

The Sangster Source

Wednesday, March 12, 2014

PTA NOTES AND NEWS

Spring has sprung (or it's trying to!), and springtime at Sangster is a busy time! This month, we have Ledo's Pizza Nights on March 24-25. Please plan to stop by the Ledo's in Springfield and enjoy a night out. Sangster receives 20% of the proceeds on these two nights, so tell your family, friends, and sports teams to come too! The more people who know about it, the more money Sangster earns. If you're ordering carry-out, please mention it's for Sangster so we'll get those dollars too. It's a fun way to meet up with friends from Sangster!

Also this month, our Musical Theater Department is putting on Seussical, Jr. from March 25-28. There are two casts performing on alternating nights, so come once or come twice and see some Sangster students showcase their talent!

Thank you to all the students, parents, teachers, and wonderful safety patrols who came out for Valentine's Bingo a few weeks ago. It was a huge turnout, almost filling the entire cafeteria! We appreciate everyone being flexible with the date changes due to the snow days. It was worth the wait, because it was a fun night!

Another round of thanks goes to **Robyn Enderle** and the incredible Hospitality Committee for preparing a Valentine's Day dessert extravaganza for the teachers and staff. That was another

date change, but our volunteers were flexible and waited out the snow! The end result was a lot of chocolate, cookies, and all kinds of dessert specialties. Thank you, volunteers!

Spring also means preparing for the Sangster Fun Fair, which will take place May 9 this year. That's a little

“Spring also means preparing for the Sangster Fun Fair ... Volunteering is a great way to enjoy the event ...”

later than usual, but April looks to be a crazy-busy month at the school. If you're interested in volunteering for the Fun Fair, please contact **Joyce Maryanopolis**

(jmaryanopolis@verizon.net) or **Denise Krug** (denisekrug@aol.com). Volunteering is a great way to enjoy the event and see the kids having a fantastic time!

Enjoy the warm weather that has to be coming soon! Spring break is just a few weeks away!



Sangster Elementary School

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fcps.edu/SangsterES

Dates to Remember

Monday, March 24-Tuesday, March 25
Ledo's Pizza Night-Springfield

Tuesday, March 25-Friday, March 28
Seussical Jr., Cafeteria, 7 p.m.

Wednesday, March 26
Celebrate Calm Workshop, Irving, 7-9 p.m.

Thursday, March 27
Celebrate Calm Workshop, Sydenstricker Methodist Church, 9:30-11:30 a.m.

Thursday, April 3
PTA Meeting, 7 p.m.

Friday, April 4
Honor Military Children by Wearing Purple

Monday, April 7
Full Day of School (Snow Makeup)

Thursday, April 10
Ft. Belvoir Education Liaison Officers Informational Session, Cafeteria 7-8 p.m.

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Scan this QR code with your smartphone to access a YouTube video Mrs. Brewer created to teach you how to use Overdrive from the Fairfax County Public Library .

Overdrive lets you download free ebooks and audiobooks for your mobile device.

If you have any questions, please email Mrs. Brewer at kbbrewer1@fcps.edu.



Again, we've found ourselves buried in snow, and the snow days have piled up. Monday, April 7 will be a full day of school. We are unsure which day of the week we will follow for a schedule; we will let you know when it's been decided.

Our Kiss-and-Ride (K&R) situation has created a lot of angst, frustration, and anger. It has also created very unsafe conditions as parents have u-turned in front of cars on Reservation or stopped across the street from the school and let their children cross where there is no crosswalk for them. I contacted the West Springfield Police substation to ask for someone to come and observe K&R and our crossing guard's procedures to determine improvements. The last week of February, a police officer came out and observed over a two-day period and gave us some very good insight and advice.

Our biggest problem is having traffic turning left into K&R. Large volumes of left-hand turns really slow traffic and keep buses waiting to get into the bus circle. He recommended that, as many other schools do, we stop permitting

left hand turns into K&R.

To facilitate this change, there are two options:

- Cars could make a u-turn down Reservation at Canterling to get into a K&R pull-in from the right side.
- Reroute traffic down Lee Chapel toward Burke Center, turning right on Yardarm, turning left on Retriever, and then turning right on Reservation. This would form a single-file line for K&R that would turn right into the lot.

We are recommending the Lee Chapel route, which eliminates the need for cars to make u-turns on Reservation. After watching the long stream of traffic backing onto the parkway, we believe the Lee Chapel route to Reservation would flow much faster and save five to 10 minutes of waiting time for our parents. Please give it a try, and give us some feedback.

The best advice from the school is for parents to put their students on school buses, particularly on rainy or cold-weather days. The greatest congestion that is created at the arrival and dismissal of our students is because

students who could be taking school bus transportation are being driven to school, adding traffic volume. We understand that there are times when it's necessary for parents to drive their students to school. Please consider this best option and, if you still choose to drive your student daily, please try the new route to school to help alleviate the congestion in front of the school. I will be making this recommendation to the new principal for next school year.

The "Celebrate Calm" workshop that has been postponed due to snow **twice** has been rescheduled once again. It will now be held on:

- Wednesday, March 26 in Barker Hall at Washington Irving Middle School from 7-9 p.m.
- Sydenstricker Methodist Church in the sanctuary on Thursday, March 27, from 9:30-11:30 a.m.

The topic for these events is **Stop Defiance and Disrespect: Eliminate Power Struggles and Sibling Fights**. Kirk Martin, the presenter for the programs, comes with many accolades and great respect from those who have heard him speak. Please put this date on your calendar!



Kids' Corner

Students, can you guess the name of this local park? At this park, you can:

- Play Frisbee golf, putt-putt, and beach volleyball
- Rent a canoe
- Fish
- Walk, jog, or bike on a five-mile trail
- Ride a train
- Buy and eat ice cream

If you know the name of this local park, please tell your physical education teacher!

Congratulations!

Congratulations to the Sangster Science Olympiad team. They recently competed in the Virginia regional tournament for middle schools and won a trophy for the fourth team overall out of 21 teams. The team will go on to compete in the Virginia state championship!



Month of the Military Child

April is the month of the Military Child. This designation was established by former Defense Secretary Caspar W. Weinberger in 1986 to recognize the important role of children in the Armed Forces community. Show your support for Sangster’s military children by wearing the color purple or something representing the Armed Forces to school on Friday, April 4. Purple ribbons will also be given out to the staff. Thank you for your support!

On Thursday, April 10, the Ft. Belvoir Education Liaison Officers will have an informational session in the Sangster cafeteria from 7-8 p.m. They offer many support services for every branch of service. Many don’t even know that these services are available. Please grab a friend and plan to attend!



Library Volunteers Needed!

Mrs. Brewer and Mrs. Cox have two big library volunteer needs that they’d love to get filled. If you can help—great! Here’s where they need help:

1. Starting April 1, the library needs two volunteers for the Tuesday 9:10-11:20 a.m. slot on A week.
2. The library needs a Thursday 1:30-3:40 p.m. volunteer for both A and B weeks.

Please email Mrs. Brewer at kbbrewer1@fcps.edu or SangsterLibrary@gmail.com if you can help. Thanks!



March Is National Nutrition Month!

In partnership with the Academy of Nutrition and Dietetics, the Energy Zone is celebrating March as National Nutrition month. How can you celebrate?

- Go to choosemyplate.gov as a reference for healthy eating habits—lifestyle changes (including daily exercise) are more effective than “quick fixes.”
- There are many diet myths. Ensure the nutrition information you are getting is from a credible source—a registered dietitian or nutritionist or science-based articles.
- Evaluate a food by reading nutrition labels. Basic understanding of a food label can help you make smart food choices.

Eat Whole Grains Every Day

Eat three or more servings of whole grains every day. They are an important source of fiber and reduce the risk of chronic heart disease, diabetes, and obesity.

Many Americans eat only one serving per day, and more than 30% do not eat whole grains at all. Read the label, and if the first ingredient is whole wheat, whole grain, oatmeal, brown rice, bulgur, popcorn, or wild rice, the product is most likely a whole-grain food.

Sangster Musical Theater

presents



Performances

March 25 - 28

7:00 p.m.

Sangster Cafeteria

For tickets go to:

<http://sangsterseussical.brownpapertickets.com>

PTA Officers

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