President’s Pen

I can hardly believe we are approaching the end of the 3rd quarter. The school year has gone by so fast—at least from a parent perspective. Though, I’m sure our children are counting those endless school days until summer vacation. At our April PTA meeting last week, the CRS PTA Nominating Committee presented the slate of officers for the 2016-2017 school year. Many thanks to the efforts of Lisa Givens, Kristi West, Lauren Maimone, Anne Marie Marenburg, and Jennifer Stowe over the last few weeks in identifying members of the CRS community who were willing to serve.

The proposed slate for the 2016-2017 CRS PTA Executive Committee is as follows:

- **President** – Melissa Schwartz
- **President-Elect** – Christie Stute
- **Treasurer** – Kristine Deringer
- **Recording Secretary** – Helena Martin
- **VP-Membership** – Christie Stute
- **VP-Community** – Kelly Green-Kahn
- **VP-Fundraising** – Elizabeth Marino
- **Co-VPs-Family & Student Activities** – Lauren Maimone & Kristi West
- **VP-Communications** – Jill Farah
- **Staff Representative** – Stuart Baumgardner

You probably notice a few familiar names in the list above—to help facilitate the transition to the new Executive Committee structure, we have several veteran PTA volunteers. And, we are lucky that we have a number of fresh faces with children in younger grades who will help guide the future of the CRS PTA. The Nominating Committee has also identified many of the chairs of our PTA standing committees. There are a couple of critical positions that remain open (most notably After-School Activities Chair).

Unfortunately, the CRS PTA will be forced to suspend these programs until parent volunteers step up and are willing to provide leadership for these committees.

Another thing on the agenda as we head into the 4th quarter…starting to work on next year’s PTA budget. I thought this might be a good time to look back at some of the many activities that our children, families and teachers have enjoyed this year at CRS that were supported by the CRS PTA… (see photos at right).

And, on that note, THANK YOU to Claudette Kim and all of the parent and faculty volunteers who worked tirelessly to make the Churchill Challenge 5K this past weekend a grand success!

Please join us at the CRS PTA Meeting on Wednesday, May 11th, at 8:45 a.m., when we will be voting on the Nominating Committee’s slate of officers and committee chairs.

Melissa Schwartz, CRS PTA President
president1@churchillroadpta.org
Churchill Challenge 5K Fun for All

On Saturday, April 16, the Churchill Road community participated in the Churchill Challenge 5K. Warm weather, enthusiastic runners, and entertaining post-race activities ensured that everyone had a great time! To find your race results, visit www.amazingracetiming.com. (The link to the results is on the right side of the page.)

Claudette had a small but dedicated group of volunteers assisting her every step of the way. Our thanks and appreciation are extended to Claudia Peters and Marci Love Thomas who organized the auction and the refreshments, Sarah and Dean Walter who set up the course, Heather Schone who designed the shirts, Sarah Collett who organized communication, Colleen Lucier who organized the participation contest at school, Mr. Craig-Kuhn who printed all of the 5K signs, Robin Hoeymans for the artwalk and to Supervisor John Foust for his support.

As with all things at Churchill Road, this fun event was possible due to the dedicated efforts of some very hard working volunteers. A special thank you is extended to Claudette Kim, the chairperson for the 5K. Claudette worked tirelessly to ensure we had a safe running route, a great auction and a whole lot of fun post-race activities. Saturday's race provided all of us an opportunity to enjoy fresh air, exercise, and friendship -- a welcome respite from our busy schedules. We are grateful for your work on behalf of our community, Claudette!

Now...we have to keep up the fitness momentum inspired by the run- wish us luck!

Don Hutzel, Principal and
Melissa Schwartz, PTA President
WELLNESS CORNER

Little changes make a big difference

Benefits of Adding Activity to Your Day

Former CRS parent Suzy Thompson leads some students and parents in a yoga class at last week’s Churchill Challenge 5K.

Allow children to inspire you to add more movement to your day. Kids run, jump, squat, reach, and climb and it is not about repetitions, but about having fun. They use their imaginations to create games they enjoy as they move about the playground. They naturally engage in interval training by transitioning from one activity to the next, keeping their minds and bodies engaged. Children are also great at finding friends to join in their adventurous pursuits and maintaining a “can do” attitude.

Draw on children’s initiative to add more activity to your day. Join kids riding bikes, playing hopscotch, jumping rope, flying kites, or playing freeze tag. Follow their cues as they move from one activity to the next. You can be encouraged by their friendly approach to ask someone you know, a colleague or a neighbor, to join you shooting hoops or throwing a Frisbee. You can also adopt kids’ “I can do anything” attitude to pursue a challenge that interests you, such as rock climbing, zip lining, or spelunking. Make it your goal to have a good time and remember enjoying activities with others—children, friends, or family—can make the experience even more enjoyable!

Cheers of the Week...!

Congratulations to our Churchill Cheer winners for the week of April 11. Cheers are given to students who follow the four R’s. Winners are: Amaya Kohli (Kindergarten); Pax Hagan (1st); Katherine Chopra (2nd); Ava Jackson (3rd); and Natalie Meza (4th). Our good citizenship winners are Sebastian Garth (5th grade) and Christopher Tillotson (6th grade). Our whole class winner is Mr. Kilpatrick’s 4th 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.

Look Who’s Fit at Churchill Road?

Last weekend, "fitness” was the theme for many of us in the Churchill Road community. Besides the 5K, CRS teachers participated in some impressive events.

We all know that AAP Resource teacher Carrie Reinders is a motivated individual and you might even be aware that she is an avid runner. But you might not be aware that on Monday, Ms.Reinders participated in the Boston Marathon. Although it was a hot day and the course had rolling hills throughout, Ms. Reinders’ time qualified her to participate in next year’s marathon.

As a young girl, Literacy Coach Cindy Haines was able to frequently venture into New York City to watch prima ballerina Suzanne Farrell perform with the New York City Ballet Company, and was inspired to take dance lessons for 18 years. On Saturday, Ms. Haines was able to participate in a workshop at the Kennedy Center, led by none other than Ms. Farrell. It was a unique and memorable opportunity for Ms. Haines.

Congratulations to both Ms. Reinders and Ms. Haines on their accomplishments!
Join our CRS Book Club
"How to Raise an Adult"

Author Julie Lythcott-Haims will be in McLean on Monday, May 2 at 7:00 p.m. at McLean HS to talk about her bestselling book "How to Raise an Adult: Break Free of the Overparenting Trap and Prepare your Kid for Success." Tickets are available online, at http://raiseanadult.brownpapertickets.com.

In preparation, the CRS PTA Parent Education Committee will hold a discussion about the book on Friday, April 29 at 8:45 am in the Exploratory Arts Room. The Book Club will be facilitated by Safe Community Coalition President Melissa Sporn, a local clinical psychologist who works with adults and children.

Cherry Blossom Luncheon

Churchill Road teachers and staff were treated to a superb staff appreciation lunch on April 14. In celebration of the peak cherry blossoms, the luncheon had an Asian flair, complete with sushi, a variety of noodle dishes, dumplings, Asian salad fixings, and fortune cookies.

Thank you to all the fourth grade parents who contributed to this very much enjoyed luncheon. An extra special thank you is extended to Brad Macomber and Nina Un for keeping the luncheon well stocked throughout all the lunch times and to PTA Staff Appreciation Chairs Kristi West and Carol Smith for coordinating the event.

Investigating the Environment

First graders are learning about spring and the changes that come with the season. Student scientists used their five senses to listen to the birds, smell the grass, touch the trees and see the flowers. They talked about how spring is a time for starting gardens, and how they could grow items such as strawberries to taste later.

Important Reminder:

School will dismiss 2 hours early, at 1:20 p.m., this Thursday, April 21. Friday, April 22 is a teacher workday; there is no school for students. If your student will be absent additional days surrounding the workday, please call the CRS 24-hour attendance line at 703-288-8484.
The County’s transfer to FCPS has increased in recent years, but is still below the funding transfer per student in FY 2008 when adjusted for inflation.  

**THE TRUTH IS IN THE BUDGET FACTS**

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 week of May 23, 2016.