

River Oaks Elementary School Dolphin Gazette

March 2025



Dear River Oaks Families,

We are now in Spring Forward Daylight Savings Time where we all have lost one hour of sleep. This is an adjustment for both adults and students. Beginning this weekend all of us, especially students may find ourselves struggling to adjust to the shift in schedules. Below are some essential tips to help manage the change:

- Prioritize a good night's sleep.
- Stick to a consistent routine.
- Increase sunlight exposure.
- Limit screen time before bed.
- Be mindful of caffeine and diet.

As everyone knows, Ms. Herrera, assistant principal, resigned from PWCS. To have support with administrative duties, River Oaks will have Ms. Starr Granby, current principal of the new Woodbridge Elementary School (set to open Fall 2026) and Ms. Latiesa Green, retired PWCS principal, will be providing full administrative support to us at River Oaks 3-4 days a week.

Empower Your Future with Adult Education Programs

Are you looking to enhance your skills, change careers, or pursue a passion? Our adult education classes are designed to help you achieve your goals. With a variety of courses available, from professional development to personal enrichment, there's something for everyone. Use this link- <https://www.youtube.com/watch?v=Mm4NwPhWyZE> of a video to learn more about adult education classes. For more information, visit the Adult Education webpage- https://www.pwcs.edu/academics_programs/adult_education/index or call 703-791-7357 to learn more and enroll today.

Family Science Night

Please bring the entire family out on Thursday, March 13, 2025 from 5:30pm-7:00pm for an evening of fun, discovery, and science learning. You will be able to try different hands-on activities related to science, technology, engineering, and math. There will be activities for every grade level K-5th. Families please enter through door 9. See the attached flyer for more specific details.

Standards of Learning (SOL) Spring 2025 Test Administration

Standards of Learning (SOL) Assessment is the statewide test that is given to all 3rd-5th grade students. The SOL is a standardized test administered in Virginia public schools to measure how well students are meeting the state's academic expectations in subjects like English, math, science, and history/social science at the end of each grade level or course; essentially, it's a way to gauge student proficiency based on the Virginia curriculum standards. The SOL test administration window opens mid-March, below is our SOL testing schedule. Please review and ensure that you schedule any appointments, trips, etc. around this schedule. We need students to be in school every day, get a good night's sleep every night, and are focused and on task.

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SOL Test Administration Schedule

- **Integrated Reading and Writing (5th grade)**
 - Testing Date: March 18th
 - Makeups: March 19-25
- **Virginia Studies (4th grade) – April 24th**
 - Make-ups: April 25-29
- **ELA (3rd-5th grades) – April 30th -May 1st**
 - Make ups: May 2 – until
- **Math (3rd-5th grades) – May 7th-8th**
 - Make- up May 9th
- **Science (5th grade) – May 14th**
 - Make-ups: May 15th- until
- **Continue makeup for all content areas May 19th-20th**
 - **Expedited Retakes**
 - VA Studies (4th grade) – May 27th
 - ELA (3rd-5th grades)– May 28th- May 29th
 - Math (3rd- 5th grades) – June 3-4th
 - Science (5th grade) – June 5th
 - Make-ups- June 6th

To effectively support your child during SOL assessments, parents can: familiarize themselves with the SOL standards, discuss test-taking strategies, encourage regular studying, maintain open communication with teachers, address any anxieties, ensure proper sleep and nutrition on testing days, and provide positive reinforcement throughout the process.

Links to SOL Standards

- Reading (English)- <https://www.doe.virginia.gov/teaching-learning-assessment/k-12-standards-instruction/english-reading-literacy/standards-of-learning>
- Math- <https://www.doe.virginia.gov/teaching-learning-assessment/instruction/mathematics/standards-of-learning-for-mathematics>
- History & Social Science (where you will find Virginia Studies)- <https://www.doe.virginia.gov/teaching-learning-assessment/k-12-standards-instruction/history-and-social-science/standards-of-learning>
- Science- <https://www.doe.virginia.gov/teaching-learning-assessment/k-12-standards-instruction/science/standards-of-learning>

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2025 School Yearbook

It is that time of the year for you to start placing your orders for the yearbook. Please see the attached flyer for all of the specific information.

Watch D.O.G.S.

Watch D.O.G.S. invites fathers, grandfathers, uncles, or other father figures to volunteer at River Oaks Elementary at least one day during the school year. Our volunteers perform a variety of tasks during their day. They may read books with a student or play math games with a group. Volunteers may check in library books for the librarian or help the art teacher with an art project. Their tasks can include helping to motivate students in PE or simply playing with students at recess. No matter how they are enlisted to help, Watch D.O.G.S. serve as positive male role models for our students. If you are interested in volunteering, please use the link below to schedule a day that works best for you. If you have more questions about the Watch D.O.G.S. program, please contact Ms. Santos (santoscm1@pwcs.edu) or Mr. Stone (stoneJR@pwcs.edu).

<https://www.signupgenius.com/go/10C084BA5AD22A5F5C07-52887506-watch#/>

Free Mental Health Support for Your Students with PWCS and Hazel Health

Mental health challenges can be tough, but no student needs to face them alone. [PWCS has partnered with Hazel Health](#) to offer free mental health telehealth services to all students. These services are designed to provide support and guidance, helping students navigate their difficulties. By utilizing these resources, students can gain the tools they need to manage stress and achieve their full potential. Please use the link below to learn more information about the services.

https://www.pwcs.edu/departments/student_services/mental_health_telehealth/index#

Upcoming Events/Dates to Remember:

- Thurs., March 13th- Family Science Night from 5:30pm-7:00pm, families please enter through Door 9
- Tues., March 18th- 5th Grade students taking the Integrated Reading and Writing SO
- Thurs., March 20th- PTO General Body Meeting @6:00pm via Zoom
- Wed., March 26th- Instrumental Music Concert @6:00pm, families enter through Door 9
- Fri., March 28th- No School for Students- Professional Work Day for Staff
- Mon., March 31st- Schools & Offices Closed
- Tues., April 8th- Spring Picture Day, more specific information will be forthcoming
- April 14th-18th- Spring Break- Schools & Offices Closed
- Mon., April 21st- No School for Students- Professional Work Day for Staff

Parent Teacher Organization (PTO) Website, Email, and Monthly Meetings

To keep up to date with what is going on with River Oaks PTO or volunteer opportunities please be sure to visit their website at <https://roespto.ptboard.com> or log onto the [River Oaks website at https://riveroakses.pwcs.edu/news/index](https://riveroakses.pwcs.edu/news/index) and look on the top of page and click the PTO tab. If you want to contact the PTO you may contact them via email at dolphinpto25@gmail.com.

The monthly general body PTO meetings are held virtually monthly at 6:00pm. The next meeting will be held on Thurs., March 20,

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2025. Please see the Zoom link below to access the meeting.

Topic: PTO General Body Meeting

Date and Time: March 20, 2025 at 6:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://pwcs-zm-edu.zoom.us/j/81085982398?pwd=dxdlEugawcRsNPJaK48PlkshhXj0Ao.1>

Meeting ID: 810 8598 2398

Passcode: 222925

One tap mobile

+13092053325,,81085982398#,,,,*222925# US

+13126266799,,81085982398#,,,,*222925# US (Chicago)

Meeting ID: 810 8598 2398

Passcode: 222925

Find your local number: <https://pwcs-zm-edu.zoom.us/j/kh8PJskKr>

Bringing in Treats to Celebrate Students' Birthdays

Families you may bring in treats (store brought only) to celebrate students' birthdays. You may come to the classroom to participate in the celebration, but please be sure to notify the teacher at least three days prior. The celebration can only occur at the end of the day in the student's classroom to begin no earlier than 2:30pm and must be over by 3:00pm.

Here Comes the Bus App



Wondering where the bus is? Now you will know. This app has the most accurate and updated location of buses.

- See real-time map locations for your student's buses.
- Get push-notifications when the bus gets close by.
- Get everyone to the stop at the right time, every time.

How to Sign Up for Here Comes the Bus

1. Go to the [Here Comes the Bus website](https://herecomesthebus.com/) - <https://herecomesthebus.com/>
2. Click Log In (you can change the language to Spanish or French by clicking the links at top of the website)
3. Click the Sign Up Today button
4. Select the I have the code option
5. When creating a new account, use School Code 76348 on the User Profile screen
6. Under "My Students," click "Add." Enter your child's last name and student ID number
7. Once you confirm your information, you're ready to begin using Here Comes the

Bus! Download the Here Comes The Bus mobile app through Apple App Store or Google Play.

If you have questions or want to leave feedback about this service? Please contact hctb@pwcs.edu.

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Transportation Changes

PWCS has made changes to their policy of when parents/guardians need to inform the school of any student transportation changes. Parents/guardians must call the front office at 703-441-0050 by 2:00pm to make transportation changes. Thank you for your understanding and cooperation.

Communication

Effective communication is important for the home-school connection. When contacting a staff member please be aware that staff have 24 - 48 hours (Mon.- Fri.) to respond to all messages (phone, School Status, email). When messages are sent after 4:00pm Mon.,- Fri., the 24 - 48 hour times starts the next business day. If there is an emergency, please contact the front office. During the school day staff members are engaged with students and are not always available to receive or respond to messages.

Informational Items:

- School Hours – 8:45AM-3:25 PM. Tardy Bell rings at 8:45AM.
- Office Hours- 8:00AM- 4:00PM.
- Doors open for student entry at 8:30am, so please do not drop off your children before 8:30AM.
- A parent or guardian must accompany and sign in children arriving at school after 8:45AM.
- If you need to pick up your children during school hours, you must present a Government Issued Photo Identification Card and sign them out from the office. The office staff will call for the children to meet you in the office after your arrival and check out. The purpose of this procedure is to reduce disruptions to classroom instruction, as well as for safety reasons.
- All dismissal changes must be made in writing before 2:00PM. If you are picking up students for early dismissal, you must pick them up by 2:30PM. Thank you for your understanding and cooperation.

Warm
regards,

Dr. Gibson
Principal

Mrs. Herrera
Assistant Principal

Ms. Burton
Administrative
Intern