

# River Oaks Elementary Dolphin Gazette

Responsible Learners Today Becoming Successful Leaders Tomorrow

February 2017

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## Principal's Message

*Our SAFETY PATROL MOVIE NIGHT WILL BE HELD*

*Friday, February 3, FROM 7:00-9:00 PM*

**SOL TESTING IS AROUND THE CORNER!**

**AFTER SCHOOL PROGRAMS BEGIN FEBRUARY 14 -**

*Students and Teachers in Grades 3, 4, and 5 are gearing up for our AFTER SCHOOL PROGRAM BEGINNING TUESDAY, FEBRUARY 14. IF YOUR CHILD WILL PARTICIPATE, WE ENCOURAGE YOU TO RETURN THEIR PERMISSION SLIP AS SOON AS POSSIBLE.*

**SAVE THE DATES:**

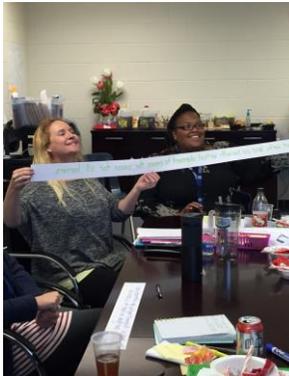
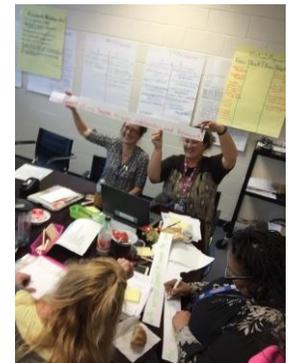
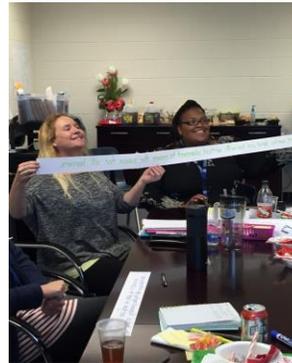
**Principal's Open House and & Parent Seminars:**

**Monday, March 20, for Parents in Grades 3, 4, 5** from 6:00-7:00 PM.

**Monday, April 3, for Parents in Grades 3, 4, 5** from 6:00-7:00 PM.

3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade Parents are Invited to An Open House/Dinner with the Principal and Parent Seminar on March 20 and April 3. We will be discussing changes to the new SOL Tests providing updates about how you can support your children's academic success!

River Oaks Educators are Instructional Experts! Thank you to our wonderful teachers who spent time this week, aligning their instructional practices and designing quality lessons for all of our students!



## February is Black History Month!

Visit these websites for scheduled activities in our area:

<https://www.virginia.org/BlackHistoryMonth/>

<http://www.fairfaxfamilyfun.com/black-history-month-celebrations.html>

<http://culturecapital.com/feature/132/black-history-month-february-2017-in-metro-dc>

# February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2 Milk Mustache	3 Safety Patrol Movie Night-7:00-9:00 PM
6	7 Fire Drill PTCC Meeting-4:00 PM ROES Library	8 Safety Patrol Meeting-9:15 AM (Cafeteria)	9	10 SIR Time-9:00-9:30 AM
13	14 Before School Programs for Grades 3, 4, and 5- 8:00-8:30 AM After School Programs for Grades 3, 4, and 5-3:30-5:00 PM	15 Grade 5 Field Trip	16 Before School Programs for Grades 3, 4, and 5- 8:00-8:30 AM After School Programs for Grades 3, 4, and 5-3:30-5:00 PM	17 SIR Time-9:9:30 AM
20 Presidents' Day PWC Schools Closed	21 Before School Programs for Grades 3, 4, and 5-8:00-8:30 AM After School Programs for Grades 3, 4, and 5-3:30-5:00 PM	22	23 Alternate Fire Drill Before School Programs for Grades 3, 4, and 5- 8:00-8:30 AM After School Programs for Grades 3, 4, and 5-3:30-5:00 PM	24 SIR Time-9:00-9:30 AM Jump Rope for Heart Money Due. PTCC's "Candy Bar Bingo" (Cafeteria)-7:00-8:00 PM
27	28 ROES Advisory Council Meeting (ROES Library) Before School Programs for Grades 3, 4, and 5-(8:00-8:30 AM After School Programs for Grades 3, 4, and 5-3:30-5:00 PM			

## Principal's Behavior Award

Congratulations to our Kindergarten students for their excellent behavior during the month of January.



Ms. Tantum's, Kindergarten Class, enjoys an Ice Cream Party for the December Principal's Behavior Award. Visit [www.pwcs.edu/riveroaks](http://www.pwcs.edu/riveroaks) for more pictures.

## School Board Appreciation Month

February is School Board Appreciation Month. We are so fortunate to have caring, dedicated individuals on our School Board. They work tirelessly with our Superintendent to provide the best education possible for our students. We would like to extend our appreciation to our Prince William County School Board members:



*Lillie G. Jessie, Ryan Sawyers, Shawn L. Branin  
Alyson A. Satterwhite, Gilbert A. Trenum, Jr.,  
William J. Deutsch, Diane L. Raulston, Loree Y. Williams,  
and Justin David Wilk.*

## Café Corner

### Milk Matters

The most critical time for building strong bones occurs during childhood. Calcium and vitamin D, most commonly found in milk products, are responsible for building bone mass. Therefore, it is important to ensure that your children are consuming an adequate amount of dairy products each day. Children over the age of 9 should aim for having 3 servings of dairy products per day, and children under the age of 9 should aim for 2 ½ servings. One serving of dairy is equivalent to 8 ounces of milk, 8 ounces of yogurt, or 2 ounces of cheese. Research also shows that adding the low fat dairy products to a healthy lifestyle will help to reduce the risk of cardiovascular disease and type 2 diabetes, maintain a healthy blood pressure, and build strong teeth. Drinking low-fat milk also helps to ensure that children are meeting their daily-recommended amounts of calcium, potassium, vitamin D, magnesium and protein. As a part of a healthy lunch and breakfast, the school cafeteria serves low fat and fat-free milk as its main beverage choice. Join your school cafeteria in celebrating February as dairy month, by adding a carton of low fat or fat-free milk to your breakfast and lunch.

Join with the Dairy Council and us, as we celebrate the importance of milk in our diet.

- **February 2**  
**“Milk Moustache Monday”**  
Students who buy milk at breakfast (either with their meal or as an a la carte purchase) will receive a milk moustache sticker.
- **February 8-15**  
Students purchasing milk at breakfast on these days (either with their meal or as a La Carte) may enter the drawing for a stuffed cow.



Mrs. Upchurch likes Milk!



Our Annual jump rope for heart fundraiser went home last week.

We are asking for your help in raising money for the American Heart Association.

**Heart disease is the #1 cause of death in the United States! Cardiovascular disease ranks as the #2 of death for children under age 15!**

We have from now until February 24, to raise as much money as possible. Our goal this year is to raise \$4000, and we can reach this goal with your help.

Attached to the collection envelope, you will find instructions and a letter explaining how to create your own webpage. It is a very easy process. This way you can email family and friends who do not live in the area and ask them to help with a donation.

The student who raises the most money this year will become P.E. Teacher for a day! In addition, any student who raises \$200 or more gets to throw a pie at me.

Ms. Holmes  
Physical Education Teacher



### Pennies for Patients®

During the month of March 6-24, we will be teaming up with the Leukemia & Lymphoma Society to collect **Pennies for Patients®**. This program is a special community project that will help support local children, between the ages of 2 and 15 years old, who are battling a blood cancer. Blood cancer education will occur through morning announcements, posters, and the sharing of a local youth patient's story.

This project will allow students to develop life skills and understand that they can make a difference in the lives of others. It will show the value of a penny, as well as the power of teamwork. The funds raised will go towards life-saving research and local patient services. The class that collects the most money will win a pizza party donated by Domino's Pizza.

Please remember that children helping children is what makes **Pennies for Patients®** so unique. It is my hope that you and your family will join the **Pennies for Patients®** program and help make a difference in the lives of others. For more information about Blood Cancers and The Leukemia and Lymphoma Society, please visit:

[www.schoolandyouth.org](http://www.schoolandyouth.org).

## Parent Teacher Connection Committee

PTCC has many exciting events coming up this year. We would love you to come and volunteer. We will be hosting Candy Bar Bingo, on February 24, from 6:00-7:30 PM. Dinner will be available for purchase as well. We are still collecting BOX Tops, so please continue to bring those in. There is a box in the main hallway. Our next meeting is on February 7, from 4:00-5:00 PM. We look forward to planning fun events for this

Family Fitness Night

Visit [www.pwcs.edu/riveroaks](http://www.pwcs.edu/riveroaks) for more pictures.



## 2016-2017 School Yearbook

Please order an original designed 2016-2017 Yearbook!

5th grade student, Sakina Ali, designed the yearbook front cover. Camila Sousa, also, a 5th grade student, designed the back cover. Each student drew and colored what River Oaks Elementary School meant to them.



There are two ways to order:

- 1) Order online at [Balfour.com](http://Balfour.com) (find our school and place your order by credit card)
- 2) Send in cash or money order for \$20.00. (No Checks)



School Life

## Family STEM Night

River Oaks Elementary School will be hosting the 2016-2017, Stem Family Science Night. The event sponsored by the Children's Science Center, will take place the evening of March 9, 2017.

Families will have the opportunity to engage in hands-on STEM (science, technology, engineering, and mathematics) activities. If you have any questions or would like to volunteer, please contact fifth grade teacher and science lead Latosha Thompson at [thompsl@pwcs.edu](mailto:thompsl@pwcs.edu).

## Nurse's Notes

By Kathy Cobb, RN

February is National Heart Month. It is important that you teach your children early how to take good care of their hearts. What they eat on a daily basis is a very important part of heart health. They should have at least one fruit or vegetable with each meal and healthy snacks during the day. Try to stay away from processed foods and foods high in sugar (high fructose corn syrup) and Trans fats. Teach them how to read food labels to make healthy choice.



Winter Art by Kindergarten and 1<sup>st</sup> Grade

## Box Tops for Education



the difference  
I can make.

Check the tops and sides of cereal boxes, beverages, paper products, refrigerated items, snacks and baby products for the Box Tops for Education symbol. By submitting these small squares, you can help our school earn money towards acquiring educational supplies. Please send box tops in a zip lock bag labeled with the child's name and teacher.