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OAK HILL ELEMENTARY SCHOOL

The Wolf Pack



VOLUME 3, ISSUE 10

JUNE 6, 2008

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Principal's Corner

by Dr. Amy Goodloe

As the end of the 2007-2008 school year quickly approaches, I'd like to thank our outgoing PTA Officers for the time and service they have generously given to Oak Hill over the past two years. Thank you to 1st Vice President Annette Anderson, 2nd Vice President Valerie Jeffries, and Treasurer George Hargenrader for all of their hard work and devotion to our school-community partnership. Thank you also to all of the volunteers who have read with children, organized school and PTA events, been docents for GRACE Art, chaperoned field trips and helped prepare instructional materials, among many other duties. The staff and the students of Oak Hill appreciate all that you do!

I hope that you will join the PTA and staff in recognizing Mrs. Lynn Ramsburg on Tuesday, June 10 at 7:00 p.m. in the Oak Hill Cafeteria. We congratulate Mrs. Ramsburg on her retirement and wish her all the best as she begins a new adventure in her life. We also wish Mrs. Karen (Harms) Arant well as she transfers with her new husband to begin their life together in Kentucky.

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Oak Hill Elementary



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A Note from the PTA President

by Erica Carter

Hello Oak Hill Families!

At last - the last week of school! I hope you have some fabulous plans for the summer. We'll be doing a little traveling, lots of pool time and some camps.

Looking back, I think that this year went pretty well. We had some surprises, but I think we came together as a community and did our best to respond effectively. The support that the Oak Hill PTA receives from this community is amazing, and we are so grateful for all you do. We will begin next year with new challenges, like rising costs, but I know that we will face them together.

I am measuring our success by the fact that we managed, despite some struggles, to do everything we promised to do: support our students and teachers, provide enrichment and hold some fun social events. We made the school look a little better with GRACE Art projects on the walls, spiffed-up landscaping and the purchase of a new stage curtain! We did all that within our budget,

which was important to us. We did not want to make cuts, nor did we want to hold fundraisers.

This was accomplished, of course, by the many volunteers who spent their time making a difference at our school. I hope that you will consider leading one of our committees next year - no experience is required! Check out page 3 for more details, and feel free to contact me if you have any questions.

The PTA Board has a few questions for you, in the form of an online survey. If you haven't completed the survey, please take a minute to take it this

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FEATURED IN THIS ISSUE

Read it all online!

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What's Happening at Oak Hill in June?

- Tuesday, June 3**
All library books were due. Please return overdue books as soon as possible.
- Monday, June 9**
7:00 p.m.
Band Concert
- Tuesday, June 10**
7:00 p.m.
Retirement Reception and PTA Meeting
- Thursday, June 12**
7:00 p.m.
LEGO League Info Meeting (see page 9)
- Friday, June 13**
LAST DAY OF SCHOOL!
Follow normal Friday Schedule
- Looking ahead...**
- Friday, August 29**
Open House
Come meet your new teacher!
- Tuesday, September 2**
First Day of the 2008 - 2009 school year

Principal's Corner

(Continued from page 1)

Thank you for taking the time to complete the Parent Placement Input forms. The staff does take the information you share into account when placing students in classes. Because many factors impact student placement, all final decisions regarding placement will be made by school staff. All students will receive a letter with their class assignments, as well as important information to start the year, during the last week of August.

Please mark your calendars for the important upcoming dates in the fall. It will be here before you know it!

Friday, August 29	Open House; during a.m., times TBD
Tuesday, September 2	First Day of School!
Wednesday, September 10	Back to School Night grades K-3
Thursday, September 11	Back to School Night grades 4-6

Both Back to School Nights will have staggered start times by grade level.

Enjoy the summer – have fun, be safe and remind your children to read, read, read! I look forward to seeing everyone at the open house on the morning of August 29.

Amy Goodloe

PTA President

(Continued from page 1)

weekend. We'll use the information to guide us as we plan for next year. Please check the website, www.oakhillpta.org over the summer – it's always a great source of information!

I hope to see you in the fall. We'll be working over the summer to make sure that next year is even more successful than this one. As always, please feel free to contact me with any suggestions, questions or concerns that you may have.

All the Best,

Erica

School Notices:

STUDENTS' CAFETERIA ACCOUNT balances will carry forward to next year. Balances will also follow students who advance or transfer to another FCPS school. Please help your student remember his or her PIN, as s/he will continue to use the same PIN in the fall.

LOST & FOUND is overflowing! Please come look at the clothing, lunch boxes, books and other items on display in the lobby to see if you can help identify any of these forgotten items.

SCHOOL CENSUS responses must be received by July 15. Forms were re-sent to families that did not respond before May 13. For each child counted between the ages of 5 and 19, FCPS will receive approximately \$1000 per year in state sales tax dollars. Call 703-329-7765 for more information. All responses are confidential.

SPECIAL EDUCATION REGULATIONS are currently under review by the Virginia Department of Education (VDOE). Parents are encouraged to review the draft regulations

and submit comments before June 30. For complete information, visit www.doe.virginia.gov/VDOE/sess/ and select the link under "News & Events."

ADVISORY COMMITTEE FOR STUDENTS WITH DISABILITIES (ACSD) will hold its monthly meeting on June 11 at Dunn Loring Administrative Center. The meeting begins promptly at 7:30 p.m. For more information visit www.fcps.edu/ss/ACSD.

School Office Hours



The school office is opened on a modified schedule during the summer.

July 1 - August 22
Mon - Fri
8:30 - 3:00

Friday, July 4
CLOSED

Normal hours of 7:00 a.m. to 4:00 p.m. resume on August 25.

Parents, students and staff are invited to join the Oak Hill PTA

**Tuesday, June 10
at 7:00 p.m.**

To thank kindergarten teacher Lynn Ramsburg for her years of service at Oak Hill and wish her a happy retirement.

A PTA meeting and officer induction will be held following the reception.

PTA Needs Your Input!

Oak Hill PTA is currently conducting a survey to get your feedback about our programs before we begin budgeting and goal setting for the 2008-2009 school year. You can link to the survey online via the PTA website at www.oakhillpta.org. Survey responses are anonymous, but please feel free to contact any member of the Executive Committee if you have any questions or would like to discuss your thoughts. Paper copies of the survey are available on the PTA desk. The survey closes on Saturday, June 14.

Additionally, the Fairfax County Council of PTAs (FCCPTA) is conducting research on school start times. It would also appreciate parent feedback. You can access the FCCPTA's survey at www.fccpta.org/trans_survey/start_time_survey.htm.

Thank you for sharing your time and views.



HELP WANTED

Several PTA programs that kick off right at the start of the new school year still need chairs. If we aren't able to fill these positions soon, programs may need to be cut. Please consider one of these positions and contact PTA President Erica Carter at ericascarter@gmail.com for more information.

- Directory
- Hospitality co-chairs (at least two)
- PTA Photographer
- Community Outreach
- Room Parent co-chair
- Special Education Liaison
- After School Fitness
- Reflections co-chair
- FLEX (after school language coordinator)
- Marquee
- Safety Patrol
- Odyssey of the Mind
- School Spirit Sales co-chair



Thank you to the outgoing PTA officers!

Annette Anderson, 1st Vice President
Valerie Jeffries, 2nd Vice President
George Hargenrader, Treasurer



These wonderful volunteers have given countless hours of their time over the past two years, making Oak Hill a better place for students, teachers and the community!

It's a girl!



Fifth grade teacher Rebecca Fredericks and her husband, Cory, happily welcomed into the world their beautiful daughter

*Ella Grace Fredericks
 5 pounds, 8 ounces and 20 inches*

At 7:54 a.m. on Wednesday, April 30, 2008

Congratulations to the Fredericks!

PAWS Update

We are all looking forward to the final countdown to summer break. During this time Oak Hill students are working harder than ever to earn PAWS for TWO BIG reasons: 1. The class with the most PAWS will host "Oakie" in the classroom for a week and 2. Our final school-wide reward depends on earning the last piece of the puzzle! We need to earn just one more piece! The students are minding their Ps and Qs and waiting eagerly to learn just what the reward will be - a luau lunch. You can help at home by discussing appropriate school behavior related to **Positive Attitude, Accountability, Willingness to Learn, and Safety.**

Thank you for your support of Oak Hill's new PAWS program this year. Our teachers have worked collaboratively to develop plans for teaching school-wide behavior expectations, acknowledging their students' efforts, and focusing on the positive behaviors. We look forward to continuing our PAWS program next year and working with you as our partners in helping students to put their best foot forward.



Volunteer Awards

Volunteer of the Year: Barbara Philipps

Did you ever wonder what happens to the hundreds of Box Tops, labels, and toner cartridges you sent in throughout the year? They aren't magically converted to money...Barbara Philipps is behind the scenes, scissors and magnifying glass in hand, making sure Oak Hill claims as much "FREE MONEY!" as possible.

Barbara approaches the oversight of all 13 of Oak Hill PTA's Shop & Support and recycling programs with such great enthusiasm! She is always on the lookout for new ways to support the school and students and is largely responsible for collecting over \$12,000 in income for the school and PTA this year alone (see page 5 for details).

Thank you, Barbara, for all you do!



Oak Hill is fortunate to have such an active community, and the PTA is pleased to recognize two more of our outstanding volunteers as the June Volunteers of the Month.

Susan Messick spearheaded the Oak Hill vs. Lees Corner basketball game on May 10. Putting together the game required that she juggle numerous volunteers, sponsors and participants. Everyone had a fantastic time! Thank you, Susan.

You may not know our other volunteer, but chances are good that your children do! **Ehmie Hill** is Oak Hill's Food Service Manager and has also gone above and beyond in helping the PTA during the BINGO & Ice Cream Social and other events. Thank you for supporting Oak Hill PTA, Ehmie!

With Many Thanks...



GRACE Art introduced students to the works of several different artists throughout the year and gave the kids a chance to experiment with the styles introduced in those lessons. Many thanks to PTA Chairs **Tracey Webb** and **Michelle Grudi** and to the many parents who volunteered as **docents** in their children's classrooms.

A big thank you to **Susan Messick, Sallie Shaffer, Jeanne Hargrave, Renee Levendis, Debbie Murphy, Lena Ehlers, Suzanne Keating, Kathy Welt** and all of the coaches and other volunteers who organized and worked during the Oak Hill vs. Lees Corner basketball game. What a great night!

A handful of volunteers routinely helped out in the office during the year. Thank you to **Linda Cardamone, Lynne Halladay, Carrie Holl, Helen Manbeck, Terri Marlin** and **Stefanie Murray** for all of their behind-the-scenes work.

Thanks also to the team of volunteers who kept the Birthday Tree in the lobby up-to-date. **Linda Cardamone, Karen Connell, Patti Damico Dowgiallo, Manisha Ghotkar, Lynne Halladay, Nina Johns, Robin Moyher, Debbie Myers, Katie Rakestraw** and **Motoko Shimizu** each contributed their time to this effort. **Stephanie Sheridan** chaired this committee, making sure that volunteers had everything they needed to recognize each student's special day. Thanks, Stephanie!

Robin Moyher secured several great sponsors for a very successful Paws to Read program in May. Thank you, Robin!

The re-invented science fair, now our Invention Convention, got students thinking outside the box. Many thanks to PTA Chair **Jagan Reddy** and teacher sponsor **Pam Bennett** for a great event.

Rhonda Blatman once again ran a great summer book exchange, giving students the opportunity to pick up books that will keep them reading over the summer. Thank you!

There are too many **room parents** to list here, but they have all played a huge role in recruiting and organizing volunteers and contributions for numerous events. Be sure to read the note of appreciation on page 5, and make sure to thank your child's room parents for all of their hard work!

Volunteer Spotlight

The highest reward for a person's work is not what they get for it, but what they become because of it. -- John Ruskin

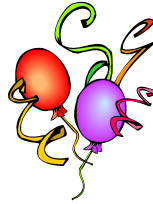
Paws to Read

Wow! Our kids love to read! Did you see all the paws in the cafeteria?

Congratulations to our top readers:

Sophie Chehab
Mary Clougherty
Jnanadeep Dandu
Matthew Ehlers
Elizabeth Henke
Jacqueline Kolhof
Maximilian Kolhof
David Liu
Amatullah Lonandwala

Jay Mangrulkar
Ruchi Maniar
Shreya Medepalli
Tu-Nam Nguyen
Sejal Patrikar
David Pearlman
Jack Thompson
Zach Thurneysen



Ms. Murtha's and Ms. Snyder's classes won popcorn parties as the classes that read the most books. Congratulations to them all!

A special thanks to Phoenix Theaters Worldgate, Books-A-Million (Reston), Harris Teeter, Kings Dominion and Six Flags and our PTA for their prize contributions.

5th and 6th Grade
Band Concert
Monday, June 9
7:00 p.m.
Oak Hill Cafeteria



Dear Room Parents,

We hope that you had a fun and rewarding experience this year as the Room Parent for your child's class. Thank you for all your hard work and dedication!

We hope that you can join us again next school year as we work together to make Oak Hill Elementary the best school for our kids and our community.

Enjoy the summer months with your family and friends.

Sincerely,

OHEES Teachers, Administration and PTA

Armchair Fundraising Report

Congratulations to the nine classes that collected the most Box Tops and Campbell's UPCs. Each of these classes was rewarded with a popcorn party in May.

Ms. Murtha 1,766
Mrs. Dolenc 1,351
Mrs. Bennett 1,165
Ms. Amstadt 1,054
Mr. Pane 974
Ms. Bowman 927
Mrs. Crawford 812
Mr. Sonosky 790
Mrs. Ramsburg (p.m. class) 788



A special "thanks" to everyone who supported our programs. All together, the different Shop & Support programs brought in **over \$12,000** to support programs at Oak Hill. Additionally, the staff will receive 15 electric pencil sharpeners from the Campbell's Labels for Education Program. But the school and PTA could not have received this FREE MONEY without your help. Please remember to sign up next year and fill out the forms that are sent in the Friday Folders. The more we collect, the more money we can receive. Please consider encouraging friends and family to support Oak Hill Elementary.



If you have any questions, please contact PTA Shop & Support Chair Barbara Philipps at

bphilipps@msn.com.

Remember to save Box Tops, Campbell's UPCs, Harris Teeter milk caps and Tyson's panels over the summer .

And don't forget to link to Amazon.com through the link on the PTA website.



Just a thought...from the Counselors

As we come to the close of the school year and look forward to a more relaxed mode of operating, perhaps it is a good time to reflect on parenting issues and concerns. We all have gained the wisdom of parenting lessons over the years by being a parent, observing others and their parenting styles, talking with other parents, reading books on parenting issues and even taking classes.

Here are some lessons learned over the years, which we pass on to you for your use during the summer:

THINK BEFORE YOU REACT. When the going gets tough, step back, take a few deep breaths and think before you respond in a tense, loud and angry manner. When children sense your tension, they tend to push even more. When you do think before you react, you may find that your first emotional reaction was incorrect and that you are more able to cope with the situation once you have gathered more information and "cooled down".

LISTEN. So many times we want to teach our children by grabbing onto every experience or problem to make a "teachable moment" from it. When you give yourself some wait time before responding and start to listen you may find that the children will begin telling you things that you need to know. Yes, children may make some wrong choices because you are not always there for them, but they will learn from their experiences in a way that your constant lecturing and advice are unable to accomplish.

HAVE FAMILY MEETINGS. Set aside a time, preferably the same time each week, for the entire family to get together to plan activities and responsibilities, to discuss family issues and, believe it or not, just to enjoy each other's company.

MAKE TIME TO BE WITH YOUR CHILDREN. "Be there when you are there." Find time to put other things aside...even if it is only for a short time. Have a wonderful summer!

*Dot Bennett
Counselor*

Media Matters

I'd like to extend a big thank you to those families who have been diligent about adhering to the June 3 deadline for the return of all library books. Every year Fairfax County sets the expiration date of student library cards ten days prior to the last day of school. If you happen to notice any school library books still floating around your house, please make sure they are returned to Oak Hill.



But wait! School library card expiration does not mean an end to reading. This summer be sure to take advantage of the wonderful Fairfax County Public Library with its very convenient Chantilly branch just minutes away. In fact, representatives from the Chantilly branch will visit Oak Hill on Wednesday, June 11 to tell Oak Hill kids about their summer reading program. Remember to ask your child about the presentation after school on Wednesday.

Keep reading, but remember to return all Oak Hill Library books now!!

*Jenny Henry
Library Media Specialist*

Reading Corner

As another year at Oak Hill nears an end I want to send out a BIG thank you to our Oak Hill community. I am grateful for all of the support I receive here as a teacher. THANK YOU:

1. To those wonderful Reading Buddies volunteers!
2. To more wonderful volunteers who help me shelve books, stamp books, and straighten up the bookroom.
3. For money to purchase books for the bookroom.
4. For teacher money. The nonfiction short texts purchased with my classroom allotment this year have been used across the school to promote deeper comprehension of a variety of texts.
5. For money to support the reading buddies program-I've been building up a collection of books so the students won't say "I already read that..."
6. For those parents who read, write, and help with word study throughout the school.
7. For your smiles, encouragement, and all you do to send us great children to teach.

MANY THANKS!

*Debra Hile
Reading Specialist*

Colonial Day Brings the Past to Life



Did you happen to see students dressed in colonial outfits walking to school on May 2? If so, you saw the fourth Graders at Oak Hill participating in the annual Oak Hill Colonial Day.

The day was kicked off with a special visit by the U.S. Army Old Guard Fife and Drum Corp. The Fife and Drum have performed for Presidents of the United States, the Pope, and now the Oak Hill fourth graders. The unique sound, marching, and movements of the Fife and Drum Corp mesmerized the students

in a truly authentic colonial experience. It was an event to remember!

The rest of the day continued with guest visits from the Jamestown Foundation, Sully Plantation, and Gunston Hall. Each guest speaker helped the students experience an aspect of colonial life; including how plantations worked, slave life, farming, trade, colonial writing with a quill pen, and schooling. The students visited stations throughout the day where they were able to try their hands at actual colonial trades. The most popular was candle making, where they actually made a candle. Other stations were tin punching, colonial dancing and eating fresh butter made by the students on Great Harvest bread, which is an annual favorite. Students also made parts of quilts that were then finished by parent volunteers. These quilts will be shared with the school and given to charity.

Many thanks to the Oak Hill PTA for sponsoring Colonial Day through its classroom and grade level support, which paid for the speakers and supplies needed that made the day a success! Finally, thanks to all the volunteer parents who made the day possible for the fourth grade students!

Sue Hern
Parent Volunteer

I liked Colonial Day when we hand-dipped the candles and tasted the home-made butter. The quilt making was cool because we were making the quilts for charity. It was fun making the tin punch ornaments. I also liked the quill and ink lesson. It was kind of tricky but I got the hang of it. The fife and drum band was awesome to watch!

Veronica Philipps



Pep Rally

"Rah-Rah, Sis-Boom-Bah"

In preparation for the big game versus Lees Corner, Oak Hill administrators and Pep Squad Coach Barb Becker hosted an enthusiastic pep rally in the Oak Hill Gym the Friday before the game. Dr. Goodloe, Mr. Kraft, and Mrs. Sledge introduced all the game night participants! The pep squad and 6th grade teachers led the way with a spirit tunnel. In the end, all players and fans were full of pep and school spirit! Go Wolves!

Also, the SCA poster contest winners were announced. Congratulations to Mr. Sonoskey's fifth grade students, Kendra Harder and Tara Weinstein. They each won a stuffed blue Oakie! All poster contest participants enjoyed a frozen treat at the end of May.



Oak Hill vs. Lees Corner Basketball Game



What an exciting game! On Saturday, May 10 the Oak Hill Wolves played the Lees Corner Polar Bears in an unbelievable game.



The game was fast-paced and talent was shown by every squad! There were 13 squads all together in a very evenly matched competition. This year we had almost as many girls as boys playing basketball. The game went back and forth with the Wolves up by more than 8 points at one point, and then the Polar Bears took the lead. At the end, the Wolves came on strong and almost tied the game! The final score was Wolves, 51 and Polar Bears, 52. What a match-up!



Our pep squad and mascot team were amazing! They worked hard to master several cheers, including a wonderful welcome cheer, in a very short time. The artistic banners they made for both the pep rally and the big game are appreciated! Our mascots were all enthusiastic and kept us guessing at who was in the costume! They each had a style all their own!



Once again, our All-County Chorus and our band performers did an excellent job and really rounded out the evening of entertainment and fun.



Everyone sounded great and we recognize the big effort involved for such a brief appearance! Many thanks to everyone who helped make the game such a fun and enjoyable night!



Special thanks to our many volunteers, Chantilly HS and CHS Booster and to our sponsors, who provided donations:

- Dr. William Crutchfield
- Tiger Den Tae Kwon Do
- Allstate Insurance
- Team Mom Trophy
- Sports Plus



Susan Messick
PTA Chair
Sixth Grade Basketball Game

Oak Hill PTA
PAID
your money at work

LEGO League



LEGO League competition teams are open to all rising fifth and sixth graders who are interested in a short, intense and fun engineering challenge involving robotics, research, and teamwork. Teams work for 8 - 10 weeks preparing for a regional competition that takes place in early November. Team meeting frequency, duration, and location will be determined by the individual team coaches.

Want to learn more? An interest meeting is planned for 7:00 p.m. on Thursday, June 12 in the Oak Hill Library.

We have some teams returning from last year and can only support additional teams if we get volunteers to coach. Coaching requires no special skills, just patience, dedication, and a willingness to learn along with the team. Coaches provide structure and encouragement but do not provide the solution to the challenge. No engineering skills are necessary and training is available.

There is a \$60 non-refundable registration fee to join a LEGO League team. Registration for the competitive teams will be open until June 13. For more information or to receive a registration form via email, contact PTA Chair Jane Iyengar at 703.449.9719 or jane@ebizlabs.com. Registration forms are also available online at www.oakhillpta.org.



Oakie's BB&T Opens on June 10

Start planning for a bright future...make a deposit to your Oakie's BB&T savings account. Oakie's BB&T will open for the first time at Oak Hill Elementary on Tuesday, June 10, from 7:40 am to 8:10 am.



If you haven't opened an Oakie's BB&T savings account for your child and would like to do so, you can download a bank account application at www.fcps.edu/OakHillES or at www.oakhillpta.org.

Oakie's BB&T is a partnership between Oak Hill Elementary and BB&T. The rising 6th graders will be the employees of our student bank. More than 40 current 5th graders were interviewed for the bank positions. To give all the qualified student applicants the opportunity to experience working for Oakie's BB&T, we will select 10 students to "work the bank" for each school quarter. We'd like to recognize the first batch of rising 6th graders selected as student bank employees from June to October 2008.

Bank Managers: Justin Anderson and Neha Manu
Assistant Bank Manager: Leah Morris
Bank Tellers: Carly Carter, James Chen, Robert Guglielmino, Natalie Johns, Kaitlyn McCullough, Felix Park, Matthew Savage and Saharsh Shrivastava

For more information about Oakie's BB&T, please contact PTA Chair Angie Fontanilla at 703.467.3033 at or acfontani@yahoo.com.

Staff Appreciation Week

A big thank you from the PTA to all the parents and students who helped to make Staff Appreciation Week so successful!

We had a full week of events for all Oak Hill staff, including a luncheon featuring a healthy salad bar, a full staff breakfast, a "de-stress" day with the conference room transformed into a heavenly day spa, well stocked with all sorts of little luxuries, and, of course, the traditional flower day. During the whole week, students brought in letters of appreciation for current and past teachers and other staff members. Students could also enter their favorite teachers in a prize drawing by completing forms indicating "Why My Teacher is Great."



We hope the entire staff enjoyed the week, and we deeply appreciate the donations of pampering items and all the volunteers who gave their time, energy, cooking and decorating skills, and enthusiasm to help make the week special for our wonderful Oak Hill staff!

Are you interested in helping run Staff Appreciation Week next year? The PTA is looking for new co-chairs. This is a great job to do with a friend, and a fun way to get to know the Oak Hill staff. Contact PTA president Erica Carter at ericascarter@gmail.com if you are interested.

Oak Hill ♥s its staff!
Thank you for all you do!

Franklin Middle School Band Camp

Franklin Middle School Band Boosters is sponsoring a summer band and orchestra camp. Camp is open to students in 3rd - 10th grade for band or orchestra students.

Location: Franklin MS

Dates: June 23 - July 18

Orchestra 8:30 a.m. - 12:30 p.m.
Band 9:00 a.m. - 1:00 p.m.

Cost: \$160/student,
includes camp t-shirt

Applications are available from the Franklin website at www.fcps.edu/FranklinMS or by e-mailing the camp director, Lawrence Walker, at Lawrence.walker@fcps.edu.

Free Vaccines at County Clinics

Effective July 1, 2006, all students entering sixth grade must show proof of a booster dose of the Tdap (tetanus, diphtheria, acellular pertussis) vaccine within the past five years.

The Tdap booster vaccine can be obtained from a pediatrician's office or from the Fairfax County Health Department.

Fairfax County Health Department clinics will administer the vaccine at no charge Mondays and Wednesdays from 8 a.m. to 3:30 p.m., Tuesdays from 10 a.m. to 6 p.m., and Fridays from 7:30 a.m. to noon.

The Herndon-Reston Clinic is located at 1850 Cameron Glen Drive, Suite 100, Reston. You can reach the office at 703.481.4242.

A student receiving the vaccine at a Fairfax County health clinic must be accompanied by an adult and should bring his or her current immunization record to the clinic at that time.

Energy Zone

TIPS FOR A HEALTHY SUMMER!

During the "fun" time of summer vacation it is very easy to forget our healthy school year practices. Remember to make the following healthy tips a part of each day.

- Eat Breakfast
- Eat at least five servings of fruits and vegetables
- Make wise snack choices such as crackers, cheese, yogurt and pudding
- Wear sunscreen
- Limit consumption of soft drinks and candy
- Drink at least eight glasses of water
- Exercise at least 60 minutes each day



School Lunch Prices 2008 - 2009

Due to rising food, labor, and fuel costs, Food & Nutrition Services is forced to increase school meal prices. The prices for 2008 - 2009 will be:

Price Level	Breakfast	Lunch
Elementary School	\$1.50	\$2.40
Middle & High School	\$1.50	\$2.50
Reduced-Price	\$0.30	\$0.40
Adult	\$1.95	\$3.40

All students (full-price, reduced, and free) can purchase only one breakfast and one lunch per day at their appropriate price level. Additional meals are available at adult prices or a la carte, whichever is less.

Help Reduce Mosquito Populations



Fairfax County urges residents to "Fight the Bite!" of mosquitoes during summer. Mosquitoes are most active in the early morning and at dusk. To help reduce their populations, **prevent standing water on your property.**

Mosquitoes can make virtually any area with standing water a breeding ground. So check those tire swings, gutters, and even the grooves in ribbed downspout extensions before they become homes to the pesky bugs. Operating fountains are not a concern, but the water in typical birdbaths should be completely changed at least daily during the season.