November is upon us and there is a chill in the air. Thanksgiving is right around the corner. Thanksgiving—a time for giving thanks. A time to be with family, friends, and loved ones—to reflect on the many blessings that life has brought us. It is a wonderful time to show gratitude to others who positively impact our lives. I encourage you, during this time, to discuss with your children the importance of reflecting on those who make a positive difference in their lives and how they can let those people know their impact with a simple note, card, or “Thank you.”

In the spirit of thankfulness, I want to thank all the parents who took time from their busy schedules to attend parent-teacher conferences to learn more about their child’s instructional day. Research continually shows that parent involvement is an important factor in student achievement. Here are just some reasons it is important for parents to be involved in their child’s education:

“The family makes critical contributions to student achievement from pre-school through high school. A home environment that encourages learning is more important to student achievement than income, education level or cultural background. (Henderson and Berla)

“Three kinds of parental involvement at home are consistently associated with higher student achievement: actively organizing and monitoring a child’s time, helping with homework and discussing school matters.

“The earlier that parent involvement begins in a child’s educational process, the more powerful the effects. (Kathleen Cotton and Karen Reed Wiklund. "Parent Involvement in Education," Research You Can Use. NW Regional Educational Laboratory.)

Laraine W. Edwards
Principal
Virginia Run ES
703-988-8900
Federal Impact Aid Forms

Please look for your Federal Impact Aid Form via your Wednesday envelope TODAY. Please complete the form and return it by Friday, November 6th to your child’s teacher.

We must have a completed form for each and every student, which means that you will be notified if the form is not returned. Thank you for your cooperation.

SAVE THE DATE: The Virginia Run PTA presents BINGO Night for kids and parents alike! Come have a grand time and win fantastic prizes at our first Bingo Night this school year.

Join us on Friday, November 6, 2015. Doors open in the cafeteria at 6:30 pm for pre-ordered pizza and the games begin promptly at 7:00 pm.

Look for the BINGO flyer as well as a pizza pre-orders form in the near future.

For questions, please contact Kelly Bobek at kellybobek@aol.com and/or Susan Patterson at reconpea@cox.net.

2016 Variety Show

Calling all Comedians, Dancers, Gymnasts, & Musicians!!

Mark your calendars for this years Variety Show -

The show will be on Sunday,
February 21st at 3:00 pm.

The Snow Date will be on Sunday, February 28th if necessary.

Important dates to make note of:

*Parent Meeting - January 6th, 2016
*Kindergarten - 3rd Grade Rehearsal - January 20th, 2016
*4th Grade - 6th Grade Rehearsal - January 27th, 2016
*Kindergarten - 6th Grade Rehearsal - February 3rd, 2016
*Snow-Day Make Up Rehearsal - February 10th, 2016
*Dress Rehearsal - February 20th, 2016

Please contact Johannah Evans for more information: johannahevans@yahoo.com
Come Support The Virginia Run Book Fair!

Monday, November 9th  9:30am ~ 3:00pm  
Tuesday, November 10th  9:30am ~ 2:00pm &  
  Family Night (5pm to 8 pm)  
Wednesday, November 11th  9:30am ~ 3:00pm  
  Thursday November 12th  9:30 ~ 3:00pm  
  Friday, November 13th  9:30am ~ 1:00pm  

All Proceeds Benefit the VRES Library

Info and Save the Date

BOX TOPS
Thank you for collecting Box Tops for our fall collection! This is a fun and easy way to support our school! Please keep collecting them over the winter and spring. We will be collecting them again before the end of the school year.

SAVE THE DATE!
The annual VRES Holiday Shop will be on Thursday, December 3rd, 2015 at 7pm! Please mark your calendars for this fun event. If you would like to volunteer please contact Amber Dominick, walter.amber@gmail.com. We are looking forward to seeing you there!

Mark your calendars for another fun event coming up! The Barnes & Noble Holiday Shopping Night will take place at the B&N Fair Lakes on Wednesday, December 9, 2015 from 4-8pm. This is a fun night for all! If you would like to lend a helping hand for this event please contact Christi Brubaker, CBrubak@gmail.com.

Chipotle Spirit Night
Make dinner a selfless act by joining us for a fundraiser to support Virginia Run PTA. Come in to the Chipotle at 5049 Westfields Blvd in Centreville on Monday, November 16th between 4:00pm and 7:00pm. Bring in this flyer, show it on your smartphone or tell the cashier you’re supporting the cause to make sure that 50% of the proceeds will be donated to Virginia Run PTA.
**Holiday Luncheon for Kindergarten**

We would like to extend an invitation to parents of Kindergarten students ONLY to attend the annual Holiday Luncheon on **Thursday, November 19th**. Parents of kindergarten students are invited to come and eat lunch with their child on the day designated as the “Holiday Luncheon”. To assist with the planning of this event, parents are asked to purchase lunch tickets in advance for the luncheon. **Lunch tickets are available for purchase until November 17th in the main office.** The price for parents and non-Virginia Run students is $3.90. Checks should be made payable to “VRES Cafeteria”. We do not carry change in the office. Any extra money will be donated to the PTA lunch account.

The lunch schedule for Thursday, November 19th will remain the same for all classes, except for:

* **First Grade will have lunch in their classrooms**
* **Second Grade will have lunch at 12:20 PM**

**Kindergarten Schedule:**

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<tr>
<th>Class</th>
<th>Time</th>
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<tr>
<td>DelGrosso</td>
<td>12:40 PM</td>
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<td>Frattini</td>
<td>12:50 PM</td>
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<tr>
<td>Kassis</td>
<td>1:00 PM</td>
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<tr>
<td>Nix</td>
<td>1:10 PM</td>
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</table>

Thank you to those grades for their flexibility.

**Walk for the Homeless and Food Drive**

Many thanks for your effort and support of our Walk for the Homeless and collection of food/donations. Everything was delivered and we were able to share 786.30 pounds of food and donate 247.80 in cash, checks and gift cards to WFCM. They were very grateful as their shelves are bare right now! Great work!

**Health Notes**

Challenge: Get your kids to eat five servings of fruits and vegetables every day. Sounds daunting? Tips for starting a fruit and vegetable habit:

- Have fruit with breakfast every day.
- Double the portion size of fruits and veggies: Eat a full cup instead of half a cup.
- Add peanut butter, cream cheese or yogurt to fruits and vegetables for some extra energy.
- Use fruit and vegetables as ingredients in your cooking - and involve the kids in the meal preparation.
- Try a new fruit or vegetable each week.

Serving hint: 5 servings equal about 2.5 cups of fruits of vegetables per day.

For more tips on eating healthy, check out [www.choosemyplate.gov](http://www.choosemyplate.gov).

**Lost & Found**

*If your child is missing a jacket, sweater, vest, lunch box, please have them look in the lost & found located in the cafeteria.*

*The lost & found is filling up quickly.*
This Just in……5th Graders Love Science Experiments

Do you know how many drops of water can fit on a penny? What will happen to a cookie after it is dipped in milk for 30 seconds vs. 60 seconds? If you are seeking the answers to these questions, just ask a 5th grader. The students in 5th grade have been busy scientists. They are using experimental design to create hypotheses, make observations, and record their results. They are learning why it is important to hold some variables constant and how to change the independent variable to see an effect on the dependent variable. Stay tuned for the results of the gummy bear and graduated cylinder experiment.

Attention parents of students in grades 2-6...Join Mrs. Sesso, AAP Resource Teacher, for a meeting regarding screening for full-time/Level IV Advanced Academic Program (AAP) services. The meeting will cover the details of the referral process, the 2nd Grade “Pool”, parent contributions to files, forms, and identification/screening procedures. In contrast to our earlier AAP Parent Meeting, this meeting will focus solely on Level IV and screening rather than all levels, services, etc. If you have a child in grades 2-6 and would like to find out more, attend the meeting on Wednesday, December 9, from 8:30AM-9:00AM. Please email Mrs. Sesso with questions at vmsesso@fcps.edu.
Today, childhood obesity is a major national health crisis affecting about 25% of all students. Poor diets and lack of exercise are the major causes of this epidemic.

Parents are role models who must take an active role in guiding their children’s food selections and encouraging physical activity. It is recommended that children exercise at least 60 minutes a day and spend less time in front of the television or computer.

Family Exercise Tips

- Be an active family.
- Plan a daily exercise routine.
- Wear a pedometer
- Limit TV and computer time.
- Adults and children should exercise 60 minutes a day.

The goal is 10,000 steps per day

2,000 steps = 1 mile

Hoy, la obesidad en la niñez es una gran crisis nacional de salud afectando aproximadamente al 25% de todos los estudiantes. Dietas pobres y la falta de ejercicios son las mayores causas de esta epidemia.

Los padres son los modelos a imitar, quienes deben tener participación activa guiando a sus niños en la selección de sus alimentos y alentando sus actividades físicas, es recomendable que los niños hagan ejercicio por lo menos 60 minutos al día y pasen menos tiempo en frente de la televisión o la computadora.

Consejos para hacer ejercicios en Familia

- Se una familia activa. · Planea una rutina diaria de ejercicio.
- Usa un podómetro. · limita el tiempo en la TV y computadora.
- Adultos y niños deben hacer ejercicio 60 minutos al día.

La meta es 10,000 pasos por día.

2,000 pasos = 1 milla
## November

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<td>Student Holiday</td>
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<td>Kindergarten Field Trip E.C. Lawrence</td>
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<td>PTA Meeting, 7 PM</td>
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<td>All County Chorus Interest Meeting 8:15 AM</td>
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<td>Bingo Night 7 PM Pre-ordered Pizza 6:30 PM</td>
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<td>All County Chorus Auditions 8:15 AM</td>
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<td>Kindergarten Thanksgiving Luncheon</td>
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<td>Spirit Night Chipotle-Centreville 4-7 PM</td>
<td>Book Fair Family Night 5-8 PM</td>
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<td>All County Chorus Auditions 8:15 AM</td>
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<td>Thanksgiving Break</td>
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<td>6th Grade Field Trip</td>
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<td>Fall Picture Make-up Day</td>
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<td>PTA Meeting, 9:30 AM</td>
<td>Barns &amp; Noble Shopping Day 4-8 PM</td>
<td>Winter Chorus Concert 7 PM</td>
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<td>2nd Grade Field Trip</td>
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### Notes
- COPS Collection Dec. 1-5
- 2-Hour Early Release for Students