News You Choose

As a reminder, we will soon begin using News You Choose, a new communication tool to provide information about what is happening at Virginia Run Elementary including news and updates.

We will send you our first communication in March containing the Viking Voice. At this time, the Viking Voice will be the only news and updates we will be using through News You Choose, however in the future, we will be looking into adding more topics. Subscribers always have the option to unsubscribe by clicking on a link at the bottom of the email.

Laraine W. Edwards
Principal
Virginia Run ES
703-988-8900
PTA February General Membership Meeting

Thursday, February 11th 7pm (Library)

Child Safety & Internet Security Presentation
This month we will be hearing about Child Safety and Internet Security. Learn about the risks and how to keep your children safe when they are on-line. VRES parent Jeffery James, Secret Service Liaison to the National Center for Missing and Exploited Children will be our featured speaker and provide useful information about on-line dangers as well as answer your questions. A brief PTA meeting will follow the presentation. Open to all VRES parents.

RSVP link is on the PTA Website at www.vrespta.org.
Or contact Robin Osterhout at robin.osterhout@gmail.com with any questions.

Teacher Soup and Salad Luncheon

The PTA will be hosting a Teacher Soup and Salad Luncheon on Friday, February 5th. Each class will be providing a dish for the teachers to enjoy on their Teacher Work Day (students are off for the day!). Please contact your child's room parent if you would like to be a part of this event! Teachers, thank you for all of your hard work this year! We hope you enjoy your luncheon.

Questions? Please contact Aimee Lowry at alowry555@aol.com

2-Hour Delay March 1st

On March 1st, there will be a 2-Hour Delayed Opening due to the Presidential Primary Voting that day. We are anticipating high volume of voters coming in early that morning, so the school board has approved a 2-Hour Delay. School will begin at 11:15am on March 1st.
Movie Night at VRES!

New Date!

February 12, 2016 at 6:30pm

If you have already purchased tickets for this event and can still attend then you are all set and we will see you there.

If you purchased tickets but are unable to attend the new date, please contact Leslie McCrea at lesliewillis@gmail.com to get your refund.

Tickets for this event are $2 per student and will be sold at the door.

**Students MUST BE ACCOMPANIED by an adult who will stay at the event, no drop-offs (no charge for adults).**

Checks payable to **Virginia Run Elementary School PTA**.

The Sixth Grade Celebration Committee will be selling refreshments!
Calling all Amazon shoppers! Remember, EVERY time you shop on AMAZON, VRES PTA will earn a percentage of your sale! Just go to www.amazonsmile.com and select Virginia Run Elementary PTA. Once you have made your selection, you will see our school listed at the top of your Amazon Smile page EVERY time you shop!

We thank you for your support!

COLOR RUN INFORMATIONAL MEETING

We invite you to attend the first informational meeting on February 9 from 9:30-11:00 in the cafeteria. If you would like to volunteer but can't make the meeting we will have information at the kiosk in front of the office or you may contact Kelly Sabine, tellies@gmail.com

2016 Variety Show

Variety Show rehearsals are under way!

Please remember to mark these important dates on your calendar:

*February 3rd - 4:00-6:00pm - K-6 Rehearsal
*February 10th - 4:00-6:00pm - Make Up 4-6 Rehearsal
*February 20th - 6:00-9:00pm - Dress Rehearsal at CVHS
*February 21st - 3:00-5:00pm - SHOW at CVHS

Please contact Johannahevans@yahoo.com for more information:
Save the Date!

Virginia Run vs. Cub Run Faculty/Student Volleyball Game!

When: Friday, April 15th

Time: 7:00-9:00 pm
(doors will open up earlier for food)

Where: Westfield High School Gym

Please contact Tara Harkins at harkinstl@gmail.com or Leslie McCrea at lesliewillis@gmail.com with questions.

Science Quest

Start planning your experiments and get ready for a great night of Science Fun on March 10th. Ideas and information are posted on PTA website or you can email virginiarunsq@gmail.com for specific questions.

Winter Attire

Please remember to dress your child(ren) appropriately for the weather. Students need winter coats, gloves and hats when going outside for recess.
Fifth Grade Students are Prolific Writers

This quarter fifth graders studied the art of writing personal narratives. They learned how to choose a story from their lives that had a story arc to represent the conflict, climax, and resolution. Then they carefully crafted their stories by elaborating the heart of them so that details came alive to the reader. Finally, they became grammar police to peer edit each other’s papers. They even used google voice activation to ensure words were spelled accurately. Lastly, fifth graders had a publishing party to celebrate all of their hard work. Students shared their final drafts and toasted to a writerly lifestyle.
February Energy Train: Healthy Teeth=Smarter You

According to the Centers for Disease Control and Prevention (CDC), tooth decay is the most common chronic childhood disease and it is totally preventable. Did you know that more than 51 million school hours are lost each year in the United States due to dental related illness? Poor oral health, including early tooth loss, gum disease, pain and infection can affect a child’s speech development, school performance and lower his or her self-esteem. Children with mouth pain or who have missing teeth may have difficulty chewing, which could prevent your child from getting the nutrients they need to grow, learn and concentrate in school.

Follow these healthy tips to protect your child’s smile and keep them healthy:

- Make sure they brush their teeth for 2 minutes at least twice a day: in the morning after breakfast and at night before bed.
- Help them floss their teeth at least once a day, preferably before bed so bacteria doesn’t have a chance to grow overnight.
- Visit a dentist twice a year (once every 6 months).
- Avoid sugary snacks and drinks! Drink water or low fat milk instead.
- Offer healthy snacks, such as fruits, veggies, cheese or whole grains instead of snacks high in sugar.
- Wear a mouth guard to protect your teeth during contact sports.

More Info:
http://www.ncohf.org/resources/tooth-decay-facts
http://www.mouthhealthykids.org/en/
http://tippingthescales.typepad.com/blog/
http://healthyteeth.org/kids/
http://kidshealth.org/kid/feel_better/people/go_dentist.html#
# Virginia Run Elementary School

## February 2016

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**Variety Show**

**February 20th:**
- Saturday
- Dress Rehearsal
- Centreville HS

**February 21st:**
- Sunday
- Show Time!
- 3:00 PM
- Centreville HS

**President’s Day Holiday, Schools and Offices Closed**

**Spirit Day 2-Hour Early Release for Students 2nd Grading Period Ends**

**5th Grade Field Trip GMU**

**Variety Show Rehearsal Kindergarten—6th Grade 4:00-7:00 PM**

**PTA Meeting, 7 PM**

**PTA Movie Night 6:30 PM**
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*2016*