costs for this bond by \$109 million**.

For further information about the 2013 bond referendum, go to <http://www.fcps.edu/news/bond13.shtml>.

Keep Your Emergency Contact and Health Information Up-to-Date by Using weCare@school

Fairfax County Public Schools is committed to ensuring a safe and secure climate in all its facilities. FCPS is pleased to announce the continuation of the **weCare@school (weCare)** online emergency care information service for parents and guardians who have registered to access FCPS 24-7 Learning (also known as Blackboard) at <http://www.fcps.edu/is/instructionaltechnology/fcps247.shtml>. Parents should use weCare to update their information annually at the start of school and thereafter whenever changes to the health or contact information occur during the course of the school year.

weCare allows parents to use a secure web-based option for keeping their child's emergency care and health information current. For example, if a parent needs to change an emergency contact number or update his or her child's medical condition(s), accessing weCare in FCPS 24-7 Learning provides a quick, easy, and secure method for doing so. Keeping emergency contact information current **also ensures that FCPS will be able to contact you, in case of an emergency** such as a school closing or delayed opening, through the Keep in Touch messaging system, found at <http://www.fcps.edu/kit/>.

Parent online access is just one of three major weCare components. Once a parent updates his or her child's information using weCare, the school's student information assistant reviews the submission and confirms the information before the student information database is updated. Additionally, weCare has a mobile component that provides first responders with access to emergency care information via handheld wireless devices.

For additional information about weCare, go to <http://www.fcps.edu/news/wecare.shtml>.

We're looking for a new newsletter editor! Do you think you could pull this newsletter together three more times this year? That's all we need.... Contact DeeDee Brooks at bdbrooks_dd@yahoo.com for more info.



It's really not a good idea to send loose cash into school with your child. Cash gets misplaced too easily, and you have no proof of payment. At least with a check, you can use your cancelled check as a receipt. The SHP tries to do as much of its business online as possible, through our payment partner, www.Pay4SchoolStuff.com. With credit card purchases through our partner, you can look up your purchase history and see whether you have paid for something. This gives you peace of mind and prevents duplicate purchases. Plus, it is much less work for the SHP volunteers to deal with online payments.

Lorton Station Shop & Earn

Easy and Free... you can help Lorton Station's School & Home Partnership earn money throughout the year with these great programs!!



Giant A+ School Rewards -- Register your Giant Bonus Card to help LSSHP earn cash every time you shop at Giant from now until the end of March 2013. Every year you need to re-register for this program, so even if you have registered in the past please take a minute to re-register again for this year.

Visit www.giantfood.com/aplus to register your card today! **School ID: 04506**
You will need your card number to register (not your phone number) -- Don't have your card number anymore? Call the BonusCard hotline at 1-877-366-2668, option 2, to register.



Food Lion Classroom Rewards -- Earn money for our school when you shop at Food Lion. The following brands will help to earn cash for our school: Food Lion Private Brand, My Essentials, Healthy Accents, Home 360, Nature's Place, Smart Option, Taset of Inspirations, Butcher's Brand Premium Beef. The 10th of each month is double points day!! All Food Lion brand product purchases will receive double credit on the 10th of each month.

To enroll your card, visit www.foodlion.com, click on the "Community Outreach" link, then click on "MVP Rewards" on the left side. Click on "Register your MVP Card" to register your card today!
School ID: 217678 Please Note: You will need your 12 digit card number to register.



E-Recycling -- Want to do something good for the environment and Lorton Station at the same time? Simply bring your old inkjet & laser cartridges (HP, Brother, Canon, and other brand names), cell phones, digital cameras, GPS units and even laptops to school and deposit them in the front office collection bin—submitting these items through the eScrip Recycling program earns the SHP additional money! See <http://recycling.groups.escrip.com/> for more info.

Adopt a Bedtime Routine to Give your Kids a Chance to Tell you About their School Day

"Ok, it's time to start getting ready for bed. After your bath, brush your teeth and get your pajamas on. It's getting late."

If you have a bedtime routine, pat yourself on the back. Bedtime routines are so vital, especially for young children. Consider adding one more step to your bedtime routine. Give your kids a chance to tell you about their school day.

Remember that if your child is in school all day, your teacher is with your son or daughter for an average of 30 hours a week. That's almost the equivalent of a full work week. You've missed quite a bit of time with your child.

Make an effort to keep the communication free flowing. If you set good habits while your child is young, it'll be easier to talk about just anything as the years pass. For starters, don't ask yes or no answers. You don't want to establish a nightly Q & A, but rather two-way communication.

Sometimes "tell me about your day" doesn't generate much conversation. You could begin with, "tell me five things that happened today; recess and lunch don't count." That is usually a great ice breaker. Kids learn real quickly that if you don't ask, they're not telling.

In addition to asking what was for lunch, ask who your child sat next to. Who did they play with at recess? What did that play during recess? Was anyone sick today? Did anything funny or embarrassing happen to anyone in school today?

Sometime it is difficult to keep track of the specials. By specials I mean: gym, music, art, computer lab, etc.; the extra classes that usually take place with a different teacher outside of the main classroom. Keep a cheat sheet if you need to; ask what activity they did in gym.

If you can get your child to tell you about someone who may have had a hard time (in gym, with math, with reading aloud, etc.) it is a great segue for a life lesson in difficulties and hurt feelings.

It really doesn't matter what you talk about; it's more important that you talk. Make talking about your kid's day a regular part of the bedtime routine, you'll be surprised what you learn!

(Courtesy of <http://www.apples4theteacher.com/holidays/back-to-school/articles/bedtime-routine.html>)





Earn cash for our school by starting your online shopping at iGive.com. Free to join, free to use... it's paid for by the stores. By registering and using the iGive.com link, up to 26% of your purchase at over 1,000 great stores is automatically donated to your cause. Stores include Lands End, Amazon, Zappos, eBay, Travelocity, Best Buy, Office Depot, Home Depot, Staples and many many more. PLUS, you can save money with exclusive coupons/free shipping deals. iGive.com provides two fundraising opportunities: earning rewards for LSES for online shopping, or simply for searching the Internet! To get started, simply go to <http://www.igive.com/lortonstation>.

Hint: Make iGive.com your starting page when doing your Holiday shopping!

Go to www.igive.com to register and get started, and enter "Lorton Station" in the search for a cause!



FOR FAMILIES WITH CHILDREN RECEIVING FREE SCHOOL LUNCHES

Do you need affordable internet service?

DO I QUALIFY?

Your family may qualify for Internet service at \$9.95/month if you:

- Have at least one child eligible for free lunches through the National School Lunch Program.
- Have not subscribed to Cox Internet service within the last 90 days.
- Have no outstanding bills or unreturned Cox equipment.

Call 1-855-222-3252 or visit www.Connect2Compete.org/Cox

New Program Offers Free Microsoft Software for FCPS Students

Reprinted from Keep In Touch Newswire

As a result of the FCPS-Microsoft Enterprise Agreement, **FCPS students may now download Microsoft software for free and maintain a perpetual license**; this is under the Microsoft Student Option.

Products include:

- Microsoft Office 2010.
- Microsoft Office 2011 for Mac.
- Windows 7 Professional/Ultimate.

Microsoft has contracted with software distributor e-Academy to manage all aspects of this program. For more information, go to

<http://www.fcps.edu/it/technology/TechnologyHome.shtml>.



School Hours



Mondays: 9:10 am -1:20 pm

Tuesdays-Fridays: 9:10 am - 3:50pm

Children should arrive at school no earlier than 8:45 am. We cannot assume responsibility for their supervision before this time.

Office Hours

Monday-Friday: 8:00am to 4:30 pm

Transportation

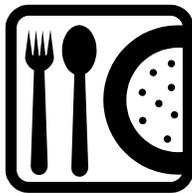
Information about transportation is available at the school or by calling 703.446.2150

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

Cafeteria Prices



Breakfast:
Student: \$1.50
Adult: \$1.95

Lunch:
Student: \$2.65
Adult: \$3.65

Available as a daily menu choice: Yogurt with pretzel, a deli, and chef's salad. Daily a la carte items also available. Meal cards are available.



BUS DRIVERS WANTED!

Drive for FCPS! The starting salary for Bus Drivers is \$18.16/hour, effective July 1, 2013. Basic work hours are 6:15-9:15 am for morning regular runs, and 1:30-5:00 pm for afternoon regular runs. Drivers have the opportunity to accept additional midday run and field-trip assignments, or work a guaranteed minimum 25 hours per week by request (with conditions).

- Save on child care costs. Bring your preschool children or grandchildren on the bus with you!
- Excellent benefits - Health insurance, Life insurance, Paid sick and personal leave, Retirement plan, six paid non-work days!
- Be off when the kids are off!

For more information call 571-423-3000 or visit www.driveforfairfax.com

About Lightning Tracks:



Lightning Tracks is published quarterly as a joint project of Lorton Station Elementary School and the SHP. 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. We want to hear from you! If you would like to submit articles, news of events, comments, or suggestions, please contact Dee Dee Brooks, Newsletter Editor, at bdbrooks_dd@yahoo.com.