News from CRS Library

Hello from the Library! If you walk by our space, you can tell it is often a place that is full of activity and learning. Here are just some of the highlights:

In September, we were sad to see Mrs. Simpson leave as she moved on to become the Librarian at another Fairfax County Public School. We were lucky to replace her with Mrs. Wendy Biliter—a long-time CRS parent and volunteer. Mrs. Biliter has been a wonderful addition to the staff and I am so grateful that she jumped in with both feet!

We have a huge new group of volunteers this year. Thank you to everyone for taking the time to help us and to Luz Panduro, our volunteer coordinator, who manages the volunteer schedule. If you haven’t stopped by the library lately, come take a look. We continue to make enhancements to our collections and our operations!

With the size of our student population the library is always a busy place, but during November it is especially popular with our annual book fair. We would like to say a heartfelt THANK YOU to our amazing book fair chairs who work so hard to make it look easy and effortless to pull off this huge undertaking! Julie Millar, Christie Stute, Amy Swaak and Wylie Marshall spend countless hours planning, organizing and running this event, down to the smallest detail! We so appreciate all that they do for the book fair and always with a smile. We continue to make enhancements to our collections and our operations!

Later this week, we are lucky enough to have Grammy winning singer, songwriter, and author, Bill Harley coming to visit with us. He will speak to and entertain all of our 2nd – 6th graders. Meeting an author is special and we are grateful to the PTA for funding this visit!

Looking ahead, we will have a Barnes and Noble book fair at Tyson’s Corner on Saturday, March 12 from 10 a.m. – 2:00 p.m., followed by an online event until March 17. This will be a good time to gather some books before you head out for your spring break trips! Look for more information in the New Year.

In addition to all of our special events, we continue to see students weekly or bi-weekly. We enjoy the time we spend with your children. We do a variety of activities during their library time and we hope they are continuing to learn while developing a love of reading.

The library is filled with a great number of resources for use by your children. In addition to constantly adding new titles and updating the collection, we have access to a great number of electronic resources through the county. To access these resources, click on “Library” from the CRS homepage. Passwords are on Blackboard, in the “library” tab under “specialists”. There is a wealth of information for you to peruse!

As always, thank you for your support of the library! Feel free to reach out anytime.

Sari Warren, CRS Librarian
Churchill Road third graders Matthew and Wilson decided to donate their birthday gifts to the students at Dogwood Elementary. In the spirit of the season, the boys asked their CRS friends to purchase gifts for Dogwood instead of them. Thanks to everyone’s generosity, the boys were able collect a lot of presents and can’t wait to share them with our buddy school.

**Dogwood Elementary Gift Drive**

**Ends This Friday, December 11**

Dogwood Elementary, our buddy school in Reston, VA, is a Title 1 school with approximately 60 percent of its students eligible to receive free or reduced price lunch. Continuing a long-standing tradition, the CRS PTA Community Service Committee is again conducting a holiday gift drive to benefit the children of Dogwood Elementary who may not otherwise receive a gift this holiday season.

The program is completely voluntary. If you wish to contribute a gift, simply bring a new, unwrapped gift for students between the ages of 3 and 12 (price-capped at $25 at Dogwood’s request) to school by this Friday, December 11th. There are Community Service collection bins placed throughout the school. The list of suggested toys and guidelines that Dogwood sent us for their Holiday Assistance Program is available on the CRS homepage here.

This is also a great opportunity to have your children participate in a community service project for the holiday. Get your children involved in picking out a gift for a buddy their own age!

We truly appreciate your support for this long-running and important CRS PTA tradition. We wish you and your family a very happy holiday season! Questions? Please contact Sarah Walter (sarah@walterdc.com) or Robin Hoeymans (marinora@aol.com)

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Churchill Road’s Orchestra students performed for parents, family members and fellow students last week. The 4th grade strings concert was a great success. Students played songs like “Good King Wenceslas” and “Mary Had a Little Lamb”, classics for a beginning strings concert. The 6th, 5th and Advanced 4th grade concerts went well. Students played music for the winter season from all over the world: Ukraine, Canada and Russia.

Thank you to CRS orchestra teacher Jacqueline Robertson for organizing this great event and to strings teacher Melissa Mioni for helping out.

On the evening of December, 7th the CRS Beginning and Advanced Bands performed at their Winter Concert. The Beginning Band is comprised of 5th and 6th grade students who had never played a band instrument before. They worked very hard starting in September and were able to put on a concert after just three months of playing their instruments. A few of their songs were well-known tunes like “Ode to Joy”, “The Dreidel Song”, and “Jingle Bells”.

The Advanced Band is comprised of mostly 6th grade students who have played their instrument for at least a year. These students played full-length pieces of music. The program consisted of music called “Furioso”, “African Bell Carol”, “Star Wars”, and “Attack of the Cyclops”. The group stepped up to the challenge and put on fabulous concerts for both parents and students.

Thank you to CRS band instructor, Ms. Carina Gutjahr, for preparing the students for these festive concerts!
Thank you the fourth grade team – Mrs. Brownley, Mr. Kilpatrick, Mrs. McHale, Ms. McLendon and Ms. Rook – music teachers Ms. Judkins and Mrs. Menard-Mazurowski, and the many parent volunteers for making this year’s Colonial Day such a success.
WELLNESS CORNER

Little changes make a big difference

Importance of Staying Hydrated

The first grade teachers make a point to stay hydrated throughout the school day.

We are aware of the dangers of dehydration during the hot months of summer, but even during the cold months of winter, dehydration can occur. You may have noticed water vapor being lost from your body as you exhale on cold mornings at the bus stop. Dehydration can cause muscle fatigue, cramps, loss of coordination, and exhaustion. Dehydration can also increase susceptibility to winter colds and flu and is a leading cause of headaches.

Strive to drink a large glass of water first thing when you wake up. It is a great way to rehydrate, fire up your metabolism, flush toxins, and to fuel your brain for the day.

Keep in mind the majority of our body is water; brain tissue is about 73% water, as is the heart, and lungs are roughly 83% water. Remember to keep a water bottle with you and drink throughout the day to stay hydrated. You may also want to try to consume more water when drinking diuretics, like coffee, that can cause more water loss through urine. In addition to water, soups are hydrating and fruits and vegetables are a natural source of water. It is also important to drink before and after exercising. Enjoy the beautiful health benefits of simply drinking water!

Cheers of the Week...!

Congratulations to our Churchill Cheer winners for the week of November 30. Cheers are given to students who follow the four R’s. Winners are: Zara Lang (Kindergarten); Seth Stevens (1st); Cardin Clarke (2nd); Ethan Ramchand (3rd); and Jack Vaderson (4th). Our good citizenship winners are Ayesha Ramnani (5th grade) and Megan Faust (6th grade). Our whole class winner is Mrs. Thurston’s kindergarten. 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.

Box Tops News

Our Box Tops for Education program student winners for November are Lane Hueber (353) and Kanuux Chaudhuri (274)! They have turned in the most Box Tops so far this year.

In addition Mrs. Lackey’s 5th grade, Mr. Depa’s 5th grade and Mrs. Kuhfuss’ 6th grade classes have reached 100% participation this quarter. Let’s all give them a big Bobcat cheer! Go check out the poster on the way to the cafeteria for more details. Congratulations to all of you for helping our school earn money!

You can be a winner, too – just collect Box Tops from household products and grocery items and bring them to school. Remember, in order to receive credit for your Box Tops, make sure they are labeled with your full name and teacher’s name. Please trim them on the dashed lines and then give them to your teacher or drop them in the collection bin in the front office.

For more details about the Box Tops program at CRS, please go to the CRS PTA website (www.churchillroadpta.org) and click on the Committee Info tab, then scroll down and click on “Box Tops”.

Thank you for your support!

Carla Gilbertson, CRS Box Tops Coordinator
boxtops1@churchillroadpta.org

REMININDER: 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 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.
Holiday Happenings

A number of CRS students shared dance talents in their annual Frosty Follies production at the McLean Community Center last week. This event was a fundraiser for The Toys for Tots Foundation and was a huge success. A number of CRS teachers and staff were lucky enough to see this great performance.

Second graders Haley L., Paris D., Sydney D. and Kara D. had a great time performing.

Visiting Mount Vernon

First graders, along with their teachers and many parent chaperones, enjoyed the day at George Washington's home, Mount Vernon. Students toured the mansion, walked the grounds and gardens, visited the museum, and even got to meet the Christmas Camel! The group was so thankful to see many primary sources in order to really learn about George Washington's life and legacy!

Mrs. Diffie and friends especially enjoyed relaxing on the veranda while looking at the beautiful Potomac River.

Churchill Road students in Cub Scout Pack 665 got a jump start on the holidays by participating in the annual McLean Winterfest Parade on Sunday, December 6.
### CRS Calendar of Events -- December 9 - 18, 2015

<table>
<thead>
<tr>
<th>Wednesday, Dec 9</th>
<th>Monday, Dec 14</th>
<th>Wednesday, Dec 16</th>
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<tbody>
<tr>
<td>8:00-8:45 Principal's Coffee</td>
<td>3:30-5:00 Drawing Club 3-6</td>
<td>3:30-5:00 Minecraft Prog 1-3</td>
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<tr>
<td>8:45-9:45 PTA Meeting</td>
<td>3:30-4:45 Struct Eng 1-3</td>
<td>3:30-5:00 Prog/Scratch 4-6</td>
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<tr>
<td>3:30-5:00 Minecraft Prog 1-3</td>
<td>3:30-4:30 Python Prog 3-6</td>
<td>3:30-5:00 Public Speaking 4-6</td>
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<tr>
<td>3:30-5:00 Prog/Scratch 4-6</td>
<td>3:30-4:30 Art Brains 1-5</td>
<td>3:30-4:30 Agility Soccer</td>
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<tr>
<td>3:30-5:00 Public Speaking 4-6</td>
<td>3:30-4:30 Soccer</td>
<td>3:30-4:30 Flag Football 5-6</td>
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<tr>
<td>3:30-4:30 Agility Soccer</td>
<td>3:30-4:30 Soccer</td>
<td>3:30-4:30 Acting/Book 1-3</td>
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<td>3:30-4:30 Flag Football 5-6</td>
<td>3:30-4:30 Stage</td>
<td>3:30-4:30 3D Game Design 3-6</td>
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<tr>
<td>3:30-4:30 Acting/Book 1-3</td>
<td>3:30-4:30 Stage</td>
<td>3:30-4:45 Scrabble 2-6</td>
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<tr>
<td>3:30-4:30 3D Game Design 3-6</td>
<td>3:30-4:30 Staff Lounge</td>
<td>3:30-4:30 Mad Science 1-6</td>
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<td>3:30-4:45 Scrabble 2-6</td>
<td>3:30-4:45 Art Club 2-6</td>
<td>3:30-4:30 Math Enrichment 6</td>
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<td>3:30-4:30 Mad Science 1-6</td>
<td>3:30-4:45 Science Olympiad B</td>
<td>3:30-4:30 Lego Club 1-3</td>
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<td>3:30-4:30 Math Enrichment 6</td>
<td>3:30-4:35 Chinese 1-4</td>
<td>3:30-4:35 Chinese 1-4</td>
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<td>Thursday, Dec 10</td>
<td>3:30-4:35 French 1-4</td>
<td>3:30-4:35 French 1-4</td>
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<td>3:30-5:00 Chess Club 2-6</td>
<td>3:30-4:30 Flag Football 3-4</td>
<td>3:30-4:30 Flag Football 3-4</td>
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<tr>
<td>3:30-4:30 Minecraft LUA 1-3</td>
<td>3:30-5:00 Hip Hop Dance 1-3</td>
<td>3:30-4:30 Flag Football 3-4</td>
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<td>3:30-5:00 MTC 3-6</td>
<td>3:30-4:30 Minecraft Mod 1-4</td>
<td>3:30-4:30 Flag Football 3-4</td>
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<td>3:30-4:30 Tiny Chefs 1-3</td>
<td>3:30-4:30 Minecraft Mod 1-4</td>
<td>3:30-4:30 LEGO Club 1-3</td>
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<td>3:30-5:00 Musical Prod 3-6</td>
<td>3:30-4:30 Chorus Concert</td>
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<td>Friday, Dec 11</td>
<td>3:30-5:00 Chorus Concert</td>
<td>3:30-4:30 Mad Science 1-3</td>
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<td>3:30-5:00 WeDo Robotics 1-3</td>
<td>3:00-8:00 Chorus Concert</td>
<td>3:30-4:30 Math Enrichment 6</td>
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<td>3:30-4:30 Lego Club 1-3</td>
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<td>3:30-4:30 Electronics 3-6</td>
<td>3:30-5:00 Chorus Concert</td>
<td>3:30-4:30 Lego Club 1-3</td>
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<td>3:30-4:30 Basketball 1-6</td>
<td>3:30-5:00 Chorus Concert</td>
<td>3:30-4:30 Lego Club 1-3</td>
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<tr>
<td>3:30-5:00 Jazz Dance 2-5</td>
<td>3:30-5:00 Chorus Concert</td>
<td>3:30-4:30 Lego Club 1-3</td>
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<tr>
<td>3:30-4:30 Gourmet Chefs 4-6</td>
<td>3:30-5:00 Chorus Concert</td>
<td>3:30-4:30 Lego Club 1-3</td>
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### WINTER BREAK REMINDERS

- School will dismiss two hours early, at 1:20 p.m., on Friday, December 18.
- School will be closed for Winter Break from December 21, 2014 through January 1, 2015.
- The CRS front office will be closed during this time, as well.
- Students return to school on Monday, January 4, 2016.

If your student will be absent any additional days surrounding Winter Break, please call the CRS 24-hour attendance line at 703-288-8484, or email churchillattendance@fcps.edu to report the absence.

### Healthy Eating for the Holidays

Plan for balance, variety, and moderation during the holiday season. Eat your favorite baked goods and other holiday specialties, but be reasonable about your portion sizes and number of servings.

**Healthy Tips**
- Fill up on vegetables and fruits first.
- Fix vegetables by marinating or sautéing in broth instead of adding butter.
- Use reduced-fat or non-fat dressings or spreads instead of butter and cream-based sauces.
- Add spices, not fat, to add flavor to your meals. Try cinnamon, cardamom, all spice, and cloves.
- Avoid oversized portions. Use a smaller plate, bowl, or cup for meals and snack.
- Focus on family and friends instead of food. Include a family activity such as a brisk walk around the neighborhood.

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 flyers for distribution the weeks of March 7 and May 23, 2016.