Martha’s Table Thanks You!

A big bobcat thank you to everyone at Churchill Road who made last week’s sandwich-making for Martha’s Table such a huge success! Our merry band of kindergartners, 1st, 2nd and 3rd graders and their terrific parents helped make over 2,200 sandwiches which were gratefully received by the volunteers at Martha’s Table. This brings our total for the year to more than 4,400! Thank you for all the food donations and helping feed the homeless! A very special thank you is also extended to PTA Community Service Committee Co-chairs Robin Hoeymans and Sarah Walter for organizing this event.

Langley Pyramid Art Show

Churchill Road’s art teachers, Ms. Gong and Mrs. Brodzik, pose in front of a mural, created from a compilation of CRS student self-portraits at the annual Langley Pyramid Art Show. Over 50 pieces of art created by Churchill Road students were featured. Stop by the McLean Project for the Arts Emerson Gallery now through March 26 to see the artwork for yourself.

CRS Science Olympiad Rocks!

Congratulations to the CRS Science Olympiad Team for their fantastic 3rd place finish at the Regional Competition at Marshall HS on Saturday, March 12! The students earned medals in 11 of 21 events, and at least one of the CRS teams finished in the top 10 in 18 events. Good luck to the team at the State Competition at UVA in Charlottesville on April 16th. Thank you to team coaches Jennifer Stowe and Bryan Shaw, and to all the parent mentors for their hard work and dedication.

THE TRUTH IS IN THE BUDGET FACTS

PLEASE MARK YOUR CALENDARS for Wednesday, March 23rd at 7:30 p.m. at the McLean Community Center! It is crucial that all members of the CRS community attend a meeting on Fairfax County and FCPS budgets with John Foust and other county/school representatives, sponsored by the McLean Citizens Association. Many local residents who DO NOT CARE about funding for our schools or who think that schools should be a lower priority attend these meetings. The more of us who can go together to show solidarity for our schools, the greater the chance of getting better funding for our schools from the County. Email advocacy@churchillroadpta.org for more information.

This is part of a weekly series from the CRS PTA Advocacy Committee to share facts related to the FCPS budget.
The Barnes and Noble book fair this past Saturday was a great success. With a raffle, performances and activities, it was a fun family event. Thanks to all of the families that attended and purchased books.

At one point the children’s section was completely filled with Churchill Road families! The Orchestra, Musical Theater, and Show Choir performances were terrific. Some CRS alumni from the Longfellow Orchestra even made a guest appearance. We have so many talented students at Churchill Road!

We had over 25 staff members stop by during the book fair to read stories, lead student performances, help with the raffle or just to show their support and shop. Students were delighted with the guest readers.

All of the funds raised by the book fair will directly support the library and the reading programs at Churchill. The online portion of the book fair runs until March 17 at www.bn.com/bookfairs. If you use the ID 11732064, we will get a portion of the proceeds. Thank you again for all of your support!

Sari Warren, CRS Librarian
Jump Rope & Hoops for Heart

It’s time for Jump Rope 4 Heart at Churchill Road! Using rope jumping as a medium for rigorous exercise, body coordination, skill development and community service, CRS has again partnered with the American Heart Association (AHA). By working with the AHA, we can help educate students about the cardiovascular system while providing information on keeping this essential body system healthy throughout life. CRS students will be participating in lessons that include jump rope skills over the next few weeks. At the end of this unit, students will have an opportunity to show all of their jumping skills during a Thank You party. The party will take place during the students’ normal PE time the week of April 11 -- leading up to the CRS 5K fun run on April 16.

This is the 17th year Churchill Road students have participated in Jump Rope 4 Heart! We have set a fundraising goal of $15,000. Please check your student’s VIP folder today (March 16) for the Jump Rope 4 Heart fundraiser form. We are going 100% online donations this year. Easy to follow steps have been sent home in VIP folders along with fundraiser forms distributed in class.

Students who choose to participate in the fundraiser will have the opportunity to earn Thank You gifts from the American Heart Association while helping millions across the United States through the American Heart Association. The fundraiser will end on Monday April 18, 2016.

Thank you for your participation in this great event!
Sincerely,
Mr. Varhol & Mr. Auzenne

Special Spanish Lessons

Mrs. Thurston’s kindergarten students had some special guest readers during their LTC (Spanish) lessons last week. Spanish students from Cooper Middle School read books they had written in Spanish class to the kindergarteners. Thank you to our LTC teachers Maryanne Hwang and Carmen Rincon, and to Cooper Spanish teacher Natalie Tier, for arranging this much enjoyed visit.

Registration for the 2016 “Churchill Challenge” is now open! Join your friends, teachers and CRS staff for the community event of the year. Your $20 registration fee (free to teachers and staff) will register you for the run and the post-race party. The party will have fitness demonstrations, dancing, face painting, tattoos, inflatables and food (yummy gluten-free food, too). You need to register by Thursday, March 31 to be guaranteed your t-shirt size. Register today at www.churchillchallenge.com.

Questions? Contact Claudette Kim, claudette_kim@yahoo.com

Cheers of the Week…!

Congratulations to our Churchill Cheer winners for the week of March 7. Cheers are given to students who follow the four R’s. Winners are: Gavin Ten Siethoff (Kindergarten); Alex Rozsa (1st); Aiden Gendron (2nd); Chloe Kowalczyk (3rd); and Michaela Pearce (4th). Our good citizenship winners are Jack Cain (5th grade) and Lily Spiller (6th grade). Our whole class winner is Mrs. DiCamillo’s third 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.
WELLNESS CORNER

Little changes make a big difference

Benefits of Eating Greens

Mrs. Alvarez enjoys a healthy green salad with her baked potato at this week’s staff appreciation luncheon.

With the advent of spring, vibrant greens will begin to emerge in trees and gardens all around us. We should also strive to add more greens to our meals too. Increasing daily green vegetables naturally lowers cholesterol and decreases the risk of heart disease. Greens are packed with antioxidants that help fight off aging and cancer. There are many cruciferous vegetables to choose from: cabbage, bok choy, Brussel sprouts, kale, and broccoli are just a few. In addition to vegetables, you can also experiment with growing and adding densely nutritious herbs to your recipes, such as parsley, rosemary, mint, or basil. Herbs can add a wonderful freshness to your plate, as well as calm the stomach, improve recovery from a cold, and sharpen memory. On Thursday, in celebration of St. Patrick’s Day, remember to ingest more green vegetables and to wear some green clothes too!

EAT WHOLE GRAINS EVERY DAY

Eat 3 or more servings of whole grains every day. They are an important source of fiber and reduce risk of chronic heart disease, diabetes, and obesity. Many Americans only eat one serving per day and over 30 percent do not eat whole grains at all. Read the label, and if the first ingredient is whole wheat, whole grain, oatmeal, brown rice, bulgur, popcorn, or wild rice, the product is most likely a whole grain food.

For Breakfast, try whole grain cereal, oatmeal or a whole grain bagel. For Lunch and Dinner, try whole grain bread, tortillas or wraps, whole grain pasta or brown rice. Whole grain snacks include popcorn, and whole grain crackers, pretzels and chips.

Getting Ready for Spring Crops

Spring is on the way. Mr. Woler, and some of his fifth grade students, volunteered their time during recess to help prepare the raised beds for planting. We can’t wait until the harvest!

Sprucing Up the Building

Have you noticed that the school halls and stair wells are looking a little newer? It’s thanks to the efforts of Thomas Hunsberger and his painting crew. For the past three weeks, they have been working in the building during the evening hours, touching-up the paint throughout our building.

Spring Break REMINDER:

Spring Break is next Monday, March 21 through Friday, March 25. Monday, March 28 is a student holiday.

If your student will be absent any additional days surrounding these dates, please report the absence by calling the CRS 24-hour attendance line at 703-288-8484 or by emailing churchillattendance@fcps.edu.
Conference information is available online at http://www.fcps.edu/dss/conference/. Deadline for submissions is NOON each Friday.

College Spirit Day THIS Friday, March 18

Show your Bobcat spirit by wearing your favorite college gear this Friday, March 18 College Spirit Day. We can’t wait to see all the schools that are represented!

11th Annual Special Education Conference:
Parents + Educators + Students = Success

Saturday, April 9, 2016 at Hayfield Secondary School

The FCPS Department of Special Services is sponsoring a conference for parents and educators of students with special educational needs. The 11th Annual Special Education Conference will take place on Saturday, April 9, 2016, at Hayfield Secondary School from 8:00 a.m. to 2:30 p.m. with Dr. Jan Hasbrouck as the keynote presenter. Dr. Hasbrouck’s presentation will describe the characteristics of students who become our struggling readers. She will also present research-supported and classroom-proven approaches to successfully address these students’ needs. FCPS staff and guest speakers will present a variety of workshops for families and educators.

Conference announcements will be sent to FCPS educators and all families with a child receiving special education services and those with 504 Plans in FCPS through News You Choose. Conference information is available online at http://www.fcps.edu/dss/conference/.

The CRS Home Page address: http://www.fcps.edu/ChurchillRoadES/. To submit Chatter material, please email Editor Kim Moran at kmoran2@fcps.edu. 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 week of May 23, 2016.