

Lightning Tracks

News from Lorton Station and the School and Home Partnership

January 2012

CALL SHEET

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SHP Leadership

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Tip Sheet for Parents: Five Ways To Get Kids Excited About Reading

Parents have the power to turn kids on to reading. These five things help make reading a pleasure, not a chore:

- 1. Set aside a family reading time**—30 minutes or an hour every day that everyone shares.
- 2. Help your child find books** about characters whose age, feelings, interests and experiences are similar to his or her own.
- 3. Introduce your child to stories** about out-of-the-ordinary experiences—like mysteries, science fiction and ghost stories.
- 4. Take turns reading aloud.** Even older kids like to show parents their reading skills, and hear parents read from books they might not be able to read on their own.
- 5. Make reading fun.** A playful, affectionate attitude toward reading time works a lot better in the long run than forcing kids to read “because it’s good for you.”

Note: Copyright 2011. 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/cc/fam/resources/publications/index.shtml>.

NEWS ALERT

Reminder for all volunteers

Please use the **VOLUNTEER** Binder and not the **VISITOR** Binder when coming to the school to volunteer.

Save the Date!

Escape School
Family
Night/Dinner

Thursday,
January 26

This is a safety program designed to arm children and their parents with abduction-prevention tips and tactics. Don't miss it!

Parent Coffees

~~January 12, 2012~~
canceled

February 23, 2012

March 15, 2012
(AAP parents)

April 19, 2012

May 2012 - TBD
(AAP parents)

Topics to be announced
at a later date

COFFEES ARE HELD AT 9:20 IN THE LIBRARY

Lost and Found

The lost and found cabinet at school is overflowing with winter coats and sweatshirts! Please make sure your children's outerwear has their name in it so it can be returned.

The lost and found cabinet is in the cafeteria. If your child is missing something, please remind them to check there.



Ms. Davis' Class Wins

Congratulations to Ms. Davis' first grade class for being the Top Selling Class in our school for the Lavender's fall fundraiser. They received their 'Adopt an Asian Elephant' kit from the National Zoo in D.C. It contains a plush elephant to keep in their classroom, a color photo of their adopted elephant, a fact sheet, a personalized certificate, and the Adopt-a-Species newsletter.

'Thank You!' to all who participated in the Lavender's fundraiser. You raised over \$5500 for the Lorton Station Elementary School & Home Partnership. This money will go toward Movie Night, Health & Safety Fair, International Night, field trips, after school programs, and so much more!

Want to Know What's Going On in the SHP?

SHP meetings are the 3rd Tuesday of every month, 7-8:00 pm in the LSES library. Free childcare will be provided. All are welcome to attend. The next meeting is February 7.

Minutes of the meetings can be accessed at:

<http://www.lortonstationshp.org/home/publications/meeting-minutes-agendas>.

Fairfax County Association for the Gifted

Presents:

Summer Academic Programs and Enrichment Camp Fair

Oakton High School - 2900 Sutton Rd - Vienna, VA

Tuesday January 24, 2012, from 7:00-9:00 p.m.

Admission is Free and Open to the Public

- Meet representatives from summer enrichment programs
- Visit the exhibits, ask questions, and network with others
- See what your children (K-12) can explore next summer

Academic Programs: music, chess, drama, computers, robotics, language immersion, math, science, engineering, and test prep

Enrichment Camps: TIC (Tech is Cool), Fairfax Collegiate, Math Enrichment Services, Traveling Players Ensemble, Writopia, FCPS Institute for the Arts, Congressional Day Camp, iD Tech Camp, Potomac School, Concordia Language Villages, Interlochen Arts Camp, Madeira School Summer Camps, A Class Act: Acting for Kids, and more!

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In case of inclement weather, check for snow date: <http://fcag.org/>
Join FCAG's Yahoo discussion group: <http://groups.yahoo.com/group/FCAG>
Contact: [703-922-1977](tel:703-922-1977) | secretary@fcag.org

Technology @ Home

enables students, faculty, and staff to purchase products for home technology use, directly from vendors at educational discount rates.

Through a special agreement with Microsoft, Fairfax County Public Schools students and staff members can now purchase Microsoft products for home and personal use.

- Student ID numbers or staff employee numbers are needed to complete the order process. Refer to http://fairfax.journeyed.com/page/purchase_requirements, for details.
- Refer to <http://fairfax.journeyed.com/faq>, for frequently asked questions.
- Visit <http://www.journeyed.com/Fairfax>, or call, 1-800-874-9001

Discounts are also available for Dell, Hewlett Packard and Adobe products; please go to the Technology @ Home website at <http://www.fcps.edu/it/technology/TechnologyHome.shtml>

Race to Nowhere

The South County PTSO is providing a free screening of the documentary "Race to Nowhere" on January 25, 2012 (snow date February 1). The movie is a call to families, educators, experts and policy makers to examine current assumptions on how to best prepare the youth of America to become the healthy, bright, contributing and leading citizens in the 21st century. For more information and to view the documentary trailer, please go to <http://www.racetonowhere.com/>.

Following the viewing, there will be a panel discussion with area educators to address concerns and answer questions raised by the film. Admission is FREE, but due to limited seating please sign up online using the following link: <http://racetonowhere.com/epostcard/5473> -- click on "tickets" and request the number of tickets/seats needed. No tickets will be issued; a guest list will be maintained at the door.

Afterschool program volunteers

We could not run classes without parent volunteers to help! Parent volunteers help with attendance and checking kids out at the end of class; some also help by dealing with the vendors and making the arrangements for the classes. We can always use parent volunteers, who receive reduced, or in some cases, free registration for their child.

A special thank you to the following who helped with fall classes:

*Natalie Cardon
Jacquiel Cunningham
Shaza Elsamani
Lisa Funkhouser
Yenni Henderson
Farah Mughal
Anu Patel
Kelly Wilson
Nadia Zia
Anne Ziegler*

Afterschool program registrations

Although it is past the registration deadline for some winter classes, there are still a few more spots available so the registration system remains open for them. These classes still have space: Basketball (grades K-3) and Tae Kwon Do (all grades). Registration has not yet closed for the Chess Club and Mad Science, both of which have plenty of space left. To register for a class or get more information, go to www.Pay4SchoolStuffOnline.com. If a class is still open, it will show up there, and you can also download copies of fliers for each class. The only classes not included there are ones that are full, and music classes. For information on afterschool music classes, contact Learn Now Music directly at 800-399-6414.

Health and Safety Fair

Mark your calendars for the Health and Safety Fair planned for **Saturday, March 17**. SHP is working with a number of community partners to create an event that is fun and informative. You can expect a variety of topics, ranging from smart and safe seniors, to infant car seat safety, to Internet safety, prevention of drug and alcohol abuse, health screenings and nutrition. If you would like to help with this event in any way, or if you know a vendor who might be interested in setting up a booth, please contact Suhana Rai at suhanarai@hotmail.com



Real Food for Kids

There is a group being formed within Fairfax County to encourage the school system to do the following with regards to the food served in the cafeteria.

- Increase the quantity of fresh, naturally grown, fruits and vegetables on a daily basis, e.g. providing a salad bar (currently, only 4 FCPS schools currently have salad bars. In the past, every school did).
- Eliminate highly processed food and replace with real food.
- Eliminate flavor enhancers like MSG, autolyzed yeast, hydrolyzed protein, etc.
- Eliminate trans fats (partially hydrogenated oils) or fully hydrogenated oils
- Eliminate artificial additives, dyes, preservatives
- Eliminate high fructose corn syrup and limit other added sugars
- Have cups of water or bottled water available in the lunch room at a free or economical price
- Have organic milk available as an option

The SHP would like to form a committee of parents interested in these types of issues to get involved with this group and follow their progress. If this is an issue about which you are passionate, please contact Nannette Henderson at SHPPres@gmail.com or 703-643-9085 to find out how you can get involved.

Help the SHP when you shop online



iGive.com Here's a free and easy way to raise money for Lorton Station whenever you shop online. Just sign up for a *free* iGive.com account. If you happen to shop online at any of their 944 participating stores, the Lorton Station School & Home Partnership earns money, at no additional cost to you.

After you create your free give account, all you need do is shop through the iGive.com website, newsletters, or install the optional iGive Button to make sure you never miss an opportunity to raise money when you shop online. It's all automatic, and it's all free of charge. iGive lets you control your membership information with a private password. You can review your store visits and purchase/donation history, and confirm the total amount raised and distributed to your cause. iGive values your privacy and will never release shopper information without consent. And there are no hidden fees or extra costs when you shop through iGive.

Give it a try! Here's the link: http://www.igive.com/O_p3Qar Feel free to pass it on to your friends and family so they can help as well.

Communications from school—

Is your email address correct in the school's system?

Every Friday at 5:30pm, Lorton Station sends an email to all parents/guardians who have an email address on record in our system. If you are not receiving these emails, we have no email address, or an incorrect email address, on file for you.

To fix this issue, you will need to update your e-mail address in our student database by doing one of the following:

- 1) (preferred) Access your ParentView (Blackboard) Account and via the wecare@school link, you can add or update your e-mail address, or
- 2) Email our Student Information Specialist at SEBullock@fcps.edu. Enter "Add email address" in the subject line and include the names of all your Lorton Station registered children in the email.

Instructions for adding or updating your e-mail address in our Student Information Database:

1. Open your Parent View Account at <http://fcps.blackboard.com>
2. Click the wecare@school link
3. Click on your child's name to edit his/her emergency care information
4. View your child's basic school information listed, click continue.
5. In the next window, you can edit your child's information...find the editable space for "E-mail" and insert or update the space with your correct e-mail address. *At this time, you could also update any other portions of this Emergency Care Form if necessary.
6. Click Continue to forward through the rest of the Emergency Care Form, when you see the button, "Save Changes" click it to save any updates you have made.
7. A message will appear. Read it and Click OK.
8. Click "Send the Form" to send the updated form to our School personnel.

Once the changes are viewed and approved at Lorton Station, they will be accepted and your child's record will be updated with the information you supplied. It will take 24 hours for your e-mail address to update.

Student directories

The SHP will produce student directories in January, which will be distributed at no charge to all students. Although opt-out forms were distributed in the first week of school, they were sent out again recently. All students are included in the directory with information from the school's database, unless they specifically opt-out of being listed. So, if someone is not listed, it is because they asked not to be. If your information is incorrect, then the school's database has incorrect information. Contact Sofia Bullock (SEBullock@fcps.edu) in the school office to make corrections.

School Hours



Mondays: 9:05 am -1:15pm

Tuesdays-Fridays: 9:05 am - 3:45pm

Children should arrive at school no earlier than 8:50 am. We cannot assume responsibility for their supervision before this time.

Office Hours

Monday-Friday: 8:30am 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

2nd Entrée with Lunch: \$1.75

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.

SHP MEETINGS

Schedule of SHP meetings for the year

February 7, 2012

March 20, 2012

April 17, 2012

May 15, 2012

June 12, 2012

All meetings are at 7:00pm, usually in the school library

About Lightning Tracks:



Lightning Tracks is published 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 Kary Jones, Newsletter Editor, at karysjones@gmail.com.

As parents this is a great place to ask questions and get feedback from staff and for staff to announce any upcoming field trips, special projects or share photos from your classrooms. I will be happy to organize photos, thoughts, suggestions and announcements into upcoming issues.

Happy New Year!