President’s Pen

Charlie Brown: “We’ve got ANOTHER holiday to worry about. It seems Thanksgiving Day is upon us.”
Sally: “I haven’t even finished eating all of my Halloween candy.”

Sometimes it seems this conversation pretty much sums it all up. It is hard to believe that we are already well into November and that Thanksgiving is NEXT WEEK. After that things really kick into high gear as we head into the holiday season and winter break. As if the everyday juggle wasn’t enough, now we add cooking feasts, entertaining, visiting family members, shopping for the perfect gift, holiday parties, all that extra traffic around Tysons…it’s enough to turn a season of thanksgiving and joy into one of crankiness and stress. Oh, but wait—the PTA wants to pile on this thought. But, the first step in bringing back the fun to the season is admitting it and realizing that we are all in the same boat and that we have much to be thankful for at CRS.

Speaking of being thankful, on behalf of the entire CRS PTA, its officers and executive board, I would like to thank all of the 330 CRS families that have joined the PTA and donated to our Armchair Fundraiser through the registration link on the CRS PTA website (www.churchillroadpta.org).

I would also like to thank all of our PTA volunteers. The CRS PTA absolutely could NOT function without your support and leadership. Thanks to:
• Jennifer Schuette for her tireless and diplomatic efforts in putting together the CRS Directory (all while coordinating our grocery and other eScrip programs).
• Jenna Yellen for coordinating fun and educational assemblies.
• Kim Jones for hosting a fantastic Paddington movie night.
• Seema Singh for the Parade of Cuisines and for other upcoming cultural activities that she has planned for CRS.
• Varnita Kohli for organizing the Reflections contest.
• Luz Panduro, Carol Smith and Kristi West for spearheading our staff appreciation efforts to show the CRS faculty and staff how much we appreciate their hard work and dedication to our children.
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And, thanks to ALL of the parent volunteers who have supported the CRS PTA programs and activities from Advocacy and Artist Workshop to Wellness and Yearbook (and everything in between).
I ask everyone to please take a minute this week to stop and smell the turkey and to thank a PTA volunteer for everything he or she does for CRS.

Melissa Schwartz, CRS PTA President
President1@churchillroadpta.org

The PTA Staff Appreciation Committee will be seeking donations and volunteers to help out with the Secret Snowman project
• Class holiday parties will be held on December 18th (the last day of school before winter break)
• Winter concert dates for Strings, Band and Chorus are available on the CRS website

Participation in the community service drives and staff appreciation events is, as always, completely voluntary. Any support you are able to provide is greatly appreciated. We are hopeful that these, and other community service activities throughout the year, will provide CRS students with opportunities to benefit from the experience of helping others and to share what they are thankful for at CRS.

Below is a quick glimpse of what’s coming up at CRS over the next few weeks:

• CRS Food Drive for SHARE – this week, November 16-20 - help feed the hungry in our own community by sending in donations of food and other necessities.
• Annual Holiday Gift Drive for Dogwood Elementary (our Title 1 buddy school in Reston, VA) – early December – more information to come.
• SHARE Gift Bag Donations – early December – sending in donations for needy children (e.g., toy, PJs, book, etc.) to be assembled into gift bags for the holidays.
• Stop Hunger Now – December 16-February 6 – a service learning opportunity for children and adults coordinated by schools within the Langley pyramid.
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Annandale Terrace Thanks You for Your Board Game Donations

Thanks are extended to the Churchill Road community for the generous contributions of board games and puzzles that were collected last week. Benn G., Ethan Z., Matthew L., Thomas H. and Nicholas A. showcase some of the donated games. Over 45 games will be donated to Annandale Terrace Elementary School’s after-school program and they extend their sincere appreciation to our community.

Annual SHARE Food Drive Through THIS Friday, November 20

The PTA Community Service Committee’s Thanksgiving drive for SHARE, a McLean-based volunteer organization working to feed the hungry in our own community, continues through this Friday, November 20. SHARE has indicated that they are most in need of the following items:

- Laundry Detergent
- Cooking Oil
- Diapers and baby wipes
- White Rice
- White Sugar
- Grape or strawberry jelly or jam
- Ground Coffee
- Black Tea
- Mayonnaise, mustard, and ketchup
- Chunky Chicken Soups (only this kind)
- 100% Juice
- Soap, toothpaste, toilet paper
- Tuna Fish

Please send in any of the above items with your child by this Friday. We will collect donated items in gray bins located outside each classroom.

Questions? Please contact Community Service Committee Chairs Sarah Walter (sarah@walterdc.com); or Robin Hoeymans (marinora@aol.com).

Soup & Salad Luncheon Enjoyed by All!

Thanks to the culinary skills of the third grade parents, the CRS staff enjoyed a smorgasbord of delicious soups and salads this week. All the soups were so delicious that it was hard to pick a favorite. A very special thank you is extended to Catherine Haynes and Jenna Yellen for coordinating the luncheon.

INAQA Children's Hospital Play-Doh Drive

Did you know that INOVA Children’s Hospital goes through 620 cans of play-doh each month? Beginning today until Thanksgiving break (November 25), Churchill Road will be collecting cans of play-doh to deliver to INOVA in early December. INOVA takes such good care of our kids, please help us give back! There will be a bin in the front lobby for play-doh donations throughout this week and next. Thank you for your help! Any questions, please contact Robin Hoeymans (marinora@aol.com).

Cheers of the Week…!

Congratulations to our Churchill Cheer winners for the week of November 9. Cheers are given to students who follow the four R’s. Winners are: Lily Snow (Kindergarten); Samantha Kim (1st); Jooyon Lee (2nd); Joe Proctor (3rd); and Logan Jones (4th). Our good citizenship winners are Jason Ferentinos (5th grade) and Lauren Pratt (6th grade). Our whole class winner is Ms. Bamdad’s second grade. Keep up the good work!

Remember, at CRS we follow the five R’s. We Respect ourselves, we Respect others, we Respect property, we Respect the Earth, and we are Responsible.
Pizza Party and Late Night Book Fair Fun for All

Thank you to our SCA officers Billy, Jackie, Alex, Kayla, Matthew and Jordan, along with SCA sponsors Ms. Antonio and Mrs. Schnaue, for making the SCA pizza night a great family event. The SCA plans to use the funds raised from this, and other events, to support the Langley Pyramid’s STOP HUNGER NOW goal.

The late night Book Fair drew a big crowd of students and parents, who shopped for those special books and games for themselves and family members. Thank you to Book Fair chairs Wylie Marshall, Julie Millar, Christie Stute and Amy Swaak for organizing, and to Mrs. Warren and Mrs. Biliter for hosting, this great event. Look for more about the Book Fair in an upcoming Churchill Chatter.

Pumpkin Mania

Did you know that a pumpkin can have more than 200 seeds? The kindergarteners in Ms. Lewis’s class shared this fact and many more with their parents during their class Pumpkin Celebration. The children sang pumpkin songs, gave a class presentation about their pumpkin science unit, and spent time with their families decorating their pumpkins. Mrs. Khan, Ms. Lewis, Alex P., Lucas M., Alex H., Audrey T. and Hamati C. show off some of their decorated pumpkins.

6th Grade Happenings

Mrs. Robosky’s sixth graders worked with their buddies in Mrs. William’s first grade class to create turkey art for Thanksgiving (above). Students in Mr. Ericson’s science class presented nutrition plans for different professions (below). Can you tell what the professions are?
WELLNESS CORNER

Little changes make a big difference

Benefits of a Schedule

Although the benefits of a schedule are often overlooked, maintaining a regular schedule has both physical and mental benefits. Our bodies and minds appreciate the dependability of consistent daily habits: waking around the same time each day, eating at routine times, reliable activity schedules, and going to bed at about the same time each night. We can use the steadiness of our schedules to incorporate healthy habits. When exercising, drinking water, or another healthy choice becomes as ingrained as brushing teeth, it is no longer a question of if it will happen on a daily basis because the healthy habit is a fixed part of the day.

It is important to acknowledge that we are about to head into a time when our schedules will be altered. The school schedule will include a couple days off at the end of November (November 26 and 27) and a couple weeks off at the end of December. In addition to losing the normality of the school schedule, there will likely be reasons to stay up later and to eat more or richer foods. Changes to the schedule can be fun, especially festive gatherings with those we care about, but keep in mind for you, and your family, that our bodies thrive on homeostasis—maintaining internal stability. Our bodies are amazing at accommodating for changes in our environment and habits to create a steady internal state for health and longevity, but we can help our bodies and minds by striving to maintain some normalcy, such as morning routines or mealtimes, as well as by providing additional unstructured downtime to adapt to the numerous changes.

Fourth Graders Visit Jamestown

Churchill Road fourth graders took their annual field trip to Jamestown this past week. Students in Mr. Kilpatrick’s class were fortunate enough to have his recently retired parents along for the trip. Thank you to Mr. and Mrs. Kilpatrick (a former teacher) for driving down from New Jersey just for this trip.

Churchill Classifieds:

Tax-Deductible Donations Welcomed
Renovating your home? Still need a tax deduction for 2015? Just trying to clear space for all of those new holiday gifts? Well, the CRS PTA is here to help. If you are looking to get rid of any of the following, please consider making a tax-deductible donation of these items to CRS and the CRS PTA.

- A refrigerator for the Exploratory Arts Classroom
- A stove for the Exploratory Arts Classroom
- Flagstone for repairs and replacements of walkways around CRS
- A filing cabinet for the PTA Workroom

After-School Activities Internship Available
Have you always wondered HOW the CRS PTA provides our children with all of that great after-school programming? The CRS PTA is looking for an adventurous volunteer to assist ASA chair Mel Quinn and learn all about the after-school activities process.

If you are interested, please contact either Melissa Schwartz at president1@churchillroadpta.org or Mel Quinn at afterschoolactivities1@churchillroadpta.org.
Parenting for Independence:  
**A Presentation and Q&A with**  
**Dr. Heather Tedesco**  
Friday, November 20, 2015  
8:45 a.m. in the Exploratory Arts Room

All parents share the goal of raising their children to be independent adults. But it's hard to know how to encourage it as our children grow.  
- What are appropriate expectations?  
- How much help should we provide?  
- How can we use the elementary school years to prepare children for increased independence in middle school and beyond?

Dr. Tedesco held a very popular session last year called “Effective and Counterproductive Approaches to Parenting.” She is an applied psychologist who works with parents to resolve problems and help them take the long view of raising children into happy, authentically successful adults. Her purpose when working with parents is to make parenting less stressful, more effective, and more enjoyable. For more information, visit [www.DrTedesco.com](http://www.DrTedesco.com).  
(Brought to you by the Parent Networking Committee of the CRS PTA.)

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**Save the Date:**
**Saturday, February 6, 2016**  
**Stop Hunger Now**

Last year’s *Stop Hunger Now* event was a huge success and provided a wonderful service learning opportunity for children and adults of all ages. In partnership with *Stop Hunger Now*, the elementary, middle and high schools in the Langley pyramid are coming together on **Saturday, February 6th** at Colvin Run Elementary to prepare 100,000 meal packages for schools and orphanages around the world. [Click here](http://www.langleychorus.com/wp-content/uploads/2015/10/Renaissance_Invitation_2015.pdf) to learn more about Stop Hunger Now. Last year’s goal was $25,000 which provided 100,000 meals to families in Ukraine.  

December 16th will be the Kickoff for fundraising and volunteering. Your child will bring home a collection box in which they can save money to be donated in January as part of the fundraising efforts. Also, parents will receive a KIT message which includes links to *Register to Volunteer* for the event and *Donate* money towards our Langley goal of $29,000.

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**Learning about Internet Safety**

 Churchill Road Technology Specialist Jordan Craig-Kuhn, 2nd grade teacher Brad Healey, Librarian Sari Warren and former CRS Technology Specialist Erik Dahlin had some fun at the Family Online Safety Institute Annual Conference, while learning strategies to help keep our students safe when working online.

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**Renaissance Feaste**

December 4 and 5 at 7:00 p.m.  
Capital Church, 10233 Leesburg Pike, Vienna


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**British Classics Concert**

Tuesday, December 1, 2015  
South Lakes HS, 11400 South Lakes Dr, Reston, VA

Join the Langley High School Orchestra for a British Classics Concert on Tuesday, December 1 at South Lakes High School in Reston, Virginia.
### CRS Calendar of Events -- November 18 - December 4, 2015

#### Wednesday, Nov 18
- 3:30-5:00: Minecraft Prog 1-6 / Library
- 3:30-5:00: Prog/Scratch 4-6 / Library
- 3:30-5:00: Public Speaking 4-6 / Room 219
- 3:30-4:30: Agility Soccer / Outside/Gym
- 3:30-4:30: Flag Football 5-6 / Gym
- 3:30-4:30: Acting/Storybook 1-3 / Stage
- 3:30-4:30: 3D Game Design 3-6 / Staff Lounge
- 3:30-4:45: Scrabble 2-6 / Room 216
- 3:30-4:30: Mad Science 1-6 / Room 205
- 3:30-4:30: Math Enrichment 6 / Cafe

#### Thursday, Nov 19:
- 3:30-5:00: Chess Club 2-6 / Cafe
- 3:30-4:30: Minecraft LUA 1-3 / Room 205
- 3:30-5:00: MTC 3-6 / Gym/Stage
- 3:30-4:30: Tiny Chefs 1-3 / EA Room
- 3:30-5:00: Musical Prod 3-6 / Room 208

#### Friday, Nov 20:
**CHURCHILL SPIRIT DAY**
- 8:45-10:00: Parent Network Event / EA Room
- 3:30-5:00: WeDo Robotics 1-3 / Cafe
- 3:30-5:00: EV3 Robotics 3-6 / Cafe
- 3:30-4:30: Electronics 3-6 / EA Room
- 3:30-4:30: Basketball 1-6 / BB Court
- 3:30-5:00: Jazz Dance 2-5 / Stage
- 3:30-4:30: Gourmet Chefs 3-6 / Staff Lounge

#### Monday, Nov 23:
- 3:30-5:00: Drawing Club 3-6 / Cafe
- 3:30-4:45: Struct Eng 1-3 / Cafe
- 3:30-4:30: Golf 1-6 / Field/Gym
- 3:30-4:30: Art Brains 1-5 / Staff Lounge

#### Tuesday, Nov 24
- 3:30-5:00: Mus Theatre Revue / Stage
- 3:30-4:45: Art Club 2-6 / Room 219
- 3:30-4:45: Science Olympiad B / Room 200
- 3:35-4:35: Chinese 1-4 / MOD20
- 3:35-4:35: French 1-4 / Room 216
- 3:30-4:30: Flag Football 3-4 / Outside/Gym
- 3:30-4:30: Hip Hop Dance 1-3 / EA Room
- 3:30-4:30: Minecraft Mod 1-4 / Cafe

#### Wednesday, Nov 25
- 1:20: 2-Hour Early Dismissal
- **No After-School Activities**

#### Thanksgiving School Closed

#### Thursday, Nov 26 & Friday, Nov 27:
**Thanksgiving**

#### Monday, Nov 30:
- 3:30-5:00: Drawing Club 3-6 / Cafe
- 3:30-4:45: Struct Eng 1-3 / Cafe
- 3:30-4:30: Python Prog 3-6 / EA Room
- 3:30-4:30: Golf 1-6 / Field/Gym
- 3:30-4:30: Art Brains 1-5 / Staff Lounge
- 7:00-8:00: 4th Grade Strings Concert / Gym/Stage

#### Tuesday, Dec 1
- 3:30-5:00: Mus Theatre Revue / Stage
- 3:30-4:45: Art Club 2-6 / Room 219
- 3:30-4:45: Science Olympiad B / Room 200
- 3:35-4:35: Chinese 1-4 / MOD20
- 3:35-4:35: French 1-4 / Room 216
- 3:30-4:30: Flag Football 3-4 / Outside/Gym
- 3:30-4:30: Hip Hop Dance 1-3 / EA Room
- 3:30-4:30: Minecraft Mod 1-4 / Cafe
- 7:00-8:00: Advanced Strings Concert / Gym/Stage

#### Wednesday, Dec 2
- 9:15-9:45: Student Strings Concert / Gym
- 10:15-10:45: Student Strings Concert / Gym
- 3:30-5:00: Minecraft Prog 1-3 / Cafe
- 3:30-5:00: Prog/Scratch 4-6 / Cafe
- 3:30-5:00: Public Speaking 4-6 / Library
- 3:30-4:30: Agility Soccer / Outside/Gym
- 3:30-4:30: Flag Football 5-6 / Gym
- 3:30-4:30: Acting/Storybook 1-3 / Stage
- 3:30-4:30: 3D Game Design 3-6 / Staff Lounge
- 3:30-4:45: Scrabble 2-6 / Room 216
- 3:30-4:30: Mad Science 1-3 / Room 205
- 3:30-4:30: Math Enrichment 6 / Room 219

#### Thursday, Dec 3:
- 3:30-5:00: Chess Club 2-6 / Cafe
- 3:30-4:30: Minecraft LUA 1-3 / Room 205
- 3:30-5:00: MTC 3-6 / Gym/Stage
- 3:30-4:30: Tiny Chefs 1-3 / EA Room
- 3:30-5:00: Musical Prod 3-6 / Room 208

#### Friday, Dec 4:
- 3:30-5:00: WeDo Robotics 1-3 / Cafe
- 3:30-5:00: EV3 Robotics 3-6 / Cafe
- 3:30-4:30: Electronics 3-6 / EA Room
- 3:30-4:30: Basketball 1-6 / BB Court
- 3:30-5:00: Jazz Dance 2-5 / Stage
- 3:30-4:30: Gourmet Chefs 3-6 / Staff Lounge

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**Churchill Spirit Day THIS Friday, November 20**

This Friday, November 20th is a Churchill spirit day. Show your Churchill pride by wearing your favorite Churchill gear or blue and white!

**Plan Ahead -- The Thanksgiving Holiday is Next Week!**

Students will be dismissed two hours early, at 1:20 p.m., on Wednesday, Nov. 25, so that families may prepare for the Thanksgiving holiday. School will be closed on Thursday and Friday, November 26-27. Please call the CRS 24-hour attendance line at **703-288-8484** or email churchillattendance@fcps.edu if your student will be absent additional days surrounding the holiday. Thank you!

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The CRS Home Page address: [http://www.fcps.edu/ChurchillRoadES/](http://www.fcps.edu/ChurchillRoadES/). To submit Chatter material, please email Editor Kim Moran at kmoran2@fcps.edu. **Deadline for submissions is NOON each Friday.** Keep In Touch (KIT) reminders will typically be emailed to the CRS community on Monday, Wednesday, and Friday at 4:00 p.m. Please email your brief KIT message to Kim Moran and Don Hutzel at KIT Request. All KIT messages should be sent to the school at least 24 hours in advance of their posting. Non-profit organizations may submit fliers for distribution the weeks of December 7, 2015 and March 7 and May 23, 2016.