Let me invite you in on a sneak peek to the January 19th Staff Development Day. Seventeen teachers from Churchill Road – Cheryl Bamdad, Pat Brownley, Lou Depa, Dana DiCamillo, Ali Gabriele, Cindy Haines, Jill Hamlin, Nick Kilpatrick, Sue Lackey, Barbara Lewis, Kaitlin McLendon, Mary Lynn Robosky, Devon Rook, Anne Scarano, Jen Stowe, Erin Thurston and Laura Zielinski -- presented what they are doing in their classrooms, specifically, Reading Workshop. They shared their work on topics ranging from integrating reading and writing to using Google Apps for writing, with other grade level teachers from around Fairfax County.

CRS’s journey with Reading Workshop began over 10 years ago, yet it wasn’t until recently that we closely partnered with the work of Teachers College Reading and Writing Project (TCRWP), Columbia University. Over the past six years, teachers from CRS have either traveled to Teachers College or have attended a Homegrown Institute – a week-long summer workshop to learn best practices for teaching reading and writing. Last summer, Churchill Road hosted a week-long Homegrown Institute, with four presenters from Teachers College.

Reading Workshop is a simple and predictable model of reading instruction that offers:
1. long-stretches of time for children to read high-interest, just-right books.
2. explicit instruction in the process of what it is that readers do when reading a certain genre.
3. time for children to talk about the text they’re reading.

At Churchill Road, Reading Workshop is a school wide structure. From kindergarteners sharing their Reading SuperPowers with their reading buddies, to 2nd and 3rd graders teaching their reading partners what they are learning in information books, to 4th and 5th graders having a lively discussion about the theories they’ve developed about characters, to 6th graders debating the themes of their novels – Reading Workshop looks and sounds like … well, a workshop – where everyone is engaged in reading, writing, thinking, and talking about books.

Engaging, yes! If I had to choose another word that describes Reading Workshop at Churchill Road this year it would be excitement. The children are excited about reading, teachers are excited about having a variety of grade level resources, and I’m excited to see the alignment of reading instruction in a school that’s all about growing life-long readers, writers, and thinkers.

I often say to myself, I wish I was taught to read the Reading Workshop way!

Cindy Haines, CRS Reading Teacher

IMPORTANT REMINDER: Thursday, February 4th is a two hour early release for students (1:20 PM). Friday, February 5th is a student holiday. Please report any student absences by calling 703-288-8484 or by emailing churchillattendance@fcps.edu.
CRS LRP Survey Deadline Extended --
Wednesday, February 3

We understand how it might have been a little difficult to get things done last week with our children home from school so we have extended the survey deadline to today -- Wednesday, February 3. Second grade (33%) and sixth grade (27%) are still leading the participation charge and we encourage everyone to make their voices be heard by responding to our PTA’s biennial Long-Range Planning (LRP) Survey. The survey link is: http://goo.gl/forms/sFFHp3Q9fK. It is your opportunity to provide feedback to the PTA. Your responses and suggestions will help determine the PTA’s budget and programming in the upcoming years.

PLEASE SUBMIT ONLY ONE RESPONSE PER FAMILY. Please feel free to direct any questions to F.J. Hueber at crslongrangeplanning@gmail.com.

CHILDREN’S DENTAL HEALTH MONTH

February is Children's Dental Health Month.

The two major oral health diseases are tooth decay (dental caries) and gum (periodontal) disease. Both diseases are influenced by nutrition and diet. Nutrition plays an important role in the development of teeth and oral tissue. Dental caries result from the interaction between the tooth, oral bacteria, and dietary carbohydrates (sugar and starch).

Plaque is a sticky film of bacteria that forms on our teeth and turns the sugars and starches in our food into acids. These acids act on the tooth enamel and cause tooth decay. If high-acid producing or high-sugar foods (raisins, cookies, cakes, potato chips) are consumed, they should be eaten with meals, not as snacks. Cheeses, popcorn, raw fruits and vegetables are low-acid producing foods and make healthy snacks.

To prevent dental disease, remember to:

1. Brush teeth after every meal with fluoridated toothpaste.
2. Floss teeth daily.
3. Visit the dentist and dental hygienist regularly.
4. Eat a nutritionally balanced diet.

Avoid foods that stay in the mouth a long time and stick to teeth (raisins, hard candies, and caramels).

WELLNESS CORNER

Little changes make a big difference

Importance of Taking a Break

Some of our 6th graders were happy to take a break from their “snowcation” and return to school.

January is often the month of resolutions; there are plans to do more, better, and faster. And then, before the month is over, nature reminds us with a whopping snowfall how important it is to also take breaks.

Taking a pause from our normal go-go-go routine helps to restore our focus, enhances our creativity, and, ultimately, improves our productivity. Research has found that short breaks, just a couple minutes every hour, can have a measurable impact on our well-being. For some an active break may be most helpful, such as a brisk walk down the hall, while others may gain greater benefit from a quiet moment doing a breathing or meditation exercise. There are many beneficial stretches we can engage in while seated: head rolls, shoulder rolls, arching and rounding the spine, seated twists, and stretching and circling the wrists. If your day includes hours in front of a computer, refreshing eye exercises can increase productivity and help reduce headaches: conscious blinking, focusing on something beyond the computer screen, and eye rolling, closing your eyes and rolling your eyes in circles can lubricate the eyes and ease strain on the muscles.

Remember during the hustle and bustle of daily life to incorporate regular breaks into your day and to remind your student that a quick break can help bring new focus and enthusiasm for an assignment.
Camps

Churchill Road is excited to host four unique, all-day summer camps sponsored by some of our very own teachers! All camps will be held at Churchill Road Elementary School. Read the descriptions below for more information about each camp. Flyers for each camp will be sent out in today’s (February 3) VIP folders. Additional flyers can be downloaded and printed from the Churchill Road homepage here.

**ART CAMP**
Unleash your child’s imagination this summer at Art Camp, hosted by Ms. Brodzik!

- Strengthen art foundations skills in drawing, painting, clay, fiber arts, printmaking and more!
- Explore new art materials in a supportive and fun environment.
- Utilize technology with lessons on photography and Stop Motion Animation.
- Customize your own Art Camp t-shirt.
- Every week of Art Camp is unique. Register for multiple sessions throughout the summer for an immersive artistic experience!

**Schedule:** Five one-week sessions, beginning July 11 – August 12, 9:00 a.m. – 3:30 p.m.

**BOBCAT SPORTS CAMP**
Register for Bobcat Sports Camp, offered this summer by Mr. Varhol and Mr. Auzenne!

- Campers will participate weekly in a variety of indoor and outdoor sports including: Baseball, Volleyball, Soccer, Basketball, Flag Football, Hockey, Lacrosse, Badminton and Ultimate Frisbee.
- Other activities will include rock wall, tag games, and team building games.

**Schedule:** Five one-week sessions, June 27-July 29, 8:30 a.m. – 3:30 p.m.

**MUSICAL THEATER CAMP**
Theater Camp will be sponsored by CRS teachers, Mr. Ericson and Mr. Gustaveson.

- Students will be lead through choreography sessions, singing classes, acting games, and much more.
- Students will have opportunities to showcase their skills by performing some of Broadway’s favorite shows!
- This year we have included both one and two week sessions. Sessions that are 2 WEEKS will include a performance on the second Friday of the session.

**Schedule:** Four one-week sessions and two two-week sessions, June 27 – August 19, 8:30 a.m. – 3:30 p.m.

**NATURE CAMP**
Join Mr. Woler on an outdoor adventure in Nature Camp as we:

- Participate in inspiring field trips to different botanical gardens and parks in the area.
- Learn about and start our own gardens.
- Discover the local wildlife and help design and implement gardens around the school.
- Create your own self-sustaining eco-system.
- Learn the basics in the Art of Bonsai and create your very own Bonsai tree from scratch!

**Schedule:** Four one-week sessions beginning July 11, July 18, July 25, and August 1, 9:00 a.m. – 3:30 p.m.

**Registration Now Open for Select 2016 FCPS Summer Programs**
Registration is now open for the following Fairfax County Public Schools (FCPS) summer enrichment institutes, camps, and classes: Institute for the Arts (IFTA), Elementary Institute for the Arts (E-IFTA), STEM Camp, Tech Adventure Camp, and Lake Braddock Secondary School Extended Day Adult and Community Education (ACE) enrichment classes.

**General information** and links to individual programs and registration are available online. Transportation is included in the tuition for all four camps. Students should register for programs based on the grade they are in during the current 2015-16 school year.
Goldilocks on Trial
The McLean High School Theatre Department would like to invite Churchill Road families to its production of the children’s comedy *Goldilocks on Trial*.

The show, presented on **February 6** (11 AM and 3 PM) and **February 7** (11 AM) at McLean High School’s Burks Theatre, is expected to run 60 minutes and is suitable for the whole family.

*Goldilocks on Trial* puts a new twist on an old storybook classic. It’s up to Judge Wallabee and some very silly jurors to decide Goldilocks’ fate after hearing testimony from Goldee, the bickering Three Bears, and surprise witness Merwin the Big Bad Wolf, among other classic fairy tale characters. McLean High School theatre teacher and director Phillip Reid said, “*Goldilocks on Trial* is a perfect second show for TheatreMcLean. I wanted to bring a children’s show to McLean so all family members could enjoy the theatre. With *Goldilocks on Trial*, students are able to create big absurd characters and a show that is fun for all ages.”

Tickets are $10 and can be purchased by visiting bit.ly/goldilocksontrial. For more information, visit www.theatreMcLean.org.

Valentines for Veterans
Ms. Lewis’s kindergardeners got into the Valentine’s Day spirit a bit early by making “Valentine’s for Vets.” Sponsored by the Veteran’s Administration, the National Salute to Veteran Patients Program affords students an opportunity to thank our veterans for their service through projects such as this. Way to go kindergardeners!

Cub Scouts Hold Pinewood Derby
Cub Scout Pack 665 held their annual Pinewood Derby Competition on January 30 at St. John’s Episcopal Church here in McLean. The Pinewood Derby serves to promote the goals of Cub Scouting: character development, spiritual growth, good citizenship, sportsmanship and fitness, family understanding, respect for relationships, personal achievement, friendly service, fun and adventure, and preparation for Boy Scouts.

The boys crafted their cars into a variety of outstanding and creative designs. Three scouts from each Den placed in one of two separate categories fastest speed or best design. Pack 665 Cub Scouts meet once a month at Churchill Road Elementary School.

Cub Scout membership is open to boys in kindergarten through grade 5. For information regarding joining pack 665 please contact Cub Master Win Gaulding at wgaulding@gmail.com.
CRS Calendar of Events -- February 3 - 15, 2016

Wednesday, Feb 3
3:30-5:00  Minecraft Prog 1-3  Café
3:30-5:00  Prog/Scratch 4-6  Café
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
3:30-4:45  Scratch 2-6  Room 216
3:30-4:30  Mad Science 1-6  Room 205
3:30-4:30  Math Enrichment 6  Room 219
11:59   Spring 2016 ASA Registration Ends

Thursday, Feb 4
1:20   2-Hour Early Dismissal for End of Quarter

ASAs below will hold make-up sessions:
1:30-3:00  Chess Club 2-6  Café
1:30-2:30  Minecraft LUA 1-3  Room 205
1:30-3:00  MTC 3-6  Gym/Stage
1:30-2:30  Tiny Chefs 1-3  EA Room
1:30-3:00  Musical Prod 3-6  Room 208

Friday, Feb 5
Teacher Workday
No School for Students

Monday, Feb 8
Spring 2016 ASAs begin.
See PTA website for list of After-School Activities

Tuesday, Feb 9
Spring 2016 ASAs begin.
See PTA website for list of After-School Activities

Wednesday, Feb 10
8:00-8:45  Principal’s Coffee  EA Room
8:45-9:45  PTA Meeting  EA Room
Spring 2016 ASAs begin.
See PTA website for list of After-School Activities

Thursday, Feb 11
Spring 2016 ASAs begin.
See PTA website for list of After-School Activities

Complete Spring 2016 ASA Schedule Listed on PTA Website
Please check the PTA website for information on the schedule of classes for Spring 2016: http://www.churchillroadpta.org/crs/committee-information/after-school-activities/. Please note that all classes begin next week, February 8-12.

After-School Activities Registration Deadline Extended to 11:59 PM TONIGHT!!!
The Winter-Spring ASA Registration site will close at 11:59 p.m. on Wednesday, February 3rd. No changes or refunds are provided after the deadline. Please check the ASA webpage here to see a listing of clubs offered. Contact the ASA Committee at afterschoolactivities1@churchillroadpta.org with questions.

Save the Date for a New Family Coffee with Mr. Hutzel!
Join Mr. Hutzel to learn more about Churchill Road and the many exciting events that will be occurring throughout the Spring!

When: Wednesday, February 10, 2016 8:00 a.m.
Where: CRS Exploratory Arts Room
Who: All CRS Parents with a special welcome to parents new to CRS this school year!

Plan on staying for the general membership meeting of the PTA, beginning at 8:45 a.m. immediately following the coffee. Let us know how the year is going and discuss what’s coming next this school year.

The CRS Home Page address: 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 March 7 and May 23, 2016.