Ms. West’s 2nd graders feel great about their animal shelter project

All of our Mosby Mustangs are committed to doing community service in a variety of ways. Our second graders recently completed a service learning project for animals in a local shelter. They made signs for the cages, blankets and even baked treats for the animals. All of our students are also writing letters to our military men and women in the month of October. The GIVE part of our school motto, Learn, Give, Thrive is so important for all of us!

Mark Your Calendars!

October 31st is a 2 hour early dismissal!!
Dealing with Back to School Routines

As school begins you may have noticed your child’s energy level change. Many parents report their children are quiet when they get home or are not interested in physical activities. They are going through an adjustment period and learning new school routines. They may seem exhausted, but keep in mind they have been mentally challenged for 6 1/2 hours. The good news is that children are resilient and they do adjust. There are a few ways you can help to make that adjustment even smoother. By setting up consistent routines at home, they will quickly learn expectations and responsibilities that will continue through the school day. Here are a few tips for implementing routines at home:

1) **Make homework a priority**: Set a specific time and place for doing homework each day. Homework should be a review of concepts as well as reading. If your child is having great difficulty completing their homework, contact their teacher to set up a conference and together find a solution.

2) **Plan regular mealtimes**: Sitting together at the dinner table gives children the opportunity to share their day’s experience and get support for whatever they’re feeling. It also is an ideal time to introduce routines that give children responsibility, such as setting or clearing the table. Older children can be pre-dinner helpers and washer-uppers.

3) **Limit activities**: It is wonderful to provide opportunities for students to do activities after the school day, but limit the number of activities so that they do not become overwhelming and interfere with a student’s academic priorities. Having a laundry list of after-school activities defeats the purpose of enjoying extracurricular experiences.

4) **Wind down before bed**: Consistent nightly rituals are soothing and take the battle out of bedtime.

5) **Be consistent**: Routines are essential, and only work if they are consistent. It is often tempting in our busy lives to skip routines and procedures because of time. Remember that the time you spend now is an investment in your child’s future.

Join Your Child for Lunch

We are always happy to see a parent, grandparent, or sibling come eat with a student. Visitors typically either purchase lunch from the cafeteria or bring a bag lunch from home. We ask that you do not bring in soft drinks or "fast food" lunches. The sale of soft drinks to students is prohibited in all Fairfax County Public Schools, from elementary through high school, during the school day.

The emphasis on nutritional eating is reflected in our health curriculum and in the selection of food sold in the cafeteria. We ask that when you come to eat lunch with your child, you help us continue to model healthy, nutritious eating. It is your presence, more than anything that makes the occasion special for your child.

**Dates to Remember**

- **October 9th** – Advanced Academic Program Parent Information Night at 6:30 pm
- **October 13th** – Columbus Day Holiday – NO SCHOOL
- **October 14th** – PTA Meeting at 6:30 pm
- **October 15th** – 4th Grade Field Trip to Kennedy Center
- **October 16th & 17th** - Kindergarten Field Trip to Hidden Oaks
- **October 20th** – 6th Grade Field Trip to Air and Space Museum
- **October 22nd** – 5th Grade Field Trip to Camp Hemlock
- **October 30th** – 1st Grade Field Trip to Cox Farms
- **October 31st** – End of the 1st Quarter – 2 hours early release
- **November 3rd and 4th** – Student Holidays
- **November 7th** – PTA Fall Ball