

November 13, 2017

The Wolftrap Connection

A biweekly newsletter jointly published by the Wolftrap Administration and PTA

Greetings from the Principal

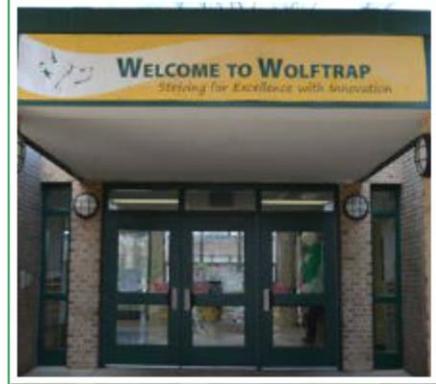
CRISIS MANAGEMENT AND TRAINING: In case you are not aware, each school in FCPS is required to have a school crisis and medical emergency response plan. We have identified key staff members including administration, counselors, office staff, and teachers to serve on our Crisis Management Team. As part of FCPS protocol, this team will be meeting this week with the FCPS Office of Safety and Security, FCPS Office of Transportation, and the Fairfax County Fire and Police Departments to conduct a simulation exercise. This is a discussion exercise only and the purpose is to practice formulating responses to emergency situations, including roles and responsibilities. I wanted to make you aware of this exercise because I think it is important for parents to know all of the many ways that we proactively work to keep your children safe.

HEALTHY MINDS, A MENTAL HEALTH AND WELLNESS BLOG: Healthy Minds is a new blog for parents, educators, and community-based providers who are interested in supporting student mental health and wellness. It represents a collaboration between FCPS' Office of Intervention and Prevention Services and the Prevention Unit of the Fairfax County Department of Neighborhood and Community Services. Healthy Minds includes tips and strategies for increasing wellness and resiliency, as well as fostering success at home, at school, and in the community. Information about special events and other relevant news updates will be shared, too. New content is posted weekly. Interested individuals can subscribe to receive Healthy Minds posts by email via News You Choose. [Visit Healthy Minds](#).

VETERANS DAY ASSEMBLY: Thirty of our sixth-grade students participated in our first student-led Veterans Day assembly on Friday, November 10. I am so incredibly proud of their hard work, dedication, and professionalism! Thank you to all of the veterans who were able to attend.

Sincerely,

Teresa Khuluki, Wolftrap Principal



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Spirit Wear

Back by popular demand! Order your Wolftrap Elementary School t-shirts, sweatshirts and hats. They make great presents!

Submit your orders by November 24th [here](#).

Greetings from the PTA

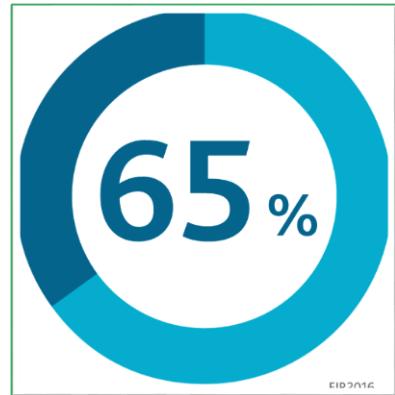
Hard to believe that the first quarter of school is already over! Thanks to all of you who attended our November PTA meeting this past Thursday. As always, you can access the agendas and minutes for our PTA meetings on our website. Please note that minutes are not finalized until after they are reviewed and approved at the following month's meeting, but the Board is always available to answer any questions if you were unable to attend the monthly meeting.

News and Upcoming PTA Events:

Friends of Wolftrap: As part of our 2017 – 2018 budget, the PTA is looking to raise \$15,000 through our Friends of Wolftrap fundraising. We are about 65% of the way toward that goal. If you have been meaning to donate but haven't done so yet, now is the perfect time as the calendar year draws to an end... 100% of your donation is tax-deductible, and the PTA will send you a donation acknowledgement for your tax filings. To donate, just log into your PTA account and select Friends of Wolftrap – any amount is appreciated!

Veterans Day: Thanks to all the veterans who were able to join us for our annual Veterans Day assembly last week to mark the occasion, and to our Veterans Day Committee for assembling our Wall of Valor celebrating all the veterans in our Wolftrap families! If you have not had a chance to take a look, the pictures will be up for a few more weeks. And special thanks to the 6th grade students to helped to host and run the special program for us!

Upcoming Events: November is a busy busy month at Wolftrap, and for the PTA. Our annual Thanksgiving Open Houses/Book Fair takes place this week. Please see the [Open House Schedule](#) and [Volunteer Sign Up](#) posted on the PTA website. Keep reading through this edition of the Wolftrap Connection to get more information on all the other great happenings this month!



Only 65% of families are PTA members. Won't you join us?

Your PTA Board

Michelle Ramos, president (president@wolftrappta.org)

Sarah Helou, president-elect (president-elect@wolftrappta.org)

Doris Sandall, secretary (secretary@wolftrappta.org)

Lori Bowlin, treasurer (treasurer@wolftrappta.org)

Third Grade Project Based Learning Presentation

Third Graders presented their animal habitats to parents



Fourth Grade Trip to Jamestown

Fourth Grade explored Jamestown on a field trip



Clinical Corner: Screen Time for Students

In today's society, it is virtually impossible to get away from a screen. Whether it's a phone, computer, ipad, or TV, we have eyes glued to a screen. But how much is too much? How can parents and caregivers regulate their child's screen time? According to an article published by the Mayo Clinic, it is not always a one-size-fits-all scenario and there is no magic answer. It has been suggested that for children ages 2-5 years, screen time should be limited to one hour per day.

Once a child grows, screen time limits are less straight forward. However, there are some strategies to help parents decide how much time is appropriate. Developing screen time rules is suggested by the American Academy of Pediatrics. It has been pointed out that children are doing what they always have done, but they are now doing it in the virtual world. If parents regulate the activities children engage in outdoors and who they play with, then why not do so for the virtual world? Ensuring screen time quality is also recommended. For example, preview any games, apps, or programs your children will be viewing and playing with to ensure they are appropriate and ask yourself "Is this educational?" or "How will my child benefit from playing this game?" Other suggestions include prioritizing unplugged playtime, creating tech-free zones in your home, and as a parent/caregiver, limiting your own screen time to provide a positive example for your child.

For more information please review the article listed below.

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

Original Works – Order Deadline Nov 20!

Still looking for great holiday gifts? Personalized Order forms were sent home with your child the week of November 6th. Simply log in to the Original Works online gallery and view various professionally made items featuring your child's artwork. Order and support our school. All orders will be delivered directly to the school and sent home with your child prior to the Winter Break. The order deadline is Monday, November 20th.



You can get some really great items with Original Works!

Thanksgiving Fixings Collection by Nov. 17

Please support Wolftrap's collection of Thanksgiving foods for some needy families at two elementary schools in our area. We will be filling grocery bags with one of each item, and **our goal is to fill one hundred bags!** Donations can be brought in to school through November 17th and placed in a box at each classroom. We will also accept leftover Halloween candy to make up goodie bags to add to each bag of donations. Each grade level has an item to collect:

Kindergartners – packets of gravy mix

First Graders - boxed stuffing mix

Second Graders – boxed mac and cheese

Third Graders – instant mashed potatoes

Fourth Graders – canned corn

Fifth Graders – canned green beans

Sixth Graders – applesauce in plastic containers.

If you are interested in donating towards a turkey, we are also collecting grocery store gift cards in \$10 increments.

THANK YOU!

Wolftrap Talent Show

The Wolftrap Talent Show will be held on Saturday, January 6th at 6 pm at Madison High School. All Students and all talents are welcome!

We will be previewing all acts on Wednesday, December 6th from 3:30 - 6:30PM at Wolftrap. Students may only participate in one act. Sign up on the PTA website (deadline is December 1st). Email questions to talentshow@wolftrappta.org.

We are also looking for parents to help with the 6th grade finale. Please email pascale.centola@gmail.com if you are interested.

Fall Box Tops Contest Winners

Thank you to everyone who participated in the Fall Box Tops contest! Together, we collected 4691 Box Tops and earned \$469.10 for our school. Congratulations to the winners of the contest: Ms. Bennet's class contributed an amazing 592 Box Tops and Jacob Stoneman collected 217. That's a lot of Box Tops! Everyone did an awesome job raising money for the school. Keep up the great work and remember to ask friends, family, and neighbors to clip and save their Box Tops for you. There will be another contest in the Spring.

Giant A+ Rewards Program

If you haven't done so already, please register your Giant card to support Wolftrap Elementary. Last year, Wolftrap raised \$7471.00 from the A+ Rewards program. These funds help support programs such as the STEAM lab. Imagine how much money our school could earn from Thanksgiving purchases alone! Sign up now at <https://giantfood.com/school-rewards/> with Wolftrap's School ID: 02136. If you do not know your Giant number, please call 1-877-366-2668. Contact Amy Britton at rebates@wolftrappta.org with any questions.

Amazon Smile

As the holidays approach, please consider making your Amazon purchases through Amazon Smile. You can earn money for Wolftrap Elementary School every time you shop simply by using the Amazon Smile link. Visit smile.amazon.com and search for Wolftrap to set up our school as your benefiting charity. Make sure that you bookmark smile.amazon.com and shop through this link every time you need something from Amazon. Also, share this website with friends, family members, and neighbors. Contact Amy Britton at rebates@wolftrappta.org with any questions.

WOLFTRAP 5K SPONSORSHIPS AVAILABLE

Help us find new sponsors for the 2018 Wolftrap 5K!

Last year the 5K earned over \$30,000 for Wolftrap and we're looking to top that in 2018! All sponsorship donations are fully tax deductible and are a great way for local businesses to show their community support. Last year's race had over 600 runners (in addition to all the people who showed up to support them). Here's how you can help:

- Many of our 2017 sponsors were local businesses owned by Wolftrap Families. Do you have a family-owned business that would be willing to sponsor in 2018?
- Do you have any personal connections to any local businesses that we can leverage to obtain new sponsorships?
- We're also looking for individual families to sponsor the race -- a great way to show your school support and your kids will love seeing your family name on our 2018 race t-shirts!

If any of these apply to you and you'd like more information, please contact Wendy Rosner (wendy.l.rosner@gmail.com) or Michelle Boback (michelle@bobacks.org)



Staff Birthdays

Nov 15: Juilien Tsui

Nov 21: Lisa Long

Nov 26 : Teresa Khuluki

Nov 29 : Shannon Stulb

Upcoming Events

November 13 -Book Fair Begins

November 14 -Progress reports

November 15 – Walking Weds

November 16Open Houses Begin

November 17 - Thanksgiving Fixings collection deadline

November 20 – Original Works order deadline

November 22 – 2-hour early release

November 23 & 25 – Thanksgiving

November 29 - Make-up picture day

PTA Happenings

Volunteers Needed for Book Fair: The Book Fair starts today. We are still looking for volunteers to help with this year's Book Fair, as well as getting involved now to learn the process for next year. Please consider giving a few hours of your time to help setup, assist students with creating their wish lists, operate a cash register, or keep our "store" looking fresh. Let your inner-retail-girl/guy shine!!! [View the schedule and sign-up.](#)

Dining for Dollars: Our next event is at Silver Diner in Tysons on Tuesday, November 28th from 5 - 8 pm. There will be kids' entertainment!

No flyer necessary...20% of all bills will go to Wolftrap ES.

Also, all [Eat Well Do Well](#) accounts linked to Wolftrap ES will give 5% back to our school. No card necessary, you can set up an account via the Silver Diner app. Or use a physical Eat Well Do Well card when paying your bill. We should be receiving a check shortly for the money earned this past spring from the program (\$282).

Watch D.O.G.S.: Spend a day at Wolftrap as a positive male role model. Watch D.O.G.S. (Dads of Great Students) is open to fathers, grandfathers, uncles and other father figures. Learn more [on our site](#) and sign up to be a Watch D.O.G. today.

Walking Wednesday: Next Walking Wednesday is this Wednesday, November 15. As a reminder, Walking Wednesdays will be held on the 1st and 3rd Wednesdays of every month. Kids can collect tokens and parents can enjoy coffee kindly donated by Caffe Amouri. Who's going to challenge 3rd grade for the Golden Sneaker in November?

Wolftrap Directory: If you joined the PTA, Wolftrap Directories are coming soon! Keep an eye out for an email directing you to verify your child's and your family's info in the coming days. Directories are projected to be distributed in November.

Want to be in the Next Connection?

Send your submissions to the [Communications team](#) by Wednesday, November 8th. Guidelines to the right →



Did you know that you can support Wolftrap every time you eat at Silver Diner?

Our calendar is on Google. To add to your Google Calendar, click the + sign at the bottom of the calendar frame [here](#).

About This Publication

The Wolftrap Connection is jointly produced by the Wolftrap Elementary PTA and the Wolftrap faculty/staff. Send any concerns, questions, or ideas about the newsletter to the [Communications Team](#).

Past issues are archived on the [Wolftrap ES site](#) and the [Wolftrap PTA Site](#)

Next issue: November 27

Submission Guidelines: Please **do not send attachments**; put exactly what you want the article to say in the body of the email along with a headline. We understand this isn't always possible, but information assembled in chunks of 100 words or less is easier to put into the newsletter, will more likely be read by families and will not be subjected to possible editing for space by the communication team. THANK YOU!!