

# SHUTTLE EXPRESS

Oct/Nov 2019 edition

## From the Principal's Desk

Hello Challenger Families,

October was a busy month with Book Fair, Wellness Night, Fall Festival and Paint Night. In case you didn't know, we had many clubs start as well. Our students are enjoying: Soccer Club, Robotics, Art, Battle of the Books, Cheerleading and Challenger Academy. We are so happy we can give our students many opportunities to participate in clubs which support the whole social, physical and academic well-being of the student.

We want to also thank everyone who supported our Book Fair and helped make it a success.

November is Military Appreciation Month. We want to thank all our parents who have served and are serving in the military. **Thank you for your service.**



**Drama Club:** Mrs. Murray and Mrs. Jackson will be offering a Drama Club this year. They will be doing "Willy Wonka." They need volunteers for the following positions: Costume Creator; Props and Set Designs; Music and Choreography. If you can help in any way, please call the school at



703-680-7270 or email Mrs. Jackson ([Jackson1@pwcs.edu](mailto:Jackson1@pwcs.edu)) and Mrs. Murray ([MurrayKK@pwcs.edu](mailto:MurrayKK@pwcs.edu)).

**Sock Hop:** On November 8, we will celebrate the 50th Day of School, with a Sock Hop. The schedule will be sent home in Tuesday folders. During this time, we have Root Beer Floats and the students dance. We always need parent volunteers to help with the dance. Please contact your child's teacher to volunteer.



It is hard to believe Thanksgiving is around the corner. We wish your family happiness and joy as we go into the holiday season.

Thank you,

Mrs. Herritt, Principal

## **Calendar of Upcoming Events**

November 4/5: School Closed: Parent/Teacher Conferences

November 8: Sock Hop

2:00 - 2:30 K-1

2:30 – 3:00 2-3

3:00 - 3:30 4-5

November 11: Veteran's Day Holiday: No School

November 12: McAuliffe Advisory Council 5:00

November 13: Report Cards Go Home

Third Grade Field Trip

November 15: PTO Meeting/Bingo 5:00

November 19: PTO Board Meeting

November 20: Picture Retakes

November 22: Kindergarten Thanksgiving Feastivities

November 27-30: Closed for Thanksgiving Holiday

## Kindergarten News

The kindergarten children have been busy learning letters and sounds. In **language arts**, we have read the big books *The Tree House* and *The Farm Concert*. We have practiced reading sight words using guided reading books, refrigerator stories and big books. We celebrated the alphabet with *Chicka, Chicka, Boom, Boom*. In **writing**, we are making connections and drawing pictures as we visualize what we paint in our minds. The characters in our stories come alive as we act them out with puppets and retell familiar stories. The Pigeon stories by Mo Willems have been a favorite.

In **math**, we have been working on counting strategies, matching a numeral to the quantity, and representing the quantity. We have talked about longer and shorter as well as more and fewer. We continue to work on recognizing coins. The upcoming geometry unit is always a favorite.

In **science**, we enjoyed our units on the five senses and fall weather. Ask your child to sing the Five Senses song by Dr. Jean to you. The students have used their senses to discover the world around them. Fall weather is a great time to use the five senses, too, as there are many changes taking place. We also read *Little Blue and Little Yellow* and *Mouse Paint*. The students made green lemonade and pretended to be the mice dancing in the paint to create colors.

In **social studies**, we learned to identify the flag, say the Pledge of Allegiance and about various ways to show patriotism. The students can tell us that the President is the leader of our country. We are looking forward to our past and present unit as we research and compare the First Thanksgiving to Thanksgiving today.

The children amaze their teachers every day. We were happy to see that many students met their monthly reading goal.

## First Grade News

First grade is a year of tons of learning experiences! In November, we will be learning...

- **Language Arts:** Our focus is making inferences, asking and answering question in nonfiction text, and identify text features.
- **Writing:** We are learning to read nonfiction and write our own informational books.
- **Math:** We will be continuing to work on mastery addition and math facts to 10. Students will be introduced to subtraction and begin to master subtraction facts to 5.
- **Science:** We will be diving into science experiments with learning about the three states of matter.
- **Social Studies:** We will be studying economics and identifying the needs and wants of individuals.

## Second Grade News

Second grade is moving along in their learning! Shortly we will be sending information home about the programs students may use at home to support learning. In **math**, we are moving into unit 2 which will focus on addition and subtraction within 20, comparing numbers, solving word problems, rounding, and telling time. In **reading**, we will continue working in nonfiction with asking and answering questions, using text features, and comprehension. Remember conference day is Tuesday November 5th, if you signed up for a conference and can't make it, please let us know as soon as possible!

## Third Grade News

Come on down to the third-grade hall where learning is happening all over the place. In **Language Arts**, we are ready to publish our personal narratives. From there, we tackle the Art of Informational Writing. It appears that we have many budding authors in our third grade! We have seen tremendous growth in their writing and look forward to seeing the final product! Our Reader's Workshop is going strong with our new focus on the Main Idea Non-Fiction. For **Social Studies**, we are learning about our world through geography. In **Science**, we are super excited for our Simple Machines unit. In support of this unit, we have a field trip to Frying Pan Park scheduled for November 13. Multiplication and Division have taken over our math minds, filling us with more math strategies!

We are looking forward to meeting you all for Parent/Teacher Conferences! *Don't forget that your child needs to wear appropriate shoes on PE Days!*

## Fourth Grade News

In fourth grade our **reading** skills are continuously worked on in all subject areas. We have been using non-fiction text to focus on text features and main idea vs details. Practice using these skills at home during your child's 20-30 minutes of nightly reading! We are working on a lot of writing this year in fourth grade. We will continue working with the **writing** process by utilizing biographies.

In **social studies**, we are learning about life in Virginia's first permanent settlement of Jamestown. We will understand why Jamestown was settled and describe the life in the colony. We have also learned about the Native Americans that lived in Virginia. Utilize [www.solpass.org](http://www.solpass.org) for a study reference before tests and quizzes.

In **math**, we are working on multiplication. This first unit of multiplication is focused around fact families, arrays, factors, and multiples. Students will also learn how to do 2 x 1 multiplication in this unit using area model. Please continue to have your child practice their multiplication facts! There are plenty of apps and websites to use for practice.

We have ended our unit on Virginia's natural resources in **science**. We learned all about the importance of natural resources on Earth and about the watershed of Virginia. Weather will be our next unit and we will practice being meteorologists. Ask your child about the fun lab experiments we are doing weekly! Thank you to the chaperones that assisted at Farm Field Day, the students had a great time!

We are implementing [www.istation.com](http://www.istation.com) in the classroom along with [www.prodigygame.com](http://www.prodigygame.com). These are great tools for reading and math that work to improve the students at their personal level.

## Fifth Grade News

5th grade **math** is working hard on word problems that involve multiplication and division. There are a lot of brains working overtime to remember things they learned last year that can help them now.

5th grade **science** has introduced so many new things. We have learned about cells, organelles, and their functions. We know what the difference is between a vertebrate and an invertebrate. We can identify vascular and nonvascular plants, the 5 kingdoms and the scientific method concepts involving hypothesis, variables, and making predictions. All of this in the first Unit of study! Soon, we will begin looking at rock types, rock cycle, erosion, weathering, deposition, and features that go along with each.

## Title I

PWCS Title I invites you to join us at this year's Parent Camp! This FREE event is a great opportunity to learn more about navigating the PWCS educational system and supporting your child. There will be many sessions available to attend that cover a broad range of topics such as learning and content, special education, English learner programs, preschool, mental health and behavior, community and family, and technology. This FREE family event is open to all Title I families; the children will attend KidCamp and PreK-Camp while the adults attend the different sessions.

**October 19, 2019 from 8:30am-12:30pm**

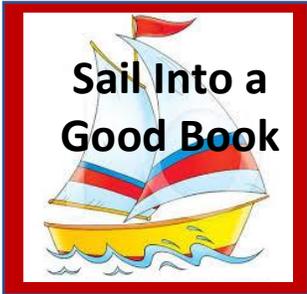
### **PARENT CAMP**

George M Hampton Middle School  
14800 Darbydale Avenue  
Woodbridge, VA 22193





With Mrs. Jampole & Mrs. Weinhold

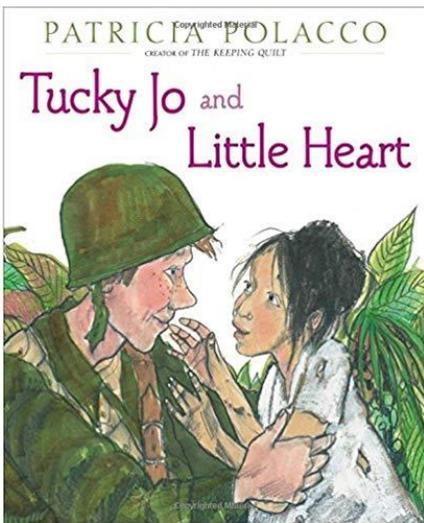


**Thank you for supporting our Fall Book Fair!**

All proceeds will be used to purchase new books and resources for our school library.

It's story  
**TIME**

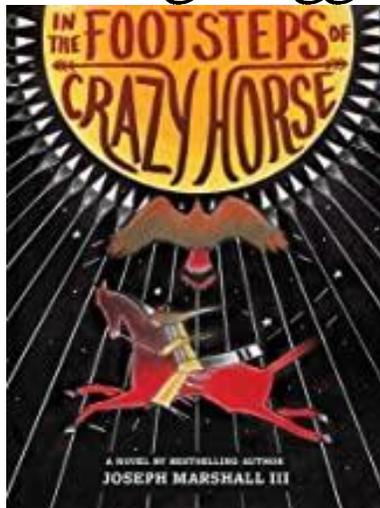
## Reading Suggestions for November



**Tucky Joe**

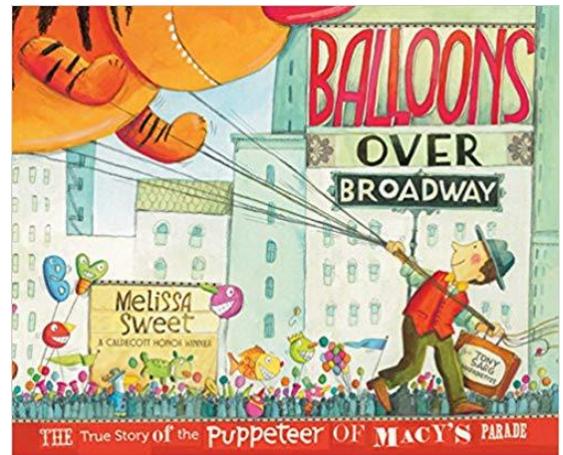
by Patricia Polacco

Tucky Jo was known as the “kid from Kentucky” when he enlisted in the army at age fifteen. Being the youngest recruit in the Pacific during World War II was tough. But he finds a friend in a little girl who helps him soothe his bug bites, and he gets to know her family and gives them some of his rations. Although the little girl doesn't speak English, Tucky Jo and Little Heart share the language of kindness. Many years later, Tucky Jo and Little Heart meet again, and an act of kindness is returned when it's needed the most in this touching picture book based on a true story.



**In the Footsteps of Crazy Horse**  
by Joseph Marshall

Jimmy McClean is a Lakota boy—though you wouldn't guess it by his name: his father is part white and part Lakota, and his mother is Lakota. When he embarks on a journey with his grandfather, Nyles High Eagle, he learns more and more about his Lakota heritage—in particular, the story of Crazy Horse, one of the most important figures in Lakota and American history.



**Balloons Over Broadway**

by Melissa Sweet

Everyone's a New Yorker on Thanksgiving Day, when young and old rise early to see what giant new balloons will fill the skies for Macy's Thanksgiving Day Parade. Who first invented these “upside-down puppets”? Meet Tony Sarg, puppeteer extraordinaire! In brilliant collage illustrations, the award-winning artist Melissa Sweet tells the story of the puppeteer Tony Sarg, capturing his genius, his dedication, his zest for play, and his long-lasting gift to America—the inspired helium balloons that would become the trademark of Macy's Parade.

## Wellness Committee

### A Mindful Lifestyle

Most of us are so busy these days. We find ourselves running from activity to activity without stopping. Our children are no different. They go from school to home to activities to homework. Our busy lifestyles leave little time for thinking or for “smelling the roses.” Worst of all, our stressful way of living is bad for both our body and our minds.



Excessive stress is bad for our bodies. Stress affects our heart, our brain (it can reduce brain tissue responsible for emotional regulation), diabetes, and our lifespan. These are only a few ways that this behavior can be harmful. Stress affects us socially as well.

With children, it can cause them to be unable to think clearly and to be able to concentrate. It can cause them to be unable to use the part of the brain responsible for attention and higher-level thinking needed for school success.

One way to get around this stress is to begin taking the time to engage in short mindful activities. These activities allow us to slow down a bit so we can calm down and think. In adult studies, the brains of people who engage in regular mindful activities like meditation are different from the brains of those who do not. The areas of the brain responsible for planning and self-control (among other things) are thicker and the areas devoted to fight, or flight behaviors are smaller. Mindfulness and meditation activities do not need to take a long time, nor do they need to be religiously-based.

So, what can you do? There are some great meditation sites on YouTube, but if you prefer you can do some of the following:

Deep breathing, 4 breaths in, 6-8 out will help with anxiety. You should do at least 4 repetitions.

Shutting the eyes and focusing on your breathing or a single thought is a quiet form of meditation. You will likely lose focus, but that’s okay. Accept it and go back to paying attention to your breathing.

Bee breath; This activity is great for kids. Take a deep breath in. Covering both your eyes and ears (for focus) let out your breath as you buzz like a be. Release the breath for as long as possible. Do this several times.

Snake breath: Like bee breath but you hiss instead of buzz.

Lay on the floor. Put a small stuffed animal on your tummy. Relax and breath quietly, watching the stuffed animal go up and down.

Gratitude meditation. Sitting quietly, think about all the wonderful things you are grateful for. It is impossible to be positive and grateful and be angry at the same time.

These are only a few of the many activities that you can do. The best news is that you can do them with your kids whenever you need a break from the hectic lives, we all live.

May you have a wonderful and mindfully relaxed school year.

The health and wellness committee.

## **Mr. Dieruf-Room 112**

We are looking forward to a new month and new things to learn! We are working on editing our own papers and editing for our friends. We're working on correct punctuation, spacing and using upper and lower case in the right spots. In reading we continue to decode new words as well as work on using what we read to answer comprehension questions. In math we are really working hard on addition!

## **Mrs. Armstrong & Mrs. Allen-Room 128:**

Welcome Fall! The first quarter of the school year is ending, and the students have been working hard. In Math, we have completed our first units on problem solving and number sense. In Language Arts, we have studied various genres of literature and summarizing plot. Our second and fourth graders enjoyed their first field trips of the year this quarter. The students also continue to work on their individual goals for reading, math, and social skills. Remember, students should be reading each night for at least 25 minutes. Questions that you can ask to help your child with comprehension, as well as, RAZ-Kids log in information were sent home for extra reading practice. They can get some good practice with math skills using Moby Max and iStation at home as well. Next month, we will have a couple of field trips coming up. Information for these will be sent home as the date draws closer. As always, thanks for your continued support!!

## **Mrs. Woughter-Room 129: Woughter's Wonders**

October was (finally) a cooling delight, and we had a good time exploring fall vocabulary, fruits and the changes happening outside our windows. We played Fall Bingo, had Apple Tastings, and worked on graphing and charting skills. Toward the end of the month we turned our attention to pumpkins and voting (how-to and why). We talked about the many uses for a pumpkin and carved our own Jack-o-lantern friend. We used our voting skills to determine how he would be designed. Also, we took the time to roast some of the seeds to share a salty, crunch snack.

We've continued our work on "The Pledge of Allegiance" for history and oral/sign language skills. Many of our friends can now recite the entire thing without assistance. Everyone continues working on their individual reading and math goals and objectives. Great work continues in Room 129!

## **Mrs. Bampton-Room 131**

November is a busy time in room 131. The students have been coming to school every day ready to learn. In the month of November, in the area of science we will be exploring the interior of the Earth. In the area of Social Studies, we will be interpreting maps by using map keys. This year my classroom is focusing on making technology available for all students. In my classroom we are using adapted keyboards and other adapted equipment so that all students have access to the computer. Students daily are using Teach town to work on their individual IEP goals. On November 25th our students will be having their annual Thanksgiving meal with Mrs. Woughter's students. We ask parents send in food from their culture so that we can have an inclusive celebration.

## PTA News

Thank you to everyone who's joined the PTA! We were so happy to see everyone at Back to School Night. It's not too late to become a member!

Our first Paint Night of the school year was tons of fun and everybody's Angry Birds turned out so cute! We'll be having another Paint Night in March and invite you to join us.



Please keep scanning your BoxTop receipts and sending in valid clipped BoxTops. Each purchase contributes 10 cents to the school. We use these funds for assemblies, technology, prizes, and fun school activities like the 50's sock hop.

We are in the process of trying to change over the PTA to a PTO. This will allow us to keep more funds within our school instead of paying high membership fees to the state and national PTA organizations. It will also allow us to have more flexibility to run the organization the way we'd prefer at a local level.

Our next meeting will be on November 15<sup>th</sup> right before Bingo!!! Please come join us for a BRIEF meeting at 6 p.m. There will be no meeting in December.

### Upcoming dates to be aware of:

Nov 4 – Teacher Workday – No School

Nov 5 – Parent Teacher Conference day – No school

Nov 8 – 50's Sock Hop

Nov 11 – Veterans day – No School

Nov 15 – PTA General Meeting / Bingo – 6 p.m.

Nov 20 – picture retake day

Nov 27 - 29 – Thanksgiving Holiday

Don't forget to "Like" us on Facebook!!! <https://www.facebook.com/VAMcAuliffeElementaryPTA/>

Reminder: If you have any photos that you would like to be included in the 2019-20 Yearbook, please email them to [vamcauliffepta@gmail.com](mailto:vamcauliffepta@gmail.com).