Counselor Corner

It is important to make sure that students continue working on their academics during the summer, but it is also important to continue working on social/emotional skills. Some of these skills could include: conflict resolution strategies, positive coping strategies, and overall communication and expression of emotions/feelings within the family. Here are a few tips to help your students work on these character education areas over the summer:

Sibling conflicts: You should try to talk about or practice conflict resolution prior to the actual conflict erupting. With younger students in grades kindergarten through third grade, you can reference Kelso’s Choices and have your child tell you 2 choices that he/she can try if they have a conflict with a friend or sibling. For students in grades four through six, you can work with them on “I” statements for conflict resolution. An “I” statement is set up in a way that allows the child to tell another how they feel and why rather than placing blame on each other as often happens in arguments. Practice different scenarios and have your child express how they would feel in that situation. “I” statements are set up like this: “I feel”.... “When you”.... “Because”.... “I need/want you to”. Remind your child that after they give their “I” statement

(Continued on page 2)
We Are Made to Move!

May is National Physical Fitness and Sports Month. Studies show that kids who get at least 60 minutes of physical activity a day are healthier, do better in school, have fewer absences and feel better about themselves.

Choose moderate to vigorous activities that kids enjoy and can do regularly. As part of your child’s daily physical activity, encourage muscle-strengthening activities—like climbing—at least 3 days a week, and bone-strengthening activities—like jumping—at least 3 days a week.

Fitting activity into a daily routine is easy. For example:

- Pick up kids after school and allow them to play on the playground equipment.
- If safe, walk home with kids after school.
- Take kids for a brisk walk around the block after dinner.
- Play your kid’s favorite song and dance together.
- Ride bikes.
- Do stretching exercises while watching TV.

Choose activities that your child enjoys! Encourage kids to get at least 10 minutes of activity at a time. Short bursts of activity can add up over the course of a day.

More Information:

- U.S. Department of Health and Human Services, National Physical Fitness and Sports Month, [http://www.foh.hhs.gov/Calendar/may.html](http://www.foh.hhs.gov/Calendar/may.html)
- Tips for increasing physical activity: [www.choosemyplate.gov](http://www.choosemyplate.gov); [www.fitness.gov](http://www.fitness.gov).

School Health Services Survey – Parents

Parents please take a few minutes and complete the following survey regarding the health services at Hayfield Elementary. This survey may be completed on-line at: [https://www.surveymonkey.com/s/SchoolHealthParentSurvey2015](https://www.surveymonkey.com/s/SchoolHealthParentSurvey2015)
New to SOL Testing in May...

The Virginia Board of Education is allowing elementary and middle school students who fail SOL tests by a narrow margin (scoring between a 375 and 399) to be retested before the end of the year provided parental permission is obtained. In grades 3-8, a student’s performance on the SOL does not impact the student’s grade in the class, nor their academic record. If you believe that your student would benefit from a second opportunity to demonstrate proficiency before the end of the school year, should they be eligible for a second attempt, please complete the permission slip sent home on April 28 and return it to your child’s teacher.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th</td>
<td>12th</td>
<td>13th</td>
<td>14th</td>
<td>15th</td>
</tr>
<tr>
<td>SOL Window Opens</td>
<td>Grade 4 Reading</td>
<td>Make-Up</td>
<td>Grade 6 Reading</td>
<td></td>
</tr>
<tr>
<td>18th</td>
<td>19th</td>
<td>20th</td>
<td>21st</td>
<td>22nd</td>
</tr>
<tr>
<td>Make-Up</td>
<td>Grade 3 Reading (Part 1)</td>
<td>Grade 5 Reading</td>
<td>Make-Up</td>
<td></td>
</tr>
<tr>
<td>25th</td>
<td>26th</td>
<td>27th</td>
<td>28th</td>
<td>29th</td>
</tr>
<tr>
<td>MEMORIAL DAY</td>
<td>Make-Up</td>
<td>Grade 3 Math (Part 1)</td>
<td>Grade 4 Math (Part 1)</td>
<td>Grade 5 Science</td>
</tr>
</tbody>
</table>

School Supplies for 2015-2016

I apologize for the errors of missing letters on the flyers that went home today in the Thursday folders. The correct ordering information is listed below:

Parents, save time, avoid shopping hassles, crowds, traffic, and missing supplies in the stores! Again this year, Hayfield Elementary is offering the opportunity for parents to order their child’s school supplies directly online. Here is the information you will need to order:

Go to [www.educationalproducts.com/shoppacks](http://www.educationalproducts.com/shoppacks)
Enter the school ID, HAY027
Follow the directions to complete your order
Keep your online confirmation as your receipt

Orders will be charged sales tax at checkout and all orders will be delivered to our school this year, saving you shipping fees. Supply kits will be available at our open house. If anyone has questions please contact Ruth Drickey at [RUDrickey@fcps.edu](mailto:RUDrickey@fcps.edu) or at 703-924-4532.
HAYFIELD ELEMENTARY 2015-2016
SCHOOL SUPPLY ONLINE ORDERING

FREE GIFT INSIDE EVERY SCHOOL PACK

<table>
<thead>
<tr>
<th>Grade Level 2015-2016</th>
<th>Cost Each</th>
</tr>
</thead>
<tbody>
<tr>
<td>K</td>
<td>$27</td>
</tr>
<tr>
<td>1st</td>
<td>$20</td>
</tr>
<tr>
<td>2nd</td>
<td>$24</td>
</tr>
<tr>
<td>3rd</td>
<td>$32</td>
</tr>
<tr>
<td>4th</td>
<td>$31</td>
</tr>
<tr>
<td>5th</td>
<td>$37</td>
</tr>
<tr>
<td>6th</td>
<td>$25</td>
</tr>
<tr>
<td>Headphones</td>
<td>$2</td>
</tr>
</tbody>
</table>

ONLINE ORDERING ONLY!
Order Securely Online
Starting Now thru June 19th

1. Go to www.educationalproducts.com/shoppacks
2. Enter the school ID, HAY027
3. Follow the directions to complete your order.
4. Keep your online confirmation as your receipt.

Orders will be charged sales tax at checkout.

School supplies will be available for pick up at Open House. Kits not picked up will be delivered to the student’s classroom.

For questions, please contact Ms. Drickey at RIDrickey@fcps.edu or 703.924.4532