



# OCTOBER NATIONAL BULLYING PREVENTION MONTH

**Calendar of Events:**

- Oct 2- Child Health Day
- Oct 5—Back to School Night 5:30 pm—6:45 pm
- Oct 8-14 Fire Prevention Week
- Oct 9- Columbus Day (School Open)
- Oct 9-13 National School Lunch Week
- Oct 12—Federal Impact Cards Go Home
- Oct 13 Conference Day—School Dismissed 1/2 Day (11:30 am)
- Oct 16-20 National School Bus Safety Week
- Oct 23-31 Red Ribbon Week
- Oct 28—Make a Difference Day
- Oct. 30 Picture Day

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**Arrival:**

Students are allowed to come in to school at 8:00 am. There is no before school child watch program for students who arrive prior to 8:00. Please make the proper child care arrangements so that your child remains safe.

**Dismissal:**

We need your child at school until the end of the instructional day. Please minimize early pickup so that your child can complete the full day. They often miss vital review and prep for the next day if they leave early. No parent pick-ups can take place in the office after 2:30 pm. Please see page 6 of your child's agenda

\*For the safety of your children all changes to dismissal must be in writing.

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### Magnet and Specialty Programs Open Hours

It's that time again for Magnet and Specialty Programs applications. Applications will be available on line soon.

**Application Deadline:**

**January 6. 2017**

**Get General Stanford information**



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@generalstanford

@General Stanford ES

**We will be sharing all our, big news, events and activities. Many pictures will be posted.**

**f you do not want your child's image displayed, please provide a note to go on file.**

## A MESSAGE FROM THE PRINCIPAL MRS. WILLIS



**Everyone's a Reader and Thinker at General Stanford!**

At General Stanford we strive to have everyone reading and loving all types of books. Please continue to help us foster this habit at home by:

**Setting the ultimate example.** What better way to let your child see that reading and being curious is important than to READ and research things yourself. Let your child see that you make time for reading, learning and inquiry .

**Taking note of what your child likes and explore those topics.** Whatever your child likes there is a book that he or she can read.! It does not matter if its dogs, cooking, plants or cars. Read together and look for more information and facts at the public library, internet or bookstores.

**Encouraging your child to "find out".** When your child asks a question; direct them to a book or internet for answers. Let them see you depend on books too. Look for answers as a dynamic reading team!

**Sharing the books and topics that you loved as a child.** Get excited once again about your old favorites. Show your child that curiosity makes lasting memories to be cherished.

**But no matter what...Keep READING! Ask your reader about the 40 Book Challenge**

Diane Willis, Principal

## A MESSAGE FROM THE ASSISTANT PRINCIPAL

Dear Parents/Guardians:

Some parents have expressed concerns about establishing morning routines for their children to make the day go better for the whole family. Based on these conversations, you might want to review your morning routine and help ensure students arrive to school every day and on time.

The parents I spoke with reminded me of the following guidelines for "getting up and getting on it."

- 1. Consistency.** Having a routine that is the same each day allows everyone to stay on track and on time. Expectations are clear, confusion is limited, and less time is wasted in the morning.
- 2. Wake-Up Time.** The time to wake up is based on how much time it takes to roll out of bed and get ready for school. Once the necessary amount of time has been identified, add a cushion of perhaps 15 minutes, establish the wake-up time, and stick to it. Determine whether the parent or the alarm clock will provide the wake-up message.
- 3. The Night Before.** Gathering books, papers, supplies, and backpacks the night before streamlines the morning scramble. Placing these items in the same place every evening reduces confusion. Picking clothes and placing them in the same location each evening may make the morning more peaceful. There may be more time for the struggles of decision making in the evening. If lunches need to be packed, they can be planned or organized in the evening.
- 4. Breakfast.** The morning eating routine needs to be determined. Some students eat breakfast at school, some eat breakfast at home. The reports are consistent that breakfast is important in school performance. Determine who will make breakfast. Set guidelines for what constitutes a nutritious breakfast.
- 5. Good-Bye.** Start the day on a positive note. Tell the children that you love them as you say good-bye. You can set the tone for a successful day!

Thanks to all who have shared their winning tips for making the morning routine more enjoyable in their homes. We hope these tips will be helpful to you.

Sincerely,

Sherry Wolfson  
Assistant Principal

**Home Reading**

Parents play an important role in their child's literacy development. The time it takes to read to a child is never wasted. Here are a few tips as you are reading at home with you child:



- \*Read with your child every night!
- \*Have your child help you with everyday tasks: write a grocery list, leave a notes for a family member, read the newspaper together, etc.
- \*When your child comes to an unknown word, help them decode it—don't give them the answer right away!
- \*Always ask about what they are reading in school.

Remember, you are your child's FIRST reading teacher.



Hello GSES Parents,

The library will be hosting the book fair, November 3rd to November 13th! The book fair will be a way for students, parents, and teachers to explore new reading material and create reading memories. It is also a great way for parents to get involved in their students' reading, either by looking into what the book fair has or by volunteering with the book fair. We are always appreciative of those parents who come to help with setting the book fair up, running the store, or helping students make their wish lists and purchases. If volunteering with the book fair is something that interests you feel free to contact me at [Staci.Costello@nn.k12.va.us](mailto:Staci.Costello@nn.k12.va.us).

Students have shown great responsibility and respect with bringing their books back in good condition and on time. They have also been sharing their enjoyment for what they are reading and are even giving suggestions for the library. It has been a wonderful start to the year so far and I look forward to sharing ideas and books with the students here as the year progresses.

Keep reading and thank you for your support,

Staci Costello, Media Specialist



**OCTOBER NURSES NOTES**

Flu shots will be given here at school by Health Hero on Wednesday Oct. 11<sup>th</sup> to students with consents filled out. **Every child that gets a shot will receive a proof of vaccine - given on that day only. It is not a requirement for school so if you do not keep this for your records the school will not be able to duplicate it.**

It is not too early to have your fifth grade student vaccinated with the Tdap that is required for entry into sixth grade Please bring documentation of this to be entered in your child's school record once it has been completed.

Parents, if your child requires medication at school-long term or short term, we must have a doctor's order form filled out. This is for prescribed medicine as well as over the counter meds. Please call if you need information on the school policy.

If your child still needs an entry physical, please call the school nurse to make sure your 30 day grace period has not expired. If the 30 days has passed, a warning of exclusion from school may be sent if you have not made arrangements with the nurse.

Thank you,  
Tammy Greenway RN

The 40 Book Challenge has started!

We had so much fun during our kick off week! One of the highlights was our 40 book challenge book parade, when students marched with their favorite books to the cheers of their fellow Eagles!



Please remember to ask your student about what books they have read or are reading for the 40 book challenge. When talking to your students about their books, here are some questions you can ask:

- What genre is the book you are reading?
- Who is your favorite character in the book? Why?
- Do you like the book? Why or why not?
- Is there a problem in the book? How do you think the character will try to solve the problem?
- What do you think might happen next in the book?
- (For nonfiction book), what are some facts about your book?
- (For nonfiction books), what is something new you learned about your book? What did you find interesting?

Thanks for supporting your student as he or she tackles this challenge!

**Counselors Corner**



Hello eagle family, October is Bully Prevention Month and throughout the month and we will be promoting and encouraging our students to be buddies, not bullies. We will celebrate this month by recognizing random acts of kindness throughout the school. On October 2nd we want to kick of the month by having our students wear a blue shirt to show that they are against bullying. We ask that you help us to teach the students the importance and value of displaying positive and kind behaviors towards others throughout the month, school year, and life.

We also will be celebrating red ribbon week from October 23rd - 27th. This week we will have different themes for the day to celebrate being a DRUG FREE SCHOOL.

October will be a fun and exciting month full of opportunities to learn about being kind to others and making positive decisions for our General Stanford Elementary School students.

*Se'Dale E. Watson*  
Professional School Counselor



Every week, I have the privilege of sharing my love for music with every student at our school. In these opening weeks of the school year, I am pleased to say that I have already seen many examples of your children not only succeeding in this demanding discipline, but connecting to a broader and richer world of artistic expression.

In closing, if anyone would like to be involved in the classroom, I am always glad to have volunteers help share the love of music with our students.

Thank you for your support,  
Mr. Morgan P. Cassady

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If you have time on your hands and would like to help our school by becoming a part of the PTA Board; please join us on Thursday, October 5th at 5:00 p.m. for a brief informational session, prior to our Back to School Night event!

Have you heard of flexible seating?

*Ask your learner about the seating options they have during class.*

*This year we are making sure that students are exposed to seating that allows them to not stay in the traditional desk and chair during certain times of the instructional day.*

