November and December will be busy months here at Mountain View Elementary. Some of you have already held your Parent-teacher conference and some are meeting next week with your teacher. Please be sure you have an appointment scheduled with your child’s teacher. Parent-teacher conferences are an important aspect of the home-school communication. Your child’s teacher should always be your first source for information. Thank you for taking time to attend these conferences. Be sure to sit down with your child to discuss the information that you feel is vital and appropriate after your conference. Remember to praise your child and emphasize his or her accomplishments. Determine together what changes and improvements need to be made. Set goals and a plan of action for the next grading period. Even students with good marks need to strive for higher achievement.

Along with Election Day and Thanksgiving, November brings us American Education Week. We have some wonderful events planned for this week and we hope you can make it in to visit your child’s presentations/activity. This is a great time for you to see the products of their hard work!

In December the Mountain View Chorus will be performing their annual Winter Concert on Thursday, December 15. There will be an evening performance at 7:00 PM for friends and family to enjoy and an afternoon performance at 1:15 for the school. Winter break will begin on Thursday, December 22nd and students will return to school on Tuesday, January 3rd. Moose on the Move will begin when we return in January so look for information to go home before winter break!

The staff at Mountain View would like to wish you and your family a very Happy Thanksgiving and Holiday Season.

American Education Week

November 14 – 18

Kindergarten – Wednesday – Songs and Poems – 9:30
1st Grade – Tuesday – Math Centers 11:00
2nd Grade – Monday – Spread Kindness Activity 9:00
3rd Grade – Monday – Veterans Posters and Letters 12:00
4th Grade – Friday – Colonial Breakfast 9:00
5th Grade – Friday – DARE Classes – various times

Picture Make-up Day

Picture Make-up Day will be Monday, November 14th. If you are new to Mountain View or were absent on picture day we will have forms in the office. If you would like a retake on the first picture, send in the package you purchased and we will take a new picture.
**Phone Numbers and Emergency Contacts**

Please keep the office and clinic updated on any changes to your phone numbers and/or emergency contacts. It is very important that we are able to reach you any time during the school day.

You can email your changes to Mrs. Supplee at erin.supplee@lcps.org. You can also go to the LCPS web site [www.lcps.org](http://www.lcps.org) and use the ParentVUE System.

Thanks for your help!

Thanks to all of the parents for calling our attendance line (540-751-2551) when your child is out sick. Please remember to let us know the reason your child is out.

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**Quarterly Awards**

Each quarter we recognize students for their grades, character, and effort. The criteria for these awards is as follows:

**Honor Roll:** Students in grades 3, 4 and 5 are eligible to receive the award. Students must earn letter grades A and/or B in all subjects.

**Citizenship:** Student in grades Kindergarten through 5 are eligible to receive this award. These students exhibit outstanding work habits and excellent social and personal skills. They also exhibit characteristics of the Six Pillars of Character Traits.

**Outstanding Effort:** Students in grades Kindergarten through 5 are eligible to receive this award. Students can earn this award by demonstrating great improvement in grades, effort and character. These awards will be distributed with report cards each quarter.

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**School Closings and Delays**

Even though the first day of winter is officially December 21st, the winter weather usually comes weeks before that! When a storm is brewing and on its way to Loudoun County, be sure to stay informed and watch our local TV stations. They will inform you of school closings and delays. Please do not call the school for this information. You will receive a Connect-Ed message from the county. It is also posted on the LCPS web site [www.lcps.org](http://www.lcps.org). It is important to keep our phone lines open to contact parents if we have questions for dismissal.

The following is information helpful to Mountain View Families:

**School Closings:** ALL school activities and activities held in the building will be canceled.

**One Hour Delay:** All morning buses will run one hour late. School will end on time.
- Kindergarten: AM 8:50 – 10:50 PM 11:35 – 2:35
- ECSE: AM 8:50 – 11:50 PM 10:35 – 2:35

**Two Hour Delay:** All morning buses will run two hours late. School will end on time.
- Kindergarten: AM 9:50 – 11:50 PM 12:35 – 2:35
Library News

Book Fair News

Mrs. Griffith and Mrs. Ashby would like to thank all of the parent and grandparent volunteers that helped with our fall book fair. It was a great success and the proceeds of the event will help our students by adding to our library’s Virginia Reader’s Choice program, our reading incentive programs, our audio book (Playaways) collection as well as our nonfiction (electronic and print) collection.

“Fall into Reading”

Our “Fall into Reading” Family Literacy Night is coming this week. It will be held Thursday, November 3 from 6:30-8:00. Author, Andrea Alexander, will be speaking with families about her sports biographies (Bryce Harper, Kirk Cousins & Alexander Ovechkin) and the writing process in the library. Additionally, several athletes from Woodgrove and Loudoun Valley High Schools will be reading with students in the gym and families will work together to create imaginative stories during a game of “toss the story” in the cafeteria. Information about this family event will be sent home with students. We hope all families will join us for a fun evening of reading, creating and sharing stories.

Chat ‘n Chew is gearing up…

Our Chat ‘n Chew book discussions will be starting this month. All students participating in the program should be finishing their first book in order to be ready to discuss it during the week of November 14-18. The December Chat ‘n Chew book discussions will take place the week of December 12-16.

Enlighten Your Life…READ

Our December reading incentive program “Enlighten Your Life…Read”, will run from December 5-16. Information about this en”light“ening program will be sent home with students the week following Thanksgiving. Information and reading logs will also be available on the Mountain View Library web page.

Congratulations to our Top Read-a-Thon Students

<table>
<thead>
<tr>
<th>Top 3 Students with the Most Sponsors</th>
<th>Top Students with the Most Money</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lauren Macdonnell: 12</td>
<td>1. Mia Gilbertson</td>
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<tr>
<td>3. Eleeza Gruber: 9</td>
<td>3. Kate Grzegozewski</td>
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</table>

Class with the most $ raised: Mrs. O'Meara- Mrs. Broaddus taught 1/2 day and received $200 to spend on reading resources!

Class with the most sponsors: Mrs. Teeter - Mr. Toohill taught 1/2 day
## Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>November 2</td>
<td>Mornings with Moms 7:00 AM</td>
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<tr>
<td>November 3</td>
<td>Mornings with Moms 7:00 AM   Fall into Reading Night 6:30 PM - 7:30 PM</td>
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<tr>
<td>November 4</td>
<td>Last Day of the Quarter   PBIS Relay Reward Day</td>
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<td>November 7-8</td>
<td>Teacher Work Days</td>
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<td>November 9</td>
<td>Follow Monday’s Schedule   PTA Board Meeting 1:00</td>
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<tr>
<td>November 11</td>
<td>Third Grade Veteran’s Day Performance</td>
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<tr>
<td>November 14</td>
<td>Picture Make-up Day   American Education Week   Chat and Chew Week</td>
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<tr>
<td>November 16</td>
<td>General PTA Meeting 1:30 PM</td>
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<td>November 17</td>
<td>Spirit Night – Velocity Wings</td>
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<td>November 21</td>
<td>Continental Math League</td>
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<td>November 23-25</td>
<td>No School – Thanksgiving Break</td>
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<tr>
<td>November 24</td>
<td>Thanksgiving</td>
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<tr>
<td>December 5-16</td>
<td>Enlighten Your Life Reading Program</td>
</tr>
<tr>
<td>December 5</td>
<td>Word Masters 2:00 PM</td>
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<tr>
<td>December 12</td>
<td>Chat and Chew Week Begins</td>
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<tr>
<td>December 14</td>
<td>Interims Sent Home</td>
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<tr>
<td>December 15</td>
<td>Winter Chorus Concert 7:00 PM</td>
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<tr>
<td>December 19</td>
<td>Geo Bee 8:30 AM          Continental Math League</td>
</tr>
<tr>
<td>December 22</td>
<td>Winter Break Begins</td>
</tr>
<tr>
<td>January 3</td>
<td>School Reopens</td>
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</tbody>
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## Clinic Notes

As the cold weather approaches, please remember that students are not allowed to carry any form of medication. This includes cough drops, inhalers, Tylenol, allergy pills, etc. A parent must bring the medication to the clinic with proper documentation.

Thank you to Shawn Carnall for assisting with the hearing and vision screening on October 18. Results will be sent home with the students who require further follow up in grades Kindergarten and Third.

If your child gets sick overnight with fever, vomiting or diarrhea, please keep them home for a minimum of 24 hours or until symptoms have subsided. When calling the school’s absentee line at 540 751-2551 or e-mail at MTV-Attendance@lcps.org, please state the reason for absence.

In helping us keep your child’s records up to date; please provide us with a copy of any recently documented vaccines and changes to the phone numbers where you can be reached if an emergency should arise.

Thank you so much!!
Monsters and witches and goblins, oh my! What an amazing night at our first ever Monster Mash!!! We hope you all were able to come out and enjoy some games, dancing and prizes!!! A huge thank you to our VP of Family Engagement, Valerie Boaz and Co-VP of Family Engagement, Becci Rummage for making this event happen! Thank you to David Oberieth for the gift of his artistic talents in creating the outstanding Monster Mash sign and backdrops that hung in the hallways. We had a slew of volunteers that pitched-in for prep work and staffing last night, including 5 volunteers from Kohl's department store (who generously donated $1,500 to the PTA) and helped make the night a huge success! Thank you! We appreciate the generosity of your time, effort and energy tremendously! Thank you to all of the MTV staff who came out and supported us! You make a world of difference. Lastly, thank you to Mr. Chester, Mr. Stanley, and Mr. Eddie for your help and patience in allowing us to put on these events for the MTV community!!! We could not do it without you!!!

A special thank you to Alison Sonak for coming out and speaking at our General PTA meeting. It was an informative and entertaining discussion on childhood nutrition. We as the PTA learned of a couple of ways we can help our parents help their children make healthy lunchroom choices. We will work out the logistics and roll that information out as soon as possible.

Coming in November: We have one of our most popular events on Wednesday and Thursday. It's time for Mornings with Moms! Enjoy donuts, fruit and drinks (coffee, water & juice) with your kids at Mornings with Moms. All Moose moms (and mom-figures) are welcome. If your child’s diet is restricted due to allergies, please do not let that stop you from joining us! Bring your favorite breakfast snack from home and join the fun!

The PTA is proud to support Mountain View’s Veteran's Day Program coming on November 11th. The PTA will provide coffee and refreshments for our veterans and their families after the program.

Coming in December: The PTA will be arranging a cookie exchange just before Winter Break for our hard working faculty and staff! We will need upwards of 20 dozen cookies/treats for this fun, yummy way to show our Moose family how much we appreciate all they do for us. Please look for a Sign-Up Genius in the first week of December if you would like to contribute.

As always, thank you so much for your continued support of our school!
SIGN UP for Academic Challenges

We are offering the **WordMasters Challenge** to students in grades 3, 4, and 5. The three meets will be held on Mondays in the cafeteria at 2:00 p.m. on December 5, February 27, and April 24. Word lists will be sent home with students about a month before each meet, to allow plenty of time for studying.

**Continental Mathematics League** is an opportunity for students in grades 2-5 to expand their problem-solving abilities. Meets for second and third graders will be on January 9, February 6, and March 20. Meets for fourth and fifth graders will be on November 21, December 19, January 9, February 6, and March 20. Practice materials will be provided beginning in October.

Permission slips were sent home in October.

Parent Liaison Notes

**Fall Food Drive** - I want to extend a big thank you to all the MTV staff, students, parents, and PTA members who participated in the Food Drive in October. I’ve never seen so much food in our Moose Pantry and I couldn’t be more thrilled with the outcome. Congratulations to Mrs. Teeter’s class for collecting the most amount of food! I also want to acknowledge and thank Valerie Boaz and Becci Rummage for all the effort they put into this. They advertised the event, collected the food, came to school each day and counted baskets, AND put the food away! This was a big job and they did a wonderful thing and made our Fall Food Drive a huge success!

**Thanksgiving Meals** - Thank you everyone who signed up to donate a complete meal for our Mountain View families. The response has been overwhelming!

**Giving Tree** - Mountain View’s Giving Tree will be up and running at the end of November. It will be displayed in lobby. If you would like to help, please take an ornament, purchase the item and bring it back to Mountain View no later than Monday, December 12th. If you are interested or have any Giving Tree questions, contact Parent Liaison Sharon Balda.

**Weekend Backpack Program** - We currently have 48 students who take home food for the weekend through our “Weekend Backpack Program”. We are always taking donations for the program. All donations can be dropped off in my office, Room 23.

**Fresh Fruit Fridays** - At MTV we have expanded on the traditional “Backpack Program” by including fresh fruit for our students each weekend. If you would like to donate fruit please sign up @ http://signup.com/go/mbvSZr

**Packing for the Weekend Backpack Program** - If you are interested in helping to pack the food please sign up @ http://signup.com/go/oNjTBP

**Needs Network** - This is our second year for this program and I’m looking for volunteers. Please keep in mind, whether you are in need of assistance or you are giving assistance, everything remains anonymous and confidential. With the help of Needs Network volunteers, small contributions made on an as-needed basis from our school families can make a huge difference! You can help make learning a much easier and rewarding experience for our students who need it most.

If you are in need of assistance or if you would like to provide help from time to time, please send an email to me, Sharon Balda at Sharon.Balda@lcps.org.
**Toys for Tots**

It's that time of year again where we come together to work with the Marine Toys for Tots program to collect toys for children in need. This will be our 9th year in supporting this worthy cause and it has been my pleasure to watch Mountain View’s families work together! Because of your help, last year we collected over 500 toys! I'm asking you to join me again in supporting the Marine Corps Reserve Toys for Tots program, the campaign that collects toys for needy children throughout America. Since 1947, Marines have filled the dreams of millions of disadvantaged children during the Holiday Season. They do this by providing the gift of a new toy. Something most children take for granted means to a needy child that someone cares. It means that child hasn't been forgotten. I understand that economically it's been a challenging time for most families. But this is the time when these children need us most. They need to know that there is hope and that they are still a priority. The Marine Toys for Tots foundation believes that every child deserves a little Christmas. I feel fortunate to be working with the Marine Corps to help bring your generous donations to our local children in need.

Ultimately the success of this program depends on the support of community and generosity of the people who donate toys in good times and in bad. I hope you will encourage your children to be part of this great opportunity and donate a **new, unwrapped** toy that will be distributed to these deserving kids who, if not for this program, would receive nothing this year.

All toys can be dropped off at Mountain View Elementary during school hours in the **Toys for Tots drop off box located in the main entrance of the school**. We will be collecting donations from November 15th – December 15th.

Remember, your donation is tax deductible up to $250 on your Federal Income Tax return, requiring no special letter. All you need is a canceled check or store/business receipt.

Thank you for your support!
Semper Fi,
Bradford A Toohill
AP, MTV, Former USMC (1982 – 1988)

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**Nutrition Statement**

School meals consist of the main entrée items and sides that make up the school menu. This is what the federal government reimburses the district for and therefore is subject to federal nutrition guidelines. Other items you’ll see for sale like snacks and beverages besides milk are called a la carte items. All snacks that are served also must meet or exceed prescriptive regulations concerning nutrition content. Meals and snacks served fund the school nutrition program that is self-funded, meaning they receive no School Board funds to operate. To keep parents informed about what is being sold in elementary schools, parents are encouraged to visit www.lcpshealthycafe.org. Click on menu and ingredient lists for current nutrition information. Parents have the ability to limit the snacks their children might purchase. Please contact NAME OF SCHOOL NUTRITION MANAGER AT EMAIL ADDRESS AND PHONE. If you have questions, contact Dr. Becky Bays, Supervisor of School Nutrition Programs at becky.bays@lcps.org.
**Challenge Avoidance**

Why do students avoid challenges when opportunities are presented in the school setting?

From birth we live in a state of constantly changing, diverse situations. Some situations result in successful outcomes, others present struggles, yet all result in personal interpretations of the world and our ability to achieve positive outcomes. Students often learn material quickly and without struggle. Self identification attaches to outcomes rather than process. This interpretation is the focus of research concerning challenge avoidance.

Students may see the world controlling their success, while others see effort and hard work as the key to achievement. Underachievement may result if the student feels helpless to change the outcome. Determined outcome attitudes may be overcome with honest comments that focus on effort and hard work.

Avoidance may also result from a student’s fear of failure. Self-expectation for extremely high or low goals may present obstacles that the student feels unprepared to accept. They may accept challenges in other areas such as athletics, but avoidance in academics, or academic content such as math or language.

Factors such as rewards for performance may also impact the decision to avoid challenging material. Prior to formal schooling students learn for the joy of learning. They create the personalized rewards based on personal interests. There is little or no risk when the student is mastering new knowledge. Assessment and grades, timelines and curriculum are part of the formalized educational experience. Learning as a process moves toward learning as a measurable outcome. The grade or reward acts as a block instead of a motivator in learning. The student feels a loss of control in their learning.

What can we do as parents and educators to promote challenge acceptance?

- Point out times when you worked on a problem for an extended period of time, but eventually found a solution. Ask the student for a time when that approach worked for them as well.
- Focus on the building blocks of learning as a process: from the basics toward the expert level. Remind them everyone starts as a beginner before they become an expert.
- Help the student connect the new material to previously learned material.
- Encourage your student to discuss personal expectations and assure them of your support regardless of outcomes. The importance of hard work and effort combined with sticking with a problem until they find success.
- Balance risks with comfortable challenges in areas of personal interest for the student.
- Discuss with the student that a grade is not the final score, but rather a glimpse of where they are on the journey of a lifetime.
- Model lifelong learning while stepping outside of your comfort zone.
- Provide opportunities for the student to demonstrate material learned in a safe, nurturing environment.

# November 2016
## Elementary Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>
| Choose 1 — Cheeseburger on Bun
Hamburger on Bun
Grilled Cheese Sandwich
Choose 2 — Tomato Soup
Cowboy Baked Beans
Choose 1 — Chilled Pears
Orange Wedges
Milk Variety | Choose 1 — Baked Chicken Breast
Tenders w/o Dinner Roll
Meatball Sub
Choose 2 — Parmesan Edamame
Steamed Corn
Choose 1 — Chilled Peaches
Apple Slices
Milk Variety | Choose 1 — Roussin Chicken
Drumstick w/o Golden Baked Breadstick
Alaskan Pollock Nuggets w/o Golden Baked Breadstick
Choose 2 — Mashed Potatoes w/ Chicken Gravy
Fresh Five Veggie Salad
Choose 1 — Chilled Mandarin Oranges
Fresh Banana
Milk Variety | Choose 1 — Cheese Pizza Wedge
Pepperoni Pizza Wedge
Mini Corn Dogs
Choose 2 — Steamed Broccoli
Fresh Baby Carrots | Choose 1 — Chilled Pineapple Tidbits
Fresh Grapes
Milk Variety |

### Lunch Prices
- Free & Reduced - no charge
- Paid - $3.00

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<thead>
<tr>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
</tr>
</thead>
</table>
| No School | No School | Choose 1 — Macaroni & Cheese w/o Dinner Roll
Buffalo Chicken Bites w/o Dinner Roll
Choose 2 — Steamed Broccoli
Baked Plantains
Choose 1 — Chilled Peaches
Fresh Grapes
Milk Variety | Choose 1 — Supreme Taco Roll
Bean & Cheese Taco Roll
Breaded Baked Chicken Sandwich
Choose 2 — Vegetarian Refined Beans
Fresh Lettuce & Tomato
Choose 1 — Chilled Pears
Fresh Banana
Milk Variety | Choose 1 — Cheese Pizza Wedge
Pepperoni Pizza Wedge
Philly Cheese Steak
Choose 2 — Steamed Corn
Fresh Carrots
Choose 1 — Chilled Pineapple Tidbits
Fresh Grapes
Apple Slices
Milk Variety |

### Additional Daily Meal Options
- Milk Variety

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Taste It Thursday
- Romanesco Broccoli

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NO SCHOOL!
# November 2016
## Elementary Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose 1</td>
<td>Choose 1</td>
<td>No School</td>
<td>No School</td>
<td>No School</td>
</tr>
<tr>
<td>Chicken Stew</td>
<td>Rotisserie Chicken</td>
<td></td>
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</tr>
<tr>
<td>w/wo Breadstick</td>
<td>w/wo Cinnamon Roll</td>
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<tr>
<td>Mini Cheese Calzones</td>
<td>Potato Crunch Fish Fillet</td>
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<tr>
<td>w/wo Dipping Sauce</td>
<td>w/wo Dinner Roll</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Choose 2</td>
<td>Choose 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steamed Key West Vegetables</td>
<td>Mashed Potatoes w/wo Chicken Gravy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Five Veggie Salad</td>
<td>Steamed Green Beans</td>
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<td></td>
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<tr>
<td>Choose 1</td>
<td>Choose 1</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Grilled Applesauce</td>
<td>Chilled Mandarin Oranges</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Orange Wedges</td>
<td>Assorted Fresh Fruit</td>
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<tr>
<td>Milk Variety</td>
<td>Milk Variety</td>
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### Happy Thanksgiving!
No School November 23rd thru November 25th

<table>
<thead>
<tr>
<th>28</th>
<th>29</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose 1</td>
<td>Choose 1</td>
<td>Choose 1</td>
</tr>
<tr>
<td>Curly Spaghetti Noodles</td>
<td>Cheeseburger on Bun</td>
<td>Baked Chicken Breast Tenders</td>
</tr>
<tr>
<td>w/wo Breadstick</td>
<td>w/wo Grilled Cheese Sandwich</td>
<td>w/wo Dinner Roll</td>
</tr>
<tr>
<td>Layered Fiesta Dip</td>
<td>Tomato Soup</td>
<td>Meatball Sub</td>
</tr>
<tr>
<td>Choose 2</td>
<td>Choose 2</td>
<td>Choose 2</td>
</tr>
<tr>
<td>Steamed Green Beans</td>
<td>Cowboy Baked Beans</td>
<td>Parmesan Edamame Steamed Corn</td>
</tr>
<tr>
<td>Choose 1</td>
<td>Choose 1</td>
<td>Choose 1</td>
</tr>
<tr>
<td>Chilled Applesauce</td>
<td>Chilled Peas</td>
<td>Chilled Peas</td>
</tr>
<tr>
<td>Fresh Orange Wedges</td>
<td>Fresh Apple</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>Milk Variety</td>
<td>Milk Variety</td>
<td>Milk Variety</td>
</tr>
</tbody>
</table>

A Complete Meal Includes:
- Choice of One Entree
- Choice of Grain
- Choice of One or Two Vegetables
- Choice of One Fruit
- Choice of One Milk

USDA is an equal opportunity provider and employer.
Menus subject to change without notice.