The winter holidays with all the rush is upon us! One of the biggest causes of family stress is trying to do too much in a short period of time and ending up not being able to enjoy any of it. Some ways to decrease holiday stress is through communication. Discuss which traditions are important to all of you. You might find out that playing a board game together is more important to your family than spending all weekend making cookies. As you enjoy this most wonderful time of the year, please remember to take time, from the hustle and bustle, to reflect upon the goodness in your lives and spend quality time with your family and friends. I hope to take my own advice and enjoy being with family and friends this season over having the “perfect” holiday.

All of us at Virginia Run hope you have a wonderful holiday season with your family and we wish you all the best in the New Year ahead! See you back on January 4, 2016.

Laraine W. Edwards
Principal
Virginia Run ES
703-988-8900

2-Hour Early Release on Friday, Dec. 18th.
The Main Office will be Closed during the Winter Break.
Dec. 19th – Jan. 3rd
**Yearbook "Early Bird" Sale**

Our fall sale ends on December 11th. Don't miss out! Reserve your yearbook and save by buying early. Order forms went home before Thanksgiving, extra copies are on the PTA Website or you can order online at [www.ybpay.lifetouch.com](http://www.ybpay.lifetouch.com) ID code: 5662216. Contact Robin Osterhout with any questions at robin.osterhout@gmail.com.

**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.

**2016 Variety Show**

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

Mark your calendars for this year’s 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](mailto:johannahevans@yahoo.com)
Holiday Shopping

The annual VRES Holiday Shoppe will be on Thursday, December 3rd, 2015 from 6:30-8:30! 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!

The Barnes & Noble Holiday Shopping Night will take place at the Barnes & Noble in Fair Lakes on Wednesday, December 9, 2015 from 4-8pm. This is a fun night for all! Our very own VR Viking will be there! If you would like to lend a helping hand for this event please contact Christi Brubaker, CBrubak@gmail.com.

Movie Night!

Bring your blankets and pillows, wear your cozy PJs and join us for Movie Night on January 22th from 6:30-8:30pm in the VRES Cafeteria. 6th grade Celebration Committee will be providing the concessions.

Vote for your favorite!

Please go to https://www.surveymonkey.com/r/5LN7P89 and choose which of these movies you would most want to watch with your friends at your school:

- Minions
- Shaun the Sheep the Movie
- Harry Potter and the Sorcerer’s Stone
- The Sandlot
- Charlie and the Chocolate Factory

Voting will end December 18th. We will send home flyers later in January announcing which movie was chosen and give you a chance to RSVP for the event. We hope to see you there!
Community Outreach (COPS) 2nd Quarter Collection

The Virginia Run PTA and Human Relations Committee present our 2nd quarter Community Outreach Collection: A Toy Drive to support Our Neighbor's Child and the Fairfax County Police Department. November 30-December 11, bring a new, unwrapped toy to school and place in one of the toy drive boxes under the clock in the lobby. Thank you for supporting those in our local community!

Our Neighbor’s Child Collection:
Monday, November 30th-Friday, December 4th

Fairfax County Police Department Collection:
Monday, November 30th-Friday, December 11th

Boxes will be in the Main Lobby for collection of new, unwrapped gifts.

Advanced Academics News

A reminder to 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. This meeting will focus solely on Level IV and screening for the AAP Center. If you have a child in grades 2-6 and would like to find out more information, attend the meeting on Wednesday, December 9, from 8:30AM-9:00AM. Please email Mrs. Sesso with questions at vmsesso@fcps.edu.
Our VRES art teachers were invited to participate in the Artist Teacher Art Show at the Workhouse Arts Center/McGuire Woods Gallery in Lorton, VA.

Congratulations to Mrs. Custer and Mrs. Dumais!!

Mrs. Dumais

Mrs. Custer
SCIENCE QUEST REGISTRATION OPENS JANUARY 4
CALLING ALL SCIENTISTS!! CALLING ALL SCIENTISTS!!

Virginia Run Science Quest is coming this spring! Get started now...so you don’t miss out! We want to see all the amazing experiments our students can present! All you need is an IDEA, a coach and some friends!! Science Quest is open to All VA RUN Students (K-6th grade). The holiday breaks are a great time to plan your team and experiment! If you need ideas...we can help!

Chemistry Ideas:
- Make your own bubbles
- Make your own slime/silly putty
- Grow Colorful Crystals
- Make your own Markers
- Turn Milk into Plastic
- Oil and Water
- Expanding Liquids

Energy Projects:
- Make batteries from coins
- Use the Sun's energy to Heat Water
- Turn Trash into Gas
- Potato Batteries
- Lemon Batteries
Plan for balance, variety, and moderation during the holiday season. Eat your favorite baked goods and other holiday specialties, but be reasonable about your portion sizes and number of servings. Always choose a variety of foods following the MyPlate guidelines.

**Healthy Tips**
- Fill up on vegetables and fruits first.
- Fix vegetables by marinating or sautéing in broth instead of adding butter.
- Use reduced-fat or non-fat dressings or spreads instead of butter and cream-based sauces.
- Add spices, not fat, to add flavor to your meals. Try cinnamon, cardamom, all spice, and cloves.
- Avoid oversized portions. Use a smaller plate, bowl, or cup for meals and snack.
- Focus on family and friends instead of food. Include a family activity such as a brisk walk around the neighborhood.

Planee balance, variedad y moderación durante la temporada navideña. Coma sus horneados favoritos y sus otras especialidades de la temporada, pero sea razonable en cuanto a los tamaño y números de porciones a servir. Escoja siempre una variedad de comidas siguiendo los consejos de MyPlate.

**Consejos Saludables**
- Complete su plato primero con frutas y vegetales.
- Prepare vegetales marinándolos o sofriálos en caldos en vez de usar mantequilla.
- Use aderezos reducidos en grasas o sin grasas o cúbralos con salsas cremosas en vez de mantequilla.
- Use sazonadores, sin grasa, para aumentar el sabor a sus comidas. Pruebe canela, cardamomo, añada especias y clavos de olor.
- Evite servir porciones muy grandes. Use un plato más pequeño, tazón o taza para las comidas y meriendas.
- Enfóquese en la familia y amigos en vez de la comida. Incluya a sus amigos en actividades como ser un paseo ligero alrededor de su barrio.
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<td><strong>COP Collection</strong></td>
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<td><strong>Fall Picture</strong></td>
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<td><strong>PTA Meeting, 9:30 AM</strong></td>
<td><strong>Barnes &amp; Noble Shopping Day 4-8 PM</strong></td>
<td><strong>Winter Chorus Concert, 7 PM</strong></td>
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<td><strong>FCPD Toy Collection Nov. 30-Dec. 11</strong></td>
<td><strong>Holiday Shoppe 6:30-8:30 PM</strong></td>
<td><strong>Winter Chorus Concert, 7 PM</strong></td>
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**Winter Parties**

- **Kindergarten:** Dec. 17th 2:30-3:30 PM
- **1st Grade:** Dec. 16th 2:00-3:45 PM
- **2nd Grade:** Dec. 18th 10:40-12:40 PM
- **3rd Grade:** Dec. 17th 2:00-4:00 PM
- **4th Grade:** Dec. 18th 11:30-2:00 PM
- **5th Grade:** Dec. 18th 12:30-2:00 PM
- **6th Grade:** Dec. 18th 11:00-12:50 PM
## January 2016

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Variety Show Parent Meeting, 4 PM</td>
<td>6th Grade Field Trip National Gallery of Art</td>
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<td>Student Holiday</td>
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<td>Martin Luther King’s Holiday, Schools and Offices Closed</td>
<td>Variety Show Rehearsal Kindergarten—3rd Grade 4:00-7:00 PM</td>
<td>Variety Show Rehearsal 4th—6th Grade 4:00-7:00 PM</td>
<td>PTA Movie Night 7-9 PM</td>
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