The 5th Grade Promotion Committee invites SLES Families & Staff to help kick start fundraising efforts at

**Which Wich**

**Tuesday, February 23**

*anytime from 4:30 – 9:00*

Dine In or Carry Out

10% of all proceeds will support 5th Grade & Seldens Landing Elementary School through the PTA

Which Wich is located at 1015 Edwards Ferry Road – in shopping center with the new Dicks Sporting Goods in Leesburg – across the street from Target & Costco. 

[www.whichwich.com](http://www.whichwich.com)
Come shake off your winter blues at the 2nd Annual Seldens Landing

**Snow Ball!**

The Snow Ball is a semi-formal dance hosted by the Cardinals Care Club. All proceeds from the ball will benefit our partner schools, the Kabore School and the Volta School in Ghana.

**When:**
Friday February 19, 2016
7:00pm-9:00pm

**Where:**
Seldens Landing Elementary

**Tickets:**
$3.00 per child
$5.00 per adult*

Dress for the event is semi-formal. Tickets will be on sale in the main lobby of the school from February 8 through February 18 (while supplies last – tickets are limited).

*Students must be accompanied by an adult to attend with a limit of 4 children per adult for safety and supervision.
ELEMENTARY GIFTED INFORMATION SESSIONS

Join us to learn about elementary gifted education services available through Loudoun County Public Schools and the eligibility process for these programs.

*The same information will be presented at each of the meetings, so it is not necessary to attend more than one session. In case of cancellations due to inclement weather, check the gifted education webpage at http://lcps.org/Page/617.

LOUDOUN COUNTY PUBLIC SCHOOLS
GIFTED EDUCATION DEPARTMENT
(571) 252-1440
Pitching in

Would you like your child to be more responsible, hardworking, and persistent? Here are ideas for working as a family to help your youngster develop these important traits.

A group approach
Thinking of herself as a “team player” can encourage your child to be responsible. Explain that your family operates as a team. Everyone must play a part to get things done. Example: You take her shopping for her clothes and sports equipment. She chooses her outfit each morning and keeps track of her bat and glove.

Hard workers wanted
Your youngster probably has regular chores to do. You can motivate her to work extra hard by placing “want ads” on the refrigerator. Choose a challenging job, and offer a benefit. Example: Wanted—a hardworking family member to clean out a corner of the basement. Reward—a place for your child and her friends to play.

Sticking it out
Working toward small goals can make it easier to complete a big task. Perhaps your family room needs a fresh coat of paint. Write down the steps (move furniture and lay down drop cloths, prepare walls, roll paint on walls, paint trim). Tell your child you’ll take a fun break after each step is done (go to the playground, take a bike ride).

Parent power

There are many ways you can support your child’s learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child’s teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an email.
- Contact your youngster’s teacher immediately if you see a problem. Working together will help your child succeed.
- Attend conferences, parent meetings, and school events regularly.
Standardized tests

Choose to do well

True or false: standardized tests are tough. The answer depends on how prepared your youngster is. Here are four ways to help him handle test week:

1. Explain that the tests will show how much he has learned. Encourage him to try his best, but don’t put so much emphasis on them that he feels stressed.

2. Practice the test format. For example, your child might have to read a paragraph and answer questions. Using one baseball game if it means being out late. Be sure your child gets to bed on time and sets an alarm for the next morning.

3. Limit activities the night before tests. You may want to avoid having guests for dinner or skip his brother’s

4. On test day, give him an energy-boosting breakfast. Try to include both protein (eggs, yogurt, milk) and carbohydrates (fruit, oatmeal, toast).

ACTIVITY CORNER

Paper bag city

Let your child create her own 3-D community. She’ll practice map skills and learn about urban planning as she decides where to put the buildings in her town.

Materials: paper lunch bags, newspapers, crayons or markers, black construction paper, scissors, tape

Have your youngster think of buildings to include, such as a bank, a grocery store, a school, a library, and houses. She can make them by drawing doors, windows, and signs on flat bags (on the side without the flap). For every bag she decorates, have her stuff a second one with newspaper. Then, she should open each decorated bag and slide it over a stuffed bag so her “buildings” will stand up. For the roads, she can cut black construction paper into strips and tape them together.

Finally, have your child lay out her roads and arrange her buildings alongside them to make her very own town.

Q & A

Bullying: The bystander’s role

Q: My child came home from school upset because kids were picking on a classmate and wouldn’t let her play with them. What advice should I give my daughter?

A: Tell your youngster that her classmate was being bullied—and that she may be able to help stop it! There are several things she can do. If she feels safe, she could say something like, “That’s not nice,” and then walk away. She might invite the child who is being bullied to join her in a game or school project.

Also, remind your youngster to report bullying to a teacher or other adult when she sees it. Let her know this is not tattling, but a way to help someone who is being hurt. You can explain: “Asking an adult to help a child who is being bullied is like asking the nurse to help a child with a scraped knee.”

PARENT TO PARENT

Thinking games

Between school, errands, and activities, my family spends lots of time on the go. I decided to use some of it for “thinking games.”

I taught my kids a game my parents used to play with me, called “Would You Rather?” I offer two options and ask which they prefer and why. For example, I might say, “Would you rather live near the beach or the mountains?”

My son came up with a game he named “Three Favorites.” Someone picks a category (outfits, movies), and we all tell our top three choices. My daughter thought of “What Doesn’t Belong?” We take turns naming items and asking the others to explain which is the odd one out and why. The kids especially like this game because there can be more than one “right” answer. For example, when I named “owl,” “ostrich,” and “eagle,” my daughter said, “Ostrich, because it can’t fly.” My son’s answer was, “Owl, because it hunts at night.”

Now they want to play all the time. I’m glad because we’re having fun—and they’ve gotten better at thinking through their ideas.
Potty trained (no pull-ups or diapers) to age 11

This is a great opportunity for lovebirds to have a romantic night out on the town or to just stay in! All this without their children. Some of Riverside’s Educators Rising Members will be providing an evening of fun and entertainment for the children. We will watch a movie, play games, and bake and decorate cookies.

Happy Valentine’s Day!

Saturday, February 13th
5 p.m. to 9 p.m.
Riverside High School
Hosted by: Educator’s Rising

We ask that the children wear comfortable clothing and not be dressed in skirts or dresses. Absolutely no Heeley’s (or any type of roll-y shoes)!

1. Print and fill out the registration form from the Riverside website (see instructions below) and bring it when you drop off your child, along with $15. Checks should be made out to RVHS. With “parents night out” in the memo. Or... feel free to drop off the registration and fee with one of the secretaries at Riverside High School.
2. Send children with a bagged lunch (dinner). Snacks, water, and juice boxes will be provided.
3. Drop-off starts at 4:45 p.m. at the back of the school at door D3 – by the playground.
4. Pick up is between 9 p.m. and 9:30 p.m. There will be a $5 charge for every 5 minutes you are late after 9:30.

Please Print Clearly
Contact Person: Deborah Kelley 19019 Upper Belmont Place, Leesburg, VA 20176 #304-433-2354

Registration Forms can be found by going to Riverside’s home page (www.lcps.org/riverside) and click on the “For Parents” tab and choose Preschool Lab Program, locate the Parents Night Out option on the left side of the screen and click on it. Then open the link to the registration form, print it out.