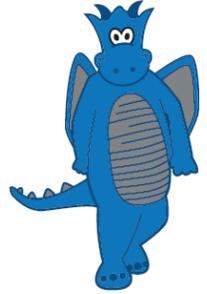




On the Run

Weekly Newsletter of Colvin Run Elementary
 October 11, 2017

www.fcps.edu/colvinrunes www.crespto.org
www.facebook.com/cresdragons



Attendance, Early Dismissals, Late Arrivals and Transportation Changes: <http://goo.gl/FY31R0>

Dragon Days Calendar

- October 12 Kindergarten Field Trip – Riverbend Park
- October 13 3rd Grade Field Trip – National Aquarium
2nd Grade ArtPlus
- October 16 Kindergarten ArtPlus;
- October 19 3rd Grade ArtPlus
AAP Levels of Service Parent Information Meeting, 7:00pm, Theater
- October 20 School Picture Day
1st Grade ArtPlus
- October 24-25 Vision and Hearing Screening, Kindergarten and 3rd Grade
- October 26 AAP Levels of Service Parent Information Coffee, 9:30am, Theater
5th Grade ArtPlus
- October 27 SCA Harvest Hop
4th Grade Pumpkin Perseverance; 4th Grade ArtPlus
Kindergarten Rotations, Pumpkinville

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*For your convenience, all titles are hyperlinked to their respective article.

Veterans Day SAVE THE DATE- Thursday, Nov. 9th

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On Thursday, November 9th, we will highlight our United States veterans and active military with a school-wide Veteran's Day Celebration. We will be creating a Veterans' Hall of Fame on which our CRES families can honor/remember our school community's veterans and active military. At the end of this newsletter is an information sheet to be completed and brought in with a picture of the veteran. Parents will find a 'type-able' version in the Veterans Day KIT message attached to this On The Run newsletter KIT message. Students will post the picture and information sheet on a school-supplied 'ready-made' poster (see picture below) and hang the poster in the Main Lobby. **Students may bring in a picture and information sheet to add to a ready-made poster in the Front Office starting Friday, October 20th. All Hall of Fame posters must be submitted by Wednesday, November 8th.**

We would be honored to have our school community's veterans/active military in attendance at the ceremony and to stay after the ceremony to meet with students. We understand that they may be unavailable to attend our ceremony, and we would still like to honor/remember them in our Veterans' Hall of Fame.

Please click the link below to see the schedule of events for the morning of November 9th. **All veterans/active military who would like to be part of the ceremony must RSVP by Friday, November 3th** at <https://goo.gl/forms/AE8pWkXglzlpBhNG2>.



Annual Vision and Hearing Screening

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A note from the health clinic: All third grade and kindergarten students will have Vision and Hearing screening on October 24th and 25th. Third grade will be screened between 9:30 AM and 11:00 AM. Kindergarten will be between 11:00 AM to 12:30 PM.

Please make sure any eyeglasses are sent in with your student on those dates.

Parent volunteers will be needed for both days. Training will be provided.

Contact Mike Loftus, School Health Aide, if you wish to volunteer to help with the Vision and Hearing Screenings: (703)757-3010 or mjloftus@fcps.edu.

Smile...It's Fall Picture Day

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School Picture Day is scheduled for **Friday, October 20th**. Pictures are provided as a service to our parents and are also a valuable fundraiser. Your child was provided with a Lifetouch Portraits Picture Order Envelope in last week's Wednesday folder. Please complete the envelope and return it to your child's classroom teacher before Picture Day. If you did not receive an envelope or have misplaced it, extra envelopes are available in the school's main office.



Important Dates and Levels of Service from the AART

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Thursday, October 19th – Levels of Service Parent Information Night, 7:00-8:00pm, Theater

Thursday, October 26th – Levels of Service Parent Information Coffee, 9:00-10:00am, Theater

There will be two informational parent meetings covering AAP Levels of Service lead by CRES Advanced Academics Resource Teacher Alyssa Grabel. The purpose of these meetings is provide information about levels of service for AAP, as well as answer questions about what these services look like at Colvin Run. The meetings are open to all Colvin Run parents of students in grades K-6. The same information will be presented at each meeting.

Tuesday, November 14th – Level IV Parent Information Night, 7:00pm, Theater

In this meeting, Ms. Grabel will discuss the identification and screening process for Level IV services.

If you have additional questions regarding Levels of Service at Colvin Run, please contact Advanced Academic Resource Teacher Alyssa Grabel at angrabel@fcps.edu. AAP information is also available online via Blackboard, the Colvin Run website, or at www.fcps.edu.

Band Notes

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Blackboard: Did you know that Band has a Blackboard page? Logon to Blackboard→Click on CRES Specials→ Click on the **BAND** button And BAM! You are there! Please check often for announcements, schedule changes, concerts, and general band information!



YOU Are Invited!

The Cooper Middle School Symphonic Band and the Langley High School Wind Symphony have both been selected to perform at the 2017 Virginia Music Educators Association Conference! This is a tremendous honor and recognition for both programs and very unusual for both a high school and its feeder middle school to be selected in the same year. It is also the first time in Langley's school history that it has been selected to perform at the conference. We are so proud of all of the students in both of these bands, but especially of those students who attended Colvin Run!

On, Wednesday, November 8th, both bands will be presenting a Pre-VMEA Concert at Langley High School beginning at 7 p.m. We invite you to not only come out and support these wonderful musicians, but also to hear the possibilities for your child in the middle school and high school band programs.

National Walk to School Day

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Colvin Run participated in National Walk to School Day on **Wednesday, October 4th**. This was a great way to encourage physical activity, reduce traffic congestion, educate students about walking safety, and have fun! We shared walking safety tips on the CRES411 morning news show leading up to the event. We gave out over 400 sneaker charms to students who participated in the event.



Colvin Run Crisis Management Plan 2017-2018

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On September 27th, several of our staff met together to have an annual review our Colvin Run Crisis Management Plan. This plan includes several components, most commonly the monthly fire drill. Many of you have been at school while we effectively and efficiently exit the building for a fire drill.

During an emergency, there are five universal responses:

Lockdown is used to describe enhanced security measures taken to protect against potentially violent intruders that may be inside the building or on the school site. Each year, Virginia requires schools to complete two Lockdown drills in September in which all interior doors are locked and windows are covered so someone cannot gain access or see into any school room.

Secure the building is used to prevent unauthorized entry if the threat is outside the building i.e., a robbery in proximity to the school. Outside activities are canceled; all exterior doors are secured while staff and students are free to move about inside their building.

Shelter-in-place procedures are used to temporarily separate people from a hazardous outdoor atmosphere, such as in a hazmat or WMD incident i.e., chemical, biological, or radiological agent releases; the building is placed in a secure the building status and measures are taken to shut down the HVAC system and intake of outside air. Due to the air pressurization of the school, no one is allowed to enter or leave the school until public safety officials give the "all clear".

Stay-Put, Stay-Tuned is implemented at the request of public safety officials to limit the impact on the transportation infrastructure i.e., a staged or phased evacuation of residents from an affected area, large-scale incident that impacts the roadway system or a tornado warning issued by the National Weather Service. Normal end-of-day release will not occur until authorized by competent authority. Parents are allowed to "check out" their student from school.

Evacuation is used when locations outside of the school building are safer than inside the school. It involves the controlled movement of students from the building to a pre-specified safe location, either to an area on the school grounds or to an off-site location.

Our off-site location is Cooper MS. Once students have arrived safely, a KIT message will provide parents additional information and reunification location at Cooper MS. Parents are reminded it will take time to reunite nearly 800 students with parents or guardians safely.

At Colvin Run, we are dedicated to keeping the students and staff safe. Please contact Mrs. Carmack or Mr. Junge if you have any questions (703) 757-3000.

Digital Citizenship Week

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Colvin Run will be celebrating Digital Citizenship week Oct. 16-20th. We will have short videos on the morning news program and lessons about what being a good digital citizen entails. Though we concentrate on Digital Citizenship this week in October, being a responsible digital citizen an ongoing focus throughout the school year.

[This link provides resources for families to help raise students to be safe, responsible, and ethical in the digital world.](#)

CRES Red Ribbon Week

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October 24-28, 2017

"I pledge to live a safe and drug-free life"

Each year, our nation celebrates Red Ribbon Week. This is a time to educate our youth and share ideas on how to lead a healthy lifestyle.

We encourage school staff and parents to model and discuss healthy living tips with a focus on positive lifestyle choices. It is important that we all set a good example for each other by eating healthy, being kind, exercising, and avoiding doing anything to hurt our bodies and mind.



As a school, we will show our support of Red Ribbon Week in various ways including:

- 1) **Classes will sign a pledge on Monday, October 23rd**
- 2) **Team up by wearing jerseys or team apparel on Wednesday, October 25th**
- 3) **All unify and wear red on Friday, October 27th**

It is up to all of us to encourage and positively affect our youth.

Congratulations to the elected SCA Representatives for the 2017- 2018 School Year

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Pictured above with Mr. Junge and Charlie A. (Treasurer), Jack P. (President), Grace K. (Vice President), Joseph K. (Secretary)

SCOLIOSIS FACTS

Scoliosis is a sideways curvature of the spine and can be a serious health problem. Typically, it occurs during the pre-pubescent growth spurt. Scoliosis has been noted in females especially if other family members have been affected. Occasionally it's associated with other medical conditions. Early detection is essential to help avoid complications that include back pain, fatigue, reduced exercise tolerance, and deformity. Severe cases of scoliosis, affect heart and lung function.

Treatment may involve bracing. Severe curves may require spinal surgery. Treatment is best determined by a trained medical professional. The school public health nurse may provide screening for individual students at the request of the parent or guardian.

Methods for early detection of scoliosis:

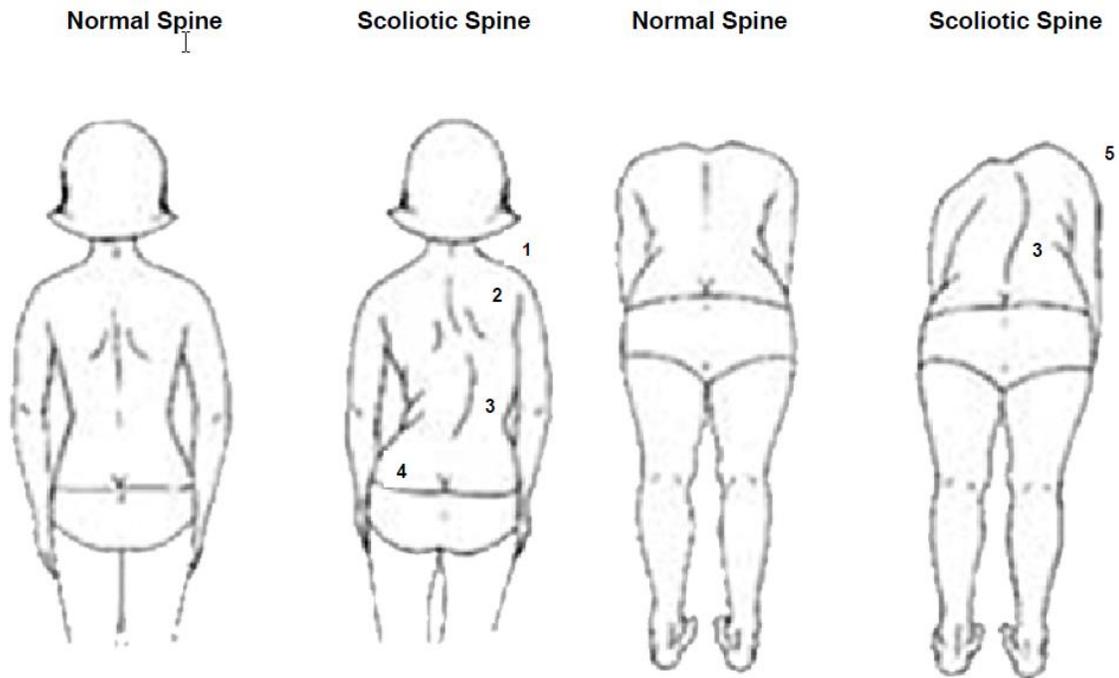
Direct your child to stand up straight, barefoot, with arms hanging freely at the sides. Boys should stand with shirts off; girls may wear halter tops.

1. Is one shoulder higher than the other?
2. Is one shoulder blade more prominent?
3. Does the spine seem to curve sideways?
4. Is one hip higher than the other?

Direct your child to bend forward at the waist with arms extended toward the floor.

5. Is there a hump in the rib region?

If the answer to any of these questions is yes, you should make sure that your child is screened by a doctor. Contact your physician, your school nurse, or the Medical Society of Northern Virginia at <http://www.msnva.org/about/memberlist> for a physician referral.



SCA Sponsored

HARVEST HOP

- When:** Friday, October 27th
Time: 4:05-5:00pm (grades 1st-3rd)
5:15-6:15pm (grades 4th-6th)
Where: CRES Gymnasium
Cost: \$8.50 per student advanced purchase (\$10 at door)
Food: Price includes pizza, cookie, and water

Come dance and spend time with your friends to music provided by
T. R. Lyles, Sr. Shadow Management & Entertainment, LLC.

DEADLINE TO ORDER TICKETS ONLINE IS TUESDAY, OCTOBER 24th

[Purchase tickets online here](#)

(families need to create a PTO account or sign-in with an existing account to purchase online)

Tickets purchased at the door will cost \$10.00

FREQUENTLY ASKED QUESTIONS:

- **Only Colvin Run students are allowed to attend the SCA HARVEST HOP.**
- **Please follow the CRES dress code.**
- Tickets are not sold separately for pizza, cookies, or water.
- The **SCA HARVEST HOP** will take place in the gymnasium; the food will be served and eaten in the cafeteria.
- Chaperones will monitor the **SCA HARVEST HOP** activities and areas.
- Only students in the specified grade levels will be allowed to participate and eat during allotted times. **Siblings may not stay or wait for other siblings in different grade range.**
- Drop-off and pick-up will take place carpool style, in the front of school. If you wish to come inside to pick-up your child, please park in the parking lot.
- Students must be picked-up by a parent or guardian. Please send in a permission slip if your child is being picked up by someone other than a parent or guardian. **Please specify, "HARVEST HOP" on permission slip.**
- Parents may wait for their children under the **portico at the front doors** but not in the gym to prevent overcrowding.



WE LOOK FOWARD TO SEEING YOU THERE!

Veterans' Hall of Fame

Name: _____

Military Branch: _____

Relationship to CREs: _____

Additional Information:



Dragon Gazette

The latest news from the Colvin Run Elementary School PTO

PTO Dragon Gazette

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Colvin Run Student Directory 2017-18

Our 2017-18 print and online school directory will be produced by AtoZ Directories again this year. The following instructions need to be completed:

An email was sent to you on September 13th from CRES Directory team

(ColvinRun@atozconnect.com) with a link to access your account for the new school year.

After logging into your Colvin Run account, you can verify/edit your contact information or opt out of the directory.

All student information not verified will print as is. **All students will be included in the Directory unless they opt out.**

PTO Members will receive a copy of the printed directory and access to the online directory.

If you have any questions, please contact the directory team at cresdirectory@gmail.com

Start Collecting your Box Tops!

START COLLECTING YOUR BOX TOPS!

The class with the most box tops wins an ice cream party

Our first box top collection for the year starts October 2nd and ends October 28th. Make sure to put them in a Ziploc bag labeled with your teacher's name and drop them in the collection box.



PLEASE take a few minutes to trim the excess cardboard - this must be done before they can be submitted and we have a limited number of volunteers.

Volunteers Needed! Please sign up to help process the box tops for submission. We'll meet Monday, October 30th, 9:30 am - 12:00 in the CRES Conference Room.

[Sign up to help here.](#) | [Download the flier to learn more.](#)

Cub Scouts

Is your young son looking for adventure? Cub Scout registration for Pack 1144 is now open.

[Learn more here.](#)

Girl Scouts

To join an existing troop or help start a new one, contact: **Heather Schiller**, Troop Organizer at 202/834-4441 or GirlScouts.CRES@gmail.com For more information on Girl Scouts in general, contact: **Laura Martin** at 202/534-3792 or lmartin@gscnc.org.

Are you Receiving the Dragon Gazette?

Last week you should have received the PTO’s Dragon Gazette email newsletter. We alternate with the CRES On the Run to make sure that you always have the latest CRES news. If you didn’t receive a Dragon Gazette last week, please be sure to register for an account on the PTO’s website at crespto.membershiptoolkit.com.

While you’re there, please take a moment to join the PTO and participate in the direct donation drive. Your membership supports CRES community activities and you get a copy of the directory – a must for planning playdates and birthday parties. Your donation directly supports the wide variety of enrichment and academic support programs that help make CRES one of the best elementary schools in the country. (Plus our kids *never* have to sell candles, wrapping paper, cheese and sausage or other overpriced fundraising junk that pays just pennies on the dollar to the fundraising organization.)



Box Top Trimming and Counting

Please sign up to help process the box tops for submission. We’ll meet Monday, October 30th, 9:30 am - 12:00 in the CRES Conference Room. [Sign up to help here.](#)

Communications Assistant - Are you a wiz at copywriting, the Adobe Creative Suite, email marketing, HTML and e-commerce apps? We're looking for a person who can begin learning our PTO communication systems to assist with communications this year and prepare to take on the role for the next two-year term. Send an email to cresptocommunications@gmail.com if you're interested.

If you have any tickets to an event you can't use or other items to donate, think of a CRES Staff member.

Recently, a generous family’s plans changed, and they couldn’t use their Nationals tickets. They donated them to CRES. We raffled them off and our new teacher Ms. Hoff was able to take three friends to enjoy a Nationals baseball game.



Link to Support Colvin Run

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Each Year Colvin Run PTO receives significant income from merchant rebate programs. These funds help supplement program costs and reduce reliance on direct fundraising from our families. Please take a look at the programs below and put your purchasing power to work for Colvin Run. Remember, grandparents, friends, extended family and even your business can participate and all rewards cards have to be re-linked every year. [Click here](#) to visit the CRES PTO Store Rewards Program page.

Giant Foods ID- 04510

- Log on by going to www.giantfood.com
- Click on the sign up link "Savings and Rewards"
- Click on A+ School Rewards
- Go to the red box "for customers" to register your Giant Card
- You must re-link your card to Colvin Run each year.



Harris Teeter ID- 5378

- Log on by going to www.harristeeter.com
- Click on the sign up link "TIE" located at the bottom of the screen.
- Sign in using your username/password and choose "Link to Your School" from the left hand side menu. If you have never registered, use your VIC card number to link to your account.
- You must re-link your card to Colvin Run each August.



Target

Current Target Red Card holders did you know that while you are using your Target Debit Card or Target Visa Card you could be earning dollars for Colvin Run? Target's program entitled "Take charge of Education" is available only to Red Card holders. Target donates 1% of all in store purchases made with your Target Debit Card. Target also donates 1% on in store and online purchases as well as .5% of all other purchases outside of Target when you use your Target Credit Card. For more information please visit www.Target.com/tcoe.



Office Depot/Office Max

Give 5% Back To Your School! Simply make a purchase of [qualifying school supplies](#), provide your school ID at checkout and your designated school will receive 5% back in credits for [FREE](#) supplies! It's a small act that can make a huge difference.



Provide the Colvin Run id number (**71025124**) at check out to earn 5% back for our school. Print a card to carry in your wallet to make it even easier. You don't need to pre-register for this program. Businesses can include a school id when purchasing products from Office Depot. However, purchases made to contract business accounts do not qualify. Additional program details are available at www.officedepot.com.

Amazon.com <http://www.amazon.com/?tag=colvinrunpto-20>

Colvin Run earns a 5% - 15% rebate for every purchase made on Amazon using link above or click on the link. The more books, songs, magazines, clothes, electronics, groceries, etc. bought by our community in a month, the higher the percentage we earn.

Note - Enter Amazon using our link first, check that "colvinrunpto-20" appears in the URL address, and then add items to your cart. If you do not plan to complete your orders within 24 hours use the wish list feature so that CRES will benefit when your order is finalized.

