Welcome back!

I want to say a big “Thank You” to all the teachers, office staff, custodians, and volunteers who have helped to make this school opening a smooth one. *A special thanks goes to our TERRIFIC custodial staff!* They really have done an outstanding job getting the building and grounds ready for another amazing school year!

I hope all of you will be able to join us for Back to School Night. We will be hosting the Grades K-2 Back to School Night on Monday, September 21 and Grades 3-6 on Thursday, September 24. Specialists will be available to meet with parents from 6:15-7:00 pm. on both evenings, in the library. General information will be shared at 7:00 pm in classrooms via closed-circuit television. This will be followed by a 45 minute information session in your child’s classroom presented by their teacher. During Back to School Night, you will have the opportunity to meet all of us at the school who will be working with your son or daughter every school day for the rest of the year.

Please remember this is an informative evening for parents and we ask that children do not attend this event.

In this busy world, it is difficult to do all that is asked of us, but one evening at Back-to-School Night will put you in personal touch with teachers who will be working with you to ensure your son’s or daughter’s success.

You are the most important people in your son’s or daughter’s life. Here at Virginia Run ES we know the value of parent involvement. We will all do a better job with our students if we communicate throughout the year.

I hope to greet you at Back-to-School Night.

Laraine Edwards
Principal
@VirginiaRunES

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**Volunteer/ Visitor Computer Check-In**

If you are planning to come into the school, either to volunteer in the classroom, have lunch with your child, or attend a meeting, you MUST register on the computer located in the office. If you are “working” at the school on a VOLUNTEER basis, please check in and out as a VOLUNTEER. If you are coming to visit your child at lunch and are not “working” or “volunteering” in some way, shape or form, then you must check IN and OUT as a VISITOR. There should be no reason to manually sign in anymore unless the computer is down. The only time you will manually sign in or out is when your child is TARDY or LEAVING EARLY.

**Reminder:** The PTA WEBSITE is:  [http://www.vrespta.org/](http://www.vrespta.org/)
On Friday, September 11th, from 9:15 until 10:30 AM, the PTA and administrators will host coffee for parents new to VRES in the cafeteria. You will have the opportunity to meet Mrs. Edwards, principal, Mr. Skerker, assistant principal, Mrs. Leonard and Mrs. Habermeyer, our counselors. Our PTA members will be available to answer any questions about the community and to offer assistance to new families. Please RSVP by calling the main office at 703-988-8900. We hope to see you there.

**New Parent Coffee**

**Dress Code**

Research has proven that children behave more appropriately and perform better at school when they are neatly dressed. Parents and teachers working together can help children learn to make appropriate selections for a given place or occasion.

The Fairfax County Public Schools Dress Code states: “All students are expected to dress appropriately for a K-12 educational environment. Any clothing that interferes with or disrupts the educational environment is unacceptable. Clothing with language or images that are vulgar, discriminatory or obscene, or clothing that promotes illegal or violent conduct, such as the unlawful use of weapons, drugs, alcohol, tobacco, or drug paraphernalia, or clothing that contains threats such as gang symbols is prohibited. (See page 13, section II.A.2.1, in Students Responsibilities and Rights for additional information regarding gang-related clothing.) Clothing should fit, be neat and clean, and conform to standards of safety, good taste and decency. Clothing that exposes cleavage, private parts, the midriff, or undergarments, or that is otherwise sexually provocative is prohibited. Examples of prohibited clothing include, but are not limited to: sagging or low-cut pants, low-cut necklines that show cleavage, tube tops, halter tops, backless blouses, or blouses with only ties in the back, and clothing constructed of see-through materials.”

Parents of students requiring accommodation for religious beliefs, disabilities, or other good causes should contact the principal. Students not complying with this code will be asked to cover the non-complying clothing, change clothes, or go home. Repeated infractions will result in disciplinary action.

Students participating in physical education classes taught by a physical education specialist must wear tennis, gym, or running shoes designed to provide support, fit securely, and prevent injury.

Our school suggests:

- Clothing must be safe, comfortable and not restrictive to learning activities. Hats and caps, except for those worn for religious reasons, should not be worn inside the school.
- Shoes should offer proper support and protection, as students are involved in PE and recess activities daily.
- Short shorts, short skirts, (less than fingertip length) or tight skirts are inappropriate school attire.
- Tops should have straps which are at least three fingers wide, no spaghetti straps.
- Messages, logos, and other visual images on tee shirts should convey age appropriate messages to K-6 students.

Please be advised that students participate in outdoor recess activities even in cold weather. Students should be dressed appropriately for cold weather wearing jackets, hats, and gloves. Outdoor activities are only limited during a Wind Chill Advisory and Wind Chill Warnings.
To protect our children from becoming little advertisers and mail carriers, FCPS has clearly described the situation under which children may carry announcements home to parents. (Regulation 1367.1) Students may only carry fliers consistent with the mission of the school: education and the welfare of children. All nonprofit organizations are eligible to submit fliers in accordance with the guidelines below. Charitable solicitations, partisan political organizations, and commercial or profit-making enterprises are excluded with the exception of school-business partnerships and events. Students may not carry advertisements. Non-profit organizations such as the Boy Scouts and Girl Scouts may only use the backpack system at designated times during the year. The fliers must be representative of something appropriate to the children and not violate any rules of decency, political campaigning, or marketing. These designated times are set by the school principal. At Virginia Run Elementary, the four dates that Wednesday envelopes may be used for carrying announcements from non-profit organizations:

- September 23, 2015
- November 18, 2015
- February 3, 2016
- April 6, 2016

All announcements/fliers must carry the following disclaimer:

These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or this school.

All announcements/fliers must be approved by the administration in advance, allowing at least 3 days turn-around time. Upon receiving approval, the organization is responsible for supplying the copies to the school by the Tuesday preceding the designated envelope. PTA materials and announcements must also be approved in advance, but are not restricted to the four dates listed above. No materials carried by children may promote improper behavior or political opinion.

ATTENTION KINDERGARTEN PARENTS:

According to Transportation Services, the bus driver will return your kindergarten to their school if your child is not met at the door of the school bus by a parent, a guardian/caregiver, or sibling, middle school or higher and asked for by name.
Fairfax County Public Schools (FCPS) provides a comprehensive, sequential Family Life Education (FLE) program for students in grades kindergarten through grade twelve. Instruction is seen as a partnership among parents and guardians, the school, and the community in supporting the learning essential to the development of strong families, positive relationships, and a healthy community.

Parents/guardians may choose to opt their child out of all or part of the Family Life Education program. Students who are opted out are provided with age-appropriate, nonpunitive alternative health instruction, and every effort is made to foster respect for family choices. If you wish to opt your child out of all or part of FLE for this school year, opt out forms will be included in your child’s back-to-school/orientation packets and are available online at http://www.fcps.edu/is/hpe/fle.shtml. Please fill in the opt-out form and return it to your child’s school prior to Family Life Education instruction.

Detailed grade-level program descriptions are available online at http://www.fcps.edu/is/hpe/fle.shtml. FLE grade level-specific lessons are available for parents online in FCPS 24-7 (Blackboard) Parent View. Parents/guardians will need the new SIS account to access FCPS 24-7. Account information is available at your local school or online at http://www.fcps.edu/is/instructionaltechnology/247help/parents.shtml. Grade level-specific lessons are also available at the Fairfax County Regional Library in the City of Fairfax (this location does not have media). Grade level-specific lessons and media are also available for review at your child’s school library. Due to copyright permissions, we are unable to stream media online.

Program questions may be addressed at your child’s school or by contacting Instructional Services at 571-423-4550 or by contacting Elizabeth Payne, Health and Physical Education Coordinator at etpayne@fcps.edu.

Información del Programa de Instrucción sobre Educación para la Vida Familiar

Las Escuelas Públicas del Condado de Fairfax (FCPS) proporcionan un programa secuencial, exhaustivo de Educación para la Vida Familiar (FLE) para alumnos desde kindergarten hasta el grado doce. La instrucción se considera una labor conjunta entre los padres y los apoderados, la escuela y la comunidad a fin de apoyar el aprendizaje esencial para el desarrollo de familias unidas, relaciones positivas y una comunidad saludable.

Los padres o apoderados pueden optar por excluir a su hijo de todo el programa de Educación para la Vida Familiar o de parte de él. A los alumnos excluidos del programa se les proporciona instrucción alternativa sobre salud, que sea adecuada para su edad, que no representa un castigo y se hace el mayor esfuerzo posible para fomentar el respeto por las decisiones de la familia. Si ustedes desean excluir a su hijo del programa FLE o de parte del programa para este año escolar, encontrarán los formularios de exclusión incluidos en los paquetes de regreso a clases y de orientación de su hijo y en el Internet en http://www.fcps.edu/is/hpe/fle.shtml. Por favor llenen el formulario de opción de exclusión y devuélvanlo a la escuela de su hijo antes de que empiece la instrucción del programa de Educación para la Vida Familiar.

La descripción detallada del programa por grado puede verse en el Internet en http://www.fcps.edu/is/hpe/fle.shtml. Los padres pueden ver las lecciones específicas por grado en el Internet en la cuenta Parent View 24-7 (Blackboard) de FCPS. Los padres/apoderados necesitarán la nueva cuenta SIS para ingresar a FCPS 24-7. Encontrarán información sobre esta cuenta en su escuela local o en el Internet en http://www.fcps.edu/is/instructionaltechnology/247help/parents.shtml. También pueden encontrar las lecciones específicas por grado en la biblioteca regional del condado de Fairfax en la Ciudad de Fairfax (esta biblioteca no cuenta con videos de las lecciones). Las lecciones y los videos específicos del grado de su hijo también están disponibles para su revisión en la biblioteca de la escuela de su hijo. Debido a los derechos de autor, nos es imposible transmitir los videos por Internet.

Las preguntas que tengan con respecto al programa pueden dirigirlas a la escuela de su hijo o pueden llamar al Departamento de Servicios de Instrucción al 571-423-4550 o enviarle un correo electrónico a Elizabeth Payne, coordinadora del programa de Salud y Educación Física etpayne@fcps.edu.
When students return to school in September they will make their breakfast and lunch options using the following stars:

**All Star Breakfast includes:**
- Yellow Star – Grains
- Red Star – Fruit and/or Fruit Juice
- Blue Star – Milk

**Students must select 3 stars and one must be red but only one fruit juice.**

**All Star Lunch includes:**
- Purple Star – Protein
- Yellow Star – Grains
- Green Star – Vegetables
- Red Star – Fruits
- Blue Star – Milk

**Students may select 3 – 4 – 5 stars but one MUST be a green or red star.**

Parents are critical partners and are asked to take time to review the daily menu with their children. They may also limit their children’s selections to lunch only or lunch and a la carte. A printed summary of child(ren)'s account is available by contacting the food service manager or by signing on with MyLunchMoney.com. They do not need to use the online account for this service.

September is Breakfast Month in FCPS. Breakfast is the most important meal of the day. It “breaks” the night’s “fast” by replacing the energy reserves used overnight. School-aged children are the biggest breakfast skippers. Research reveals students who miss breakfast are less attentive in class, and their ability to work and concentrate is limited. Breakfast is available in 175 schools and centers. Check to see if breakfast is offered at your child’s school.

En septiembre cuando los estudiantes vuelvan a la escuela tendrán que hacer elección de sus desayunos y almuerzos usando las siguientes estrellas (All Star):

**All Star Desayuno incluye:**
- Estrella Amarilla – Granos
- Estrella Roja – Fruta y/o Jugo de Fruta
- Estrella Azul – Leche

**Los estudiantes deben seleccionar 3 estrellas y una de ellas debe ser roja pero solo un jugo de frutas.**

**All Star Almuerzo incluye:**
- Estrella Púrpura o Morada – Proteína
- Estrella Amarilla – Granos
- Estrella Verde – Vegetales
- Estrella Roja – Fruits
- Estrella Azul – Leche

**Los estudiantes pueden seleccionar 3 – 4 – 5 estrellas pero una de éstas DEBE ser verde o roja.**

Los padres recibirán orientación en sus aulas, anuncios en las mañanas y en la cafetería.

Los padres son los compañeros más importantes y son a quienes les pediremos que tomen tiempo cada día para revisar el menú con sus niños. Podrán también limitar la selección de sus hijos para que puedan acceder solamente al almuerzo o aprobar el almuerzo y a la carta. Puede disponer de un resumen impreso de la cuenta de sus hijos contactando al manager de servicios de comida o registrándose en MyLunchMoney.com. No es necesario usar la cuenta online para este servicio.

Septiembre es el mes del desayuno en FCPS. El desayuno es el alimento más importante del día. Este "rompe" "el ayuno" sustituyendo las reservas de energía usadas durante la noche.

Niños en edad de escuela son quienes más saltan el desayuno. Investigaciones revelan que los niños que no desayunan prestan menos atención en clases y que sus habilidades para trabajar y concentrarse son limitadas. Un desayuno nutritivo incluye panes de cereal integral o cereales, frutas y vegetales, leche, yogurt o quesos. Los Desayunos están disponibles en 175 escuelas y centros. Verifique si los desayunos son ofrecidos en la escuela de su niño.
Attention Virginia Run Families

As a part of Virginia Run’s initiative to “go green” and save money, we have decided to move from publishing hardcopies of our monthly newsletter, The Viking Voice, to only posting them on the Virginia Run Elementary website: www.fcps.edu/VirginiaRunES.

We will also be using the Keep in Touch (KIT) system to alert you to new postings to keep you informed about our school, PTA events, and activities.

The Viking Voice will no longer be sent home in the Wednesday folders unless you indicate on the form that you would still like to obtain a hard copy of the Voice.

Please return this form to school ASAP.

___ Yes, I would like to receive the newsletter through the Virginia Run website.

___ No, please continue to send a hard copy of the Viking Voice.

Parent signature______________________________

Please print here______________________________

Student name_______________________________

Grade _____ Teacher__________________________

** IF YOU HAVE NOT RETURNED YOUR FORM BY September 30, YOU WILL AUTOMATICALLY BE CONSIDERED ELECTRONIC RECEIPT ONLY. **
### September Info

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Sept. 3</td>
<td>Welcome Walk, Supply drop-off, Class Visit and PTA Picnic</td>
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<tr>
<td>Sept. 8</td>
<td>First Day of School</td>
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<tr>
<td>Sept. 11</td>
<td>New Parent Coffee, 9:15-10:30 AM</td>
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<td>Sept. 14</td>
<td>Head Start Program’s 1st Day</td>
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<tr>
<td>Sept. 21</td>
<td>BTSN for Kindergarten—2nd Grades</td>
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<td>Sept. 24</td>
<td>BTSN for 3rd—6th Grades</td>
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<tr>
<td>Sept. 28</td>
<td>Kindergarten-2nd Grade, BTSN—6:30 PM (Specialist in Library) 7 PM—Classrooms</td>
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<tr>
<td>Sept. 29</td>
<td>3rd—6th Grades, BTSN—6:30 PM (Specialist in Library) 7 PM—Classrooms</td>
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<tr>
<td>Sept. 30</td>
<td>Back to School</td>
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#### September Calendar

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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- **Monday, September 7**: First Day of School
- **Thursday, September 10**: New Parent Coffee, 9:15 AM (Library)
- **Friday, September 11**: New Parent Coffee, 9:15-10:30 AM

**Kindergarten-2nd Grade, BTSN—6:30 PM (Specialist in Library) 7 PM—Classrooms**

**3rd—6th Grades, BTSN—6:30 PM (Specialist in Library) 7 PM—Classrooms**
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<tr>
<td>Oct. 9</td>
<td>Student Holiday</td>
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<tr>
<td>Oct. 12</td>
<td>Columbus Day Holiday; Schools and offices will be closed.</td>
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<tr>
<td>Oct. 23</td>
<td>Fall Dance</td>
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<td>Oct. 30</td>
<td>2-Hour Early Release; PTA Walk for the Homeless</td>
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