Mr. Vickers’ Views:

As I sit down to type up my first message to parents of the 2012-’13 school year, I can’t help but mention how proud I am of our students and staff. There has been, and continues to be, a real sense of calm around Mill Run. The first three weeks have shown us the following things: your children are coming to school ready to learn each day, they are living up to our daily oath which is stated below, and they are following the instructions they are given by their teachers. In short, this has been one of the best school openings that I can recall in the 13-years of our school. Both you and your children play a huge role in our overall school success.

The Mill Run Oath

Today, I will do more than I have to,

I will treat others as I want to be treated,

And I will try to become a better person.

Each and every morning, we follow our Minute of Silence and The Pledge of Allegiance by saying this oath together. This daily recitation serves as a reminder of our sincere promise to ourselves and to those around us that we are one big team, a family of sorts. We can’t always state unequivocally that we will earn an “A” on each of our assignments or even that we will demonstrate daily growth through our multiple means of assessment, but we CAN always focus on treating “others as (we) want to be treated.” This is fundamental in good citizenship. Through our guidance program and in each classroom at Mill Run, we teach and reinforce the importance of demonstrating empathy through our words and actions. Your dedication toward your children and your support for Mill Run makes this daily goal achievable. Just as I have been thanking your children for their excellent behavior during this first month of school, I commend you for your outstanding parenting!

Looking ahead, in just four short days, my mighty Mr. Vickers’ Vipers will likely trounce my good friends on Mr. Cornely’s Cobras in the staff softball game. Of course, by the time you are reading this, you’ll know the actual outcome of the game; so I don’t want to be too bold in my predictions. In any case, our one and only goal is to have fun with one another and to bring the Mill Run community together. I continue to be so impressed with the work

(con’t. on next page)
that our PTO, under Caroline Molthen’s outstanding leadership, does in bringing such activities to Mill Run. The annual softball game is just one excellent example of what makes our school so special.

We also have many exciting events and activities coming your way in October, beginning with the Clarity Parent Portal opening for grades 3-5 on October 3rd. Parents can immediately access their children’s current academic records through the Clarity Grade Book system.

On that same date, we will hold a Rally for Mill Run East. We are focusing on raising funds through our PTO to support 30-children in the Phillipines as they get a kindergarten education. In the Philippines, children can only access public education (beginning in first grade) if and when they successfully complete an assessment at the end of kindergarten. Children who can’t afford to attend private kindergarten are very unlikely to pass the assessment, so their opportunities for an education disappear. By supporting these thirty children at a school which we literally named “Mill Run- East”, we are giving them an opportunity to grow and learn and stop the circle of poverty. We know that a good education is the key to financial success in most parts of the world, and we are helping our children better understand that we can all play a significant role in helping others. Our Equity Team is taking on this significant undertaking. Your support is greatly appreciated.

Finally, each class will focus on the literary element of Characterization during the month of October. Through comparative lessons about book characters extending throughout the month, we will come to our annual Book Character Dress-up Day on October 31st. Please see the flyer contained later in this newsletter for specific details.

Thank you, as always, for sharing your wonderful children with the Mill Run team. It is such a true blessing being able to serve your families.

Kindest regards,

Paul L. Vickers, Principal
I would like to first start by sharing how exciting it is to be back with the Mill Run community! Since being back to Mill Run, I’ve had the opportunity to meet several new faces, as well as reconnect with those of you whom I’ve had the pleasure of working closely with in the past. Needless to say, the return has been nothing shy of perfect.

Shifting focus... As many of you know, Loudoun County Public Schools uses CLARITY as the primary means of recording student progress. Parents will now be able to access the CLARITY grade book through the new CLARITY Parent Portal. What is the ‘parent portal,’ you may ask? Beginning October 3rd, parents of 3rd – 5th graders (grades 3-12 within the county) will have access to review their child/children’s grades and assignments, as well as the ability to request daily/weekly updates through ‘e-mail notification’ on student performance. We will meet on January 10th, 2013 to discuss the parent portal for Kindergarten – second grade students. More information about this will follow in December.

We met with our 3rd – 5th grade families on Thursday, September 20th to share this information. A discussion included how to access:
- The CLARITY Parent Portal through the Mill Run ES [website](#)
- [Frequently Asked Questions](#)
- The Account Request [Form](#) (which was sent on Thursday, September 20th in Thursday folders)
- The [Parent Portal video](#) with an explanation of procedures (bottom of page)

*Please note each listed bullet above has a hyperlink attached that will take you to the appropriate forms.*

If you haven’t already done so and would like to have access to the CLARITY Parent Portal, please complete the Account Request Form and return it to Ms. Bostelman or Ms. Panetti in the front office. From there, you will receive a PIV letter with your child/children’s log-in information. One password will be available per family for all children who attend Mill Run ES.

If you have any questions, please do not hesitate to contact Ms. Bostelman, Ms. Panetti, or myself.

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**Rubino’s Restaurant Night!!**

Mill Run’s first restaurant night will be held at Rubino’s (Broadlands location) from **4-9pm on October 4th**

Rubino’s just recently opened in the Broadlands and offers New York Sicilian Pizzas, Calzones and Strombolis, Cheesesteaks, Hoagies & Gyros, Pasta and Baked Pasta Specialties, Fresh Salads, Desserts and much more.

Save the cooking for another night join other Mill Run families for a night out.

15% of all sales will be given back to Mill Run!
Veltri’s Vision

By: Marisa Veltri, Administrative Intern

The beginning of the school year has been simply amazing! Mill Run, without a doubt, has the best staff, students, parents and community! Our students have done a great job within these first few weeks of school and getting back “into the groove” …they are naturals!

I would like to share with you some information about our new lunch incentive program called “Lunchin’ for Loot.” Each day our students come to the cafeteria to eat their lunch, they are given the opportunity, as a class, to earn $1.00 in “Lion Loot” money. Each class can earn their “Lion Loot” when the cup at the end of the table is turned to green, not on yellow or red. If the cup is green, that means our cafeteria host/hostesses have witnessed the classes following cafeteria rules, such as throwing away all garbage on top of and underneath of the tables, using inside voices, keeping their feet underneath the table, not sharing/playing with their food, and lining up quietly when it is time to leave. When a class earns $40.00 of “Lion Loot” they can choose a class award with their teacher. Mr. Vickers, Mr. Cornely, and I have spent some time in the cafeteria these past couple of weeks, and will continue to do this throughout the school year. We have truly seen all of our students following the cafeteria rules and enjoying the time that they spend with their friends at lunch time.

Earlier I mentioned our cafeteria hosts and hostesses. I would like to take this opportunity to introduce them to you: Mr. Adam Radomski, Ms. Merrie Hoskins, Ms. Helen Fierman, Ms. Angie Vinson, and Mr. Erik Vinson. I simply cannot say enough about how fabulous they are! For at least 3 hours each day, they are in the cafeteria with our students taking care of and monitoring them. We truly appreciate the work that they do and the time that they spend at Mill Run. A BIG thank you to all of you!

Lastly, I would like to ask our Mill Run families to please continue to check your child(s) yellow Thursday folders and our school website for upcoming information. This is the best way to stay connected with your child and their school day.

I am looking forward to a wonderful school year, as well as working with all of Mill Run’s wonderful students and families!

As the Parent Liaison at Mill Run Elementary School, I am here to assist you in finding the information and support you need to ensure your child’s academic and social success. I can help you become more involved in your child’s education. Below are just a few ways in which I can help:

Answer questions about rules and regulations
Discuss volunteer opportunities
Take you on a school tour
At your request, accompany you to a conference and help explain information about your child
Arrange for an interpreter in your language
Identify community resources to help with special needs
Help with physical needs (school supplies, clothing, food, medical, etc.)

Please see my web page on the Mill Run website for more information. If you think I can be of help, please contact me at andrea.ronk@lcps.org or by phone at 571-252-2160.
Welcome back to a new and exciting school year! **Ms. Kovach** will be working with grades 3, 4, and 5. We would also like to welcome **Mrs. Fulkerson** to the guidance team, she will be working with grades K, 1, and 2.

In September, the “Character Word” was RESPECT. At Mill Run we reinforce this message each day during the morning announcements as we recite the Character Pledge—*Today…I will do more than I have to; I will treat others as I want to be treated, and I will try to become a better person.*

The character word for the month of October is **COMMITMENT**. Guidance lessons in the classroom will focus on commitment in the three major developmental skill areas: academic, social and career. We want to encourage group and individual responsibility for commitment. Expressions like “stick to it” and “keep trying” highlight that message. Academically, students will understand how commitment applies to doing their own work even when it is difficult. This also includes completing homework, practicing flashcards and other skill builders so that the students will have the confidence and satisfaction of mastering a difficult skill. Socially, the students will understand the concept of commitment as it applies to friendships, conflict resolution, and expressing emotions. Career objectives include applying the concept of commitment to working to meet goals and as a component of being a responsible citizen. Please ask your children to tell you about what they learned in their guidance lesson.

The first Mountain Lion’s Pride Citizenship Breakfast for this school year will be held on Wednesday, October 3rd at 7:50 a.m. For those who are new to our school, this breakfast recognizes one student per classroom that has been selected by their teacher for demonstrating good citizenship skills. **A gentle reminder to parents, if you are unable to attend the Mountain Lion’s Pride breakfast when your child is receiving a reward, please let the guidance counselors and/or the classroom teacher know.** Students feel so sad, and many tears are shed when there is no one there to see them receive their award. Mill Run has an abundance of good citizenship filling its hallways and classrooms!

Please feel free to contact your grade-level counselor at any time with your questions or concerns so that we may discuss them with you. It is our pleasure to be able to provide support and information to the students and families of Mill Run.

Maureen Fulkerson, Maureen.Fulkerson@lcps.org (grades K, 1, and 2)
Michele Kovach, Michele.M.Kovach@lcps.org (grades 3, 4, and 5)

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**Delivery of your pre-ordered Spiritwear is scheduled for October 15th!**

**All items will come home in your child’s backpack.**

**Spirit days are every Friday so be sure to show your PAW PRIDE!!**
Birthday Book Club 2012–2013

Celebrate your birthday by donating a book to the Mill Run Elementary library. Choose a book from the local book store and bring it to school along with a note inside the book. The note should include your name and birthday date. Please print clearly.

Bring your Birthday Book donation to the library. Mrs. Damewood will place a Birthday Book Club bookplate inside the book. Students can check your book out and enjoy your book donation.

Thank you for thinking of the students at Mill Run Elementary.
Happy Birthday and thank you for celebrating your special day with us!

Mrs. Damewood, Librarian

**June 2012**

Kelson Schira... *Ranger’s Apprentice: The Ruins of Gorlan*

**September 2012**

Aiden Lee... *Way Far Away on a Wild Safari*

Aiden Lee... *Cars: Storybook Collection*

Thank you for donating used books to our Reading Incentive Program “Used Bookshelf”. Students enjoy the chapter books. If your family is no longer reading a book that would suit kindergarten through fifth grade, please consider a donation of that book(s) to our “Used Bookshelf”. Please bring your book donation to the library.

**Grade 3, Grade 4 and Grade 5 Library Classes:**
During the next few weeks, library classes will focus on the LCPS Online Resources. For this reason, students will be able to check out library books during the following weeks: the week of September 10-September 17, the week of September 25-October 1 and the week of October 9-October 15. Weeks not listed will be 30 minute library classes with instruction on the LCPS Online Resources. However if a student needs to check out a library book, that student may check out quickly once instruction is completed. Let’s see how this system works and we may continue it beyond October 15.

Thank you for your support.

**Absentee Phone Line**

If your child is absent for any reason, please make sure to call the Mill Run Absentee Phone Line, (571) 252-2162, on the day or days your child is not in school. When possible, we would like to receive your call before our work day begins at 7:30 am.

Also, please call the absentee number if your child will be tardy that day to prevent a phone call having to be made home. The absentee phone line is available for your use 24 hours a day, everyday. You can also save time and email us about your child’s absence - MILABSENTEE@lcps.org
Welcome to COMMUNITY CARES!

Community Cares is a PTO Committee whose goal is to foster a welcoming, supportive, empowering environment for our students and school community. For the past several years, we have watched, in amazement, our students take matters into their own hands, solve problems, and prove that: “Small kids can and DO make a BIG difference!” By participating in philanthropic charity, our students experience firsthand that there is a world of learning in helping others. Suddenly, getting good grades becomes more important than just being on top…it’s about applying their talents, skills, resourcefulness and ambitions, to greater causes that can solve the problems of our world.

Our school is partnering with International Care Ministries to sponsor a school in the Philippines. This project was brought to us by one of our first grade teachers, Miss Holly Pick. Over the summer, she traveled to a village in Bohol, meeting the actual students and walking through a school day with them. Our school shares her passionate belief that education opens up all kinds of possibilities for people! We knew it was a perfect project for us to support as it so closely ties in with our own values, and reinforces the daily lessons we teach about what it really means to be a good citizen, and the value of sharing of yourself in an effort to help others. Truly, this is what we all love so much about Mill Run: We are One! We are a Community in which we ALL care about one another!

So what do YOU want OUR community to be? BE that Difference! There’s always a way to add your special self & share your talents here at Mill Run. Contact: Diane Greene, d-greene@comcast.net with your ideas

Details about Mill Run East in Bohol, Philippines

In very poor families, parents' number one priority is feeding their children. Often education is not prioritized - 15% of poor Filipino children never attend school at all. Impoverished children don’t enjoy such luxuries as children’s books, educational toys and computers. This lack of educational stimuli combined with early childhood malnutrition leaves poor children at a disadvantage when it’s time for school.

ICM’s Jumpstart Program gives children living in poverty an academic “jumpstart” on their lifetime of learning. The Asian Development Bank says that the longer a child stays in school, the less likely they will live their lives in extreme poverty.

Filipino children need to qualify and pass an exam to get into public school, beginning grade one. Children with illiterate parents and no funds to go to preschool, don't get into school. This adds to the cycle of poverty that makes up much of the Philippines. ICM provides a 10 month kindergarten: including 2 Filipino certified teachers, school supplies, uniforms, one meal a day, and life courses for their parents. These students end up being some of the best in their classes when entering public school. Mill Run Elementary will be sponsoring this school in the Fall.
Mill Run will be raising money to sponsor our Mill Run East Kindergarteners. $6,000 will provide the following:

1. 10-Month Academic Curriculum
2. Daily Hot Meals
3. Medical Checks
4. Supplies and Classroom Setup
5. VHL Education for Parents

…To benefit Mill Run East in Bohol, Philippines, Community Cares Presents:

**Coins for a Kindergarten**

**WHO:** Everyone…We ALL make a Difference!

**WHAT:** Share your spare change, to MAKE CHANGE!

* Monday – Columbus Day Holiday
* Tuesday – Pennies and Nickels
* Wednesday – Dimes
* Thursday – Quarters
* Friday – Mixed

**WHERE:** Deliver to YOUR classroom!

**WHEN:** October 8th-12th

**RUN for Mill Run East**

**WHO:** Any Student who wishes to participate

**WHAT:** Run, Walk or Cheer for a great cause

**WHEN:** Friday, October 19, 2012, 2:45-3:30 pm

**WHERE:** Mill Run, Track, directly after school

**HOW:** Just fill out permission forms being sent home 10/4

“**There’s a World of Learning in helping others!**”

We look forward to our Coins for a Kindergarten and Run for Mill Run East projects as we share our love of children and learning with the families in Bohol.
iPads are More Than a Novelty

The simplicity of the iPads, the uniqueness of its user interface, and the familiarity of design all point to one thing: excitement for learning. Often students may have an initial interest in something “different”, but the iPad seems an open door to a world of self-directed learning that has significant possibilities.

Here at Mill Run, you can just feel the excitement when the iPads are drawn out for the students to use. It is wonderful to feel the excitement from a student that has never explored using this powerful device.

Thus far, students have been exploring the different educational apps either during computer lab or in their own classroom. As part of integration, teachers are able to project the device on the Promethean board to provide a universal tone for instructional purposes.

To find a collection of educational apps, you can go to the Mill Run website, click on the channel “for students”, then select “mobile device app websites”: http://www.lcps.org/domain/11803

We would also like to thank again Mill Run parents Jim and Allison Ward of M-Edge Accessories for 30 iPad cases, screen protectors and stylus pens for the iPads. In addition to the 30 ipads the PTO approved to purchase an additional 10 iPads, 6 VGA adapters for the Promethean Board, 2 Apple TV’s, 10 SuperShell and Incline cases for the iPads. Thank you, M-Edge Accessories and PTO for your continued support!
BOOK CHARACTER
DRESS-UP DAY

Mark your calendar for
Mill Run Elementary’s
“Book Character Dress-Up Day”
Wednesday, October 31st @ 1:30 p.m.

What is it?
All month long, teachers will discuss story characters with their students. We are asking that each child choose a favorite character from a book and bring a costume (in a bag) which they will put on at 1:00 p.m. Most families will wish to have this costume be the same one that their children will wear at night (if they are intending to participate in “Trick-or-Treating”).

What is isn’t:
There will not be classroom parties associated with this celebration. Our focus is on sharing a favorite book character with our classmates!

HERE’S THE PLAN:
Each student will bring a copy of a book, or comic book, that includes the character they are representing. The book must be one that the child has either read or listened to an adult read. During the school day, they will discuss the character they’ve chosen with their classmates, and they will describe how they are similar and/or different from the character they are portraying. They must have the book with them (or a small poster of the book cover) because they will carry this during the parade @ 1:30.

ARE THERE ANY RULES ABOUT THE COSTUMES?
Yes! Children must not wear their costumes to school. They’ll dress into them @ 1:00 p.m. (Parent helpers in the K-2 classrooms are greatly appreciated!)

No Masks may be worn! Nothing ghoulish or scary is acceptable.
You may bring accessories (i.e.: a Honey Pot for Winnie the Pooh), but they cannot be toy weapons or any other object that might be considered threatening!

Parents are invited to come to the “Book Character Parade” at 1:30 p.m. and sit on the bleachers in the gym. You’ll want to arrive by 1:15 p.m.. Bring your cameras, and enjoy! After the parade is over, parents must remember that they will need to sign their children out in the office if they intend to take them home. A.M. Kindergartners are welcome to return for the parade, as long as they are accompanied by their parents. Adults are encouraged to dress as their favorite book characters as well.

Parents are encouraged to carpool or walk to the parade, if possible.
Welcome back, Mill Run Families! I am so excited to be part of another great school year and to have the opportunity to work so closely with you, our teachers and administration. This year, I pledge to always put our children first to enhance their education and learning. I could not believe how many families came out for our Big Back to School Day! I hope you enjoyed a quick lunch in the Outdoor Garden, courtesy of Doug Bowman of the Good Grubbin’ food truck and the PTO. I believe that part of our role is to foster a sense of community spirit and as I approached the area and saw many families and friends catching up after a long summer, I realized that we did just that.

Over the summer, the PTO was busy making sure that the money you helped us raise was put to good use. I am happy to report that we have been able to purchase an additional 10 IPADS for our students. We now have a total of 40, to include indestructible covers for the primary grades, applications, and ancillary equipment to make our IPAD initiative the best it can be. Thank you to Tricia Smith, our Technology Resource Teacher for polling and surveying our entire teaching staff to best meet the needs of all of our students. The uses of this new technology are endless, reach every grade and there is a noticeable buzz and excitement in the classroom about them.

There are many new initiatives this year that the PTO has put in place to help keep parents informed. One is through online communications. You can now register online through our website for PTO Membership. We also went online for After School Activities Registration, we hope this made it much easier for you! We will be utilizing Sign-Up Genius frequently to help manage the many volunteer needs for our events throughout the year. We could not do what we do without our volunteers. The success of our events truly depends on your support, so if you have an hour or an afternoon, we need you! As we move into the Digital Age, we appreciate your patience and we hope this can be an asset for you.

Softball?? What a great Game! What a fun event and the weather couldn’t have been better! Thank you to Mellany Weaver for all of her planning and to all of the many volunteers and community sponsors that made it a successful event. A Big Thank-You to our Faculty for volunteering their time, it is always fun for the students to see their favorite teachers up to bat, making Sno-Cones and passing out popcorn, we appreciate your participation.

I hope you got your Spiritwear, Melanie Kelly has outdone herself again with a design for everyone! Please remember that every Friday is Spirit Day, so wear your shirts with pride! Be on the lookout for your orders, coming soon in October. Thank you as well to Stephanie Shur, Theresa Bishop and Mary Pollack for their seamless delivery of our very first Lavenders Fundraiser, great job, ladies!

I would like to personally thank Sai Gavva and Jake Miller for their help in making our PTO shed look amazing. Both Briar Woods students helped us to landscape, paint and install a ramp to complete their Eagle Scout Projects. I love the way it turned out and we were able to make a necessary storage facility an added bonus to our landscape.

Finally, I look forward to a great year and to working with a truly amazing team and dedicated staff to provide support for the education and learning of our children. Please visit the PTO website for our calendar and information on Rubino’s Restaurant Night, our Run For Mill Run East, and our first Movie Night! I encourage you to contact me for any reason with questions, ideas or concerns at caroline.molthen@verizon.net.

With much regard,

Caroline Molthen
PTO President
MARK YOUR CALENDARS FOR.......

MOVIE NIGHT!

MILL RUN PTO’S FIRST MOVIE NIGHT IS

FRIDAY, OCTOBER 26TH

DOORS OPEN AT 6:30 AND MOVIE STARTS AT 7PM

MILL RUN PTO 2012-2013
CULTURAL ARTS
PROGRAM

African Acrobats
Thursday – October 4, 2012 (8:30am, 9:45am and 11:45am)

Multi-cultural * Physical Education * Geography
This 5-person group will perform:
* African Acrobatics
* Limbo
* Contortions
* Rope Jumping
* Balancing
* Juggling
* Human Pyramid Building
* Hoop Diving

Wonders of the Rainforest
Friday – November 9, 2012 (8:30am, 9:45am and 11:40 am)

Science * Geography
This award-winning, highly entertaining and educational show will allow the students to meet some of the world’s most exciting and fascinating Rainforest animals from the safety of their seats. Wildlife Encounters will showcase live animals and products from the Rainforests around the world and talk about their survival, natural history, geography, natural behaviors and conservation education.
Wildlife Encounters works with "Mutual of Omaha’s Wild Kingdom" and they are currently airing on "Animal Planet" promoting awareness and enthusiasm for wildlife conservation education, both at the grass roots community level and on a national scale.
Opening in October -- Mill Run Spirit Store!

Hours: Every Thursday Morning, 7:35-7:50am

Paw Pride Pencil, assorted pastels: $ .50
Paw Clip Bookmarks: $1.00
MRE Swirl Eraser, assorted brights: $1.00
Paw Pride Vinyl Ruler: $1.00
Pawsome Notebook: $2.00
Dual Pencil/Crayon Sharpener: $2.00
Paw Pride Car Magnet $5.00

The Spirit Store is run by parent volunteers. Children of our volunteers are welcome to help also!

If you are interested, please contact Melanie Kelly.

Contact: Melanie Kelly Melanie@glassmile.net with any questions.

Thank You!

To our Mill Run families and friends for coming out and supporting the 4th annual Mill Run softball game.

It was great fun for all!!

And a very big Thank You to the many PTO volunteers, staff and friends who volunteered their time to help with the big day – it’s not possible without you!

A very big congratulations to the Vickers’ Vipers who took home the win!

Mill Run PTO is on Facebook ~ Come connect to us!

http://www.facebook.com/MillRunPTO
Would you like to be a part of the MRES Landscapes & Outdoor Educational Habitats Committee?

Our committee is looking for parents to participate in improving school grounds to make it a beautiful park like environment where education can continue outside as well as the inside of the school. Let’s bring colors by planting butterfly gardens and more!

**Our Objective:** To improve the appearance, educational and environmental value of Mill Run Elementary School grounds.

- Inventory the existing trees and plants and how their condition can be improved.
- Identify additional areas that can be used to install gardens for educational purpose as well as beautifying the outdoors.
- Identify areas where additional trees can be installed to provide shading specially during warmer months.
- The committee will only use Virginia native trees and plans since they are most needed to restore habitats. In addition, these gardens will also be designed to have minimum water and maintenance requirement.

Please contact Oya Simpson at osimpson@broadlandsnaturally.org / 703-725-8040

Cut those box tops and send them in!!!

Can you imagine a fundraiser that's easier than eating a bowl of cereal or having a snack? With General Mills Box Tops for Education it's that simple. The school earns 10 cents for every box top logo that we submit to General Mills. Last year, Mill Run earned over $3,500!! Box Tops can be turned in to your child's teacher any day of the week. The teachers submit their Box Tops on the first Friday of every month. So please remember to neatly trim your Box Tops, check the expiration dates, and send them to school!

Visit [http://www.boxtops4education.com](http://www.boxtops4education.com) for more information.
Contact Laura Hoyler busymommyof5@comcast.net with any questions!

Resources for Parents and Students on the Web

**Mill Run Website:**
[http://www.lcps.org/millrun](http://www.lcps.org/millrun)

**Loudoun County Public Schools:**
[http://www.lcps.org](http://www.lcps.org)
Get ready for holiday shopping!

**The Gift Card Fundraiser**

begins again on **November 8th**

Please come join us for our 
night-time PTO meeting on 
**October 9th @ 6:30 pm in the library**

If you can’t make it to our afternoon meetings, this one’s for you!!

Come join us and 
see what the PTO is all about.

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**Join the PTO !!**

Join the Mill Run PTO and be informed!

We need your ideas, creativity and organizational skills!

We support our students and teachers through community events, providing educational resources and materials, while fostering a community attitude within our school.

Plus, it’s FUN!!

You can sign up on line through the PTO Membership section of our website, OR by scanning this QR code.

It’s that easy!!

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Congratulations to the Hoyler Family for winning our parking spot raffle.

The Hoyler family will receive a designated parking spot for all Mill Run events for the entire 2012-2013 school year.

Thanks to all that participated!

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Our Lavender's sale is officially over. Thanks to all of our Mill Run families who participated in our fundraiser. Remember you can still purchase items online at [www.shoplavenders.com](http://www.shoplavenders.com) with our program ID# 123381400 and up to **50%** of all sales will go to Mill Run. **Catalog items will be available for pick up at school on Friday, November 2nd from 2:30-7:00 pm.**
Loudoun County Public Schools
Parent Resource Center Fall 2012 Event Schedule

Behavioral Strategies at Home
Wed, October 3 from 7-9 pm: Rust Library, 380 Old Waterford Rd, Leesburg
Strategies and resources that establish and enforce consistent expectations
And help promote positive behavior within the home.

MANDT for Parents
Stresses the importance of de-escalating and interacting with people- not controlling them
Wed, Oct 10 - Tues, Oct 23 - Tues, Oct 30 from 7-9 pm
Rust Library, 380 Old Waterford Rd, Leesburg

Autism Series: Adolescents Issues
Topics Include Hygiene, Socialization, Fears, Behavior, Health & More
Thursday, October 25 from 7-9 pm

Autism Series: Promoting Positive Mealtimes
Causes and strategies for eating challenges
Tuesday, November 13 from 9-11 am (morning)

Moving on from Elementary to Middle School with an IEP
Topics include the role of the case manager, block scheduling, and service delivery
Wednesday, December 5 at 7 pm

Moving on from Early Childhood Special Ed. To Kindergarten with an IEP
Topics Include the Referral Process and an Overview of the Kindergarten Program
Thursday, December 6 at 7 pm

Unless otherwise indicated, events are held at the LCPS Administrative Building
21000 Education Court, Ashburn, 20148

Pre-registration is requested. Call 571-252-2185 to register or go to www.lcps.org/prc
You may also access the event flyer & on line registration by clicking the workshop title.

If due to a disability, you need assistance or an interpreter, call 571-252-2185 7 days before an event.
Food in Schools: Expectations for the Health and Safety of All Students

Loudoun County Public School (LCPS) students have the right to a quality education in a supportive, safe, and healthy environment. As stated in the LCPS guidelines presented in 2010, *Caring for Students with Food Allergies in School*, healthy eating habits and proper nutrition are important for all students.

- The Individual Health Care Plans of students in the classroom must be followed. Parents/guardians will be notified so they can determine in advance whether a particular food item is safe for a child with life-threatening allergies.

- All students are encouraged to eat healthy snacks. Foods containing allergens should not be consumed in the classrooms of students with food allergies.

- Sharing or trading food in the classroom or cafeteria is not permissible and is a safety practice that has been in place in LCPS for several years.

- When student birthdays are recognized at school, only non-food treats are allowed.

- Non-food items will be used when classroom rewards are considered. Inclusion of all students in classroom rewards is essential.

- Foods containing allergens specific to a student are not to be used for class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, or other purposes.

- Students are encouraged to assume increasing responsibility for healthy and safe food choices as they progress from elementary to middle and high school.

*Caring for Students with Food Allergies in School* is available on the LCPS website under Administration—Pupil Services—Keeping All Students Safe.

Bullying and Harassment: Expectations for All Students

All students have the right to attend school where their individual differences are respected and where they are free of fear of harassment and bullying. LCPS actively upholds and supports efforts to prevent harassment and bullying. **Incidents of harassment or bullying should be reported to the principal or designee immediately.**

Bullying

- is an intentional electronic, written, verbal or physical act of aggression or a series of acts that occur in a school setting;
  - School setting shall mean in the school, on school grounds, in school vehicles, at designated bus stop or at any activity sponsored, supervised or sanctioned by the school.
- is persistent or pervasive;
- is directed at another student or students;
- occurs in a relationship characterized by an imbalance of power;
- may create a personal fear that interferes with a student’s ability to function; and
- has the effect of doing any of the following:
  - substantially interfering with a student’s education;
  - creating a threatening environment; or
  - substantially disrupting the orderly operation of the school.
### Elementary Lunch Menu

**Loudoun County Public Schools**

**October 2012**

Three easy ways to pre-pay for meals and purchases:
- **Cash**
- **Check made payable to “County of Loudoun”**
- **Credit card at www.pay4lunch.com**

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Daily</th>
<th>Weekly</th>
<th>October</th>
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</thead>
<tbody>
<tr>
<td>Student - Full</td>
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<td>$15.00</td>
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<tr>
<td>Student - Reduced</td>
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</tr>
<tr>
<td>Adult</td>
<td>$4.00</td>
<td>$20.00</td>
<td>$8.80</td>
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</tbody>
</table>

#### Monday 10/01
- **Choose One Entrée:** Grilled Egg Patties* with French Toast Sticks
- **Grilled Cheese Sandwich**

#### Tuesday 10/02
- **Choose One Entrée:** Chicken Chunks & Roll Turkey & Cheese Sandwich

#### Wednesday 10/03
- **Choose One Entrée:** Italian Dunker with Cheesy Breadstick Buffalo Chicken Chunks & Roll

#### Thursday 10/04
- **Choose One Entrée:** Beef Nachos with Tortilla Chips or Scoops* & Soft Pretzel Rod Bean Nachos with Tortilla Chips or Scoops* & Soft Pretzel Rod Lasagna Rollup with Garlic Round*

#### Friday 10/05
- **Choose One Entrée:** Cheese Pizza* Chicken Teriyaki with Brown Rice

### Choose Two Vegetables:
- Steamed Green Beans
- Sweet Potatoes
- Fresh Vegetable Salad
- French Toast Sticks

#### Monday 10/08
- **Choose One Entrée:** Breaded Mozzarella Chicken Fajita Rice Bowl
- **Choose Two Vegetables:**
  - Steamed Green Beans
  - Sweet Potatoes
  - Fresh Vegetable Salad

#### Tuesday 10/09
- **Choose One Entrée:** Mini Corn Dogs MaxSnax Cheesiest Corn Queso*
- **Choose Two Vegetables:**
  - Steamed Broccoli
  - Celery & Carrot Sticks

#### Monday 10/15
- **Choose One Entrée:** BBQ Chicken Chucks & Roll Cheese Ravioli with Marinara Sauce
- **Choose Two Vegetables:**
  - Steamed Corn
  - Fresh Vegetable Salad

#### Monday 10/22
- **Choose One Entrée:** Grilled Egg Patties* with French Toast Sticks
- **Choose Two Vegetables:**
  - Steamed Green Beans
  - Sweet Potatoes
  - Fresh Vegetable Salad

#### Monday 10/29
- **Choose One Entrée:** Chicken Nuggets & Roll Cheesburger on Bun#
- **Cheesburger on Bun#**

### Columbus Day Holiday

#### No School

#### Monday 10/10
- **Choose One Entrée:** Chilled Pineapple
- **Choose Two Fruits:**
  - Chilled Mandarin Oranges
  - Assorted Fresh Fruit

#### Tuesday 10/11
- **Choose One Entrée:** Chilled Mandarin Oranges
- **Choose Two Fruits:**
  - Chilled Applesauce
  - Assorted Fresh Fruit

#### Wednesday 10/12
- **Choose One Entrée:** Cheese Pizza*
- **Choose Two Fruits:**
  - Chilled Peaches
  - Assorted Fresh Fruit

### Choose Two Fruits:
- Chilled Pineapple
- Assorted Fresh Fruit

### Choose Two Vegetables:
- Fresh Broccoli Bites
- Steamed Corn
- Choose Two Fruits:
  - Chilled Applesauce
  - Assorted Fresh Fruit

### Friday 10/19
- **Choose One Entrée:** Cheese Pizza*
- **Choose Two Fruits:**
  - Chilled Peaches
  - Assorted Fresh Fruit

### Daily Feature Salad Meals

All Feature Salad meals include meat/meat alternate, fruit, vegetable, grain and your choice of milk.

- **Monday** - Vegetarian/Hummus*, Traditional Chef Salad, Chop Salad#
- **Tuesday** - Vegetarian/Hummus*, Traditional Chef Salad, Caesar Salad
- **Wednesday** - Vegetarian/Hummus*, Traditional Chef Salad, Fruit Salad w/ Yogurt*, Taco Salad on Taco Day#
- **Thursday** - Vegetarian/Hummus*, Traditional Chef Salad, Asian Salad
- **Friday** - Vegetarian/Hummus*, Traditional Chef Salad, Tuna Salad

### Additional Daily Items

- **Yogurt Box Meal** (Includes: 4 oz Chobani Champions yogurt, string cheese, baby carrots, granola, and mini bagel with cream cheese)
- **SunButter and Jelly Sandwich** (select schools)

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Key – Beef #, Pork +, Meatless *
**MILL RUN SCHOOL MOTO**

Today…

I will do more than I have to,

I will treat others as I want to be treated,

And I will try to become a better person.

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If due to a disability, you need assistance to enable you to meaningfully participate in any activities listed in this newsletter, please contact Mr. Vickers in the Mill Run office at (571) 252-2160 at least **five working days** prior to the event. If the event is not at Mill Run, he will direct you to the appropriate resource.

Mill Run Elementary is dedicated to continuous school improvement. A formal School Improvement Plan has been developed by staff, parents, and community members. The plan is reviewed on an ongoing basis. A copy is available in the school office and the school library. You may also call us at (571) 252-2160 to have a copy sent home with your child. We welcome your input!

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**MANY THANKS TO OUR COMMUNITY SPONSORS!**

![Sponsors Logos]

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**TheBurn fitnessbootcamp**