

# The Sangster Source

A newsletter from the Sangster PTA

Monday, March 02, 2015

## PTA NOTES AND NEWS

I hope you have been staying warm during our recent cold and snowy weather.

Coming up this month, we have Ledo's Pizza Nights on Monday, March 23 and Tuesday, March 24 from 5-9 p.m. Please plan to stop by the Springfield Ledo's on Old Keene Mill 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 carryout, please mention it's for Sangster so we'll also get those dollars. It's a fun way to meet up with friends from Sangster!

At last month's PTA meeting, membership approved the funding to purchase 10 laptops and 10 iPads for use in

classrooms. Funding was also approved to purchase one color printer for each of the four student pods as well as one black-and-white printer to replace the nonfunctioning one in Pod A.

**"... Membership approved the funding to purchase 10 laptops and 10 iPads for use in classrooms. ... The PTA is very happy to be able to help in this regard."**

Membership was very pleased to be able to provide this funding, as these technology items were on the top of the technology needs list compiled from teacher surveys taken this year. The PTA is very happy to be able to help in this

regard. I'd like to take a moment to thank **Amy Morgan** and the incredible Hospitality Committee for preparing a Valentine's Day dessert extravaganza for the teachers and staff. The result was a lot of chocolate, cookies, and other dessert specialties. Thank you, volunteers!



### Sangster Elementary School

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Springfield, VA 22153  
Phone: (703) 644-8200  
Fax: (703) 644-8297  
Attendance: (703) 644-8282  
[fcps.edu/SangsterES](http://fcps.edu/SangsterES)

### Dates to Remember

March 3-19  
Third-Grade Biographies

Thursday, March 5  
PTA Meeting, 7 p.m.

Wednesday, March 11  
Principal's Coffee in Library, 9:30-11:30 a.m.

Monday, March 16  
No School

Monday, March 23-Tuesday, March 24  
Sangster Night at Springfield Ledo's, 5-9 p.m.

Monday, March 30-Monday, April 6  
Spring Break

Thursday, April 9  
PTA Meeting, 7 p.m.

Friday, April 10  
Wear purple to show support for Sangster's military children



## Wear Purple to Support the 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 the 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 10. Purple ribbons will also be given out to the staff. Thank you for your support!



Please remember to send in your children's tennis shoes on PE days!

All [newsletters](#) are available on the [PTA Web site](#), under the Newsletters header.  
[SangsterPTA.org](http://SangsterPTA.org)

Dear Sangster Families,

How many hours of sleep do children need each night? If you answered “seven or eight,” your kids may be among millions of sleep-deprived American youngsters. The ideal amount of sleep for children in elementary school is nine to 10 hours per night. Like adults, they suffer when they don’t get enough sleep. When children are tired, they have trouble concentrating, become irritable or fidgety, have trouble remembering things, and are vulnerable to colds and flu. There are a few tips you can do to help them get the amount of sleep they need.

- **Make time.** Don’t allow their lives to get so full of sports and activities that they cannot get everything done they need to before bedtime.
- **Calm down.** Relaxing before bedtime by reading a book, taking a bath, or doing something soothing helps children get ready for sleep
- **Set a schedule.** It is a good idea to have the same bedtime and wakeup time every day, including weekends, because the human body functions best on a regular schedule.
- **Be firm.** Make sure children understand that complaining about bedtime is not going to change their bedtime.
- **Be aware of caffeine.** Many popular drinks, including sodas, are loaded with caffeine. If they want a drink before bedtime, try milk, fruit juice, or water.
- **Promote bedtime reading.** Reading is a great way to drift into sleep.

It is hard enough for a child to get by with too little sleep, and it is even harder when sleep deprivation becomes a nightly habit.

Hope some of these tips help. The earlier your children go to bed, the more time you and the adults in your family have to relax and enjoy the evening. Maybe you can even catch up on your own sleep! Pleasant dreams.

### **Student Placements for 2015-2016**

While it is still early to be thinking ahead to next year, we want to give you information about class placements for the 2015-2016 school-year ahead of time.

The staff at Sangster works hard to place students in an optimal learning situation each year. If you have some information that would help us make those decisions, please send your comments in writing to Mrs. Reddel by June 20.

Please do not list teacher names; rather, describe the learning environment in which your child learns best.



### **Join Us for Principal’s Coffee**

Principal Reddel will host a principal’s coffee on Wednesday, March 11 from 9:30-10:30 a.m. Please join us, even if you can’t stay the whole time

### **Are You Keeping In Touch With Sangster?**

Are you receiving Sangster’s brief “Keep in Touch” weekly emails? If not, please go to the [FCPS web-site](#) to sign up and/or update your subscription.

## Kindergarten Orientation to Be Held April 22

Virginia law requires that students who will reach their fifth birthday on or before Sept. 30, 2015, must be enrolled in kindergarten for the 2015-16 school year unless the parent or guardian notifies the school in writing that they do not wish the child to attend school until the following year.

Sangster's Kindergarten Orientation will be held on Wednesday, April 22 at 5:30 p.m. This orientation is for parents as well as rising kindergarteners. Parents will be able to pre-register kindergarteners at orientation, although we encourage you to register now. If you have questions, please contact **Norma Reynolds**, our student registrar, at (703) 644-8200. If you know of any future kindergarteners who have not called the school to register, please pass along this information. Getting our students enrolled early helps us with student enrollment and staffing projections. Thank you!

Forms and other information about registration are available [here](#). For more information about kindergarten, go [here](#).



### Check Lost and Found Regularly

Please make sure to regularly check the lost and found to ensure none of your child's items have made their way there. Items will be periodically cleared from the lost and found and donated to local charities.



### Keep Saving Box Tops!

Keep saving those box tops and sending them in with your child. Every box top means money for Sangster! Contact [Allison Jankovich](#) if you have any questions.



- save the date -

### Sangster Carnival

May 15, 2015, 5:30-7:30pm

Carnival games for all ages, cupcake walk, a Silent Auction, food, outdoor DJ tent, & more!  
Loads of fun for all!

### PTA Officers

**President: Michelle Nocerito**  
[President@SangsterPTA.org](mailto:President@SangsterPTA.org)

**Vice President: Kristin Zael**  
[VP@SangsterPTA.org](mailto:VP@SangsterPTA.org)

**Secretary: Lorna Chang**  
[Secretary@SangsterPTA.org](mailto:Secretary@SangsterPTA.org)

**Treasurer: Gina Duffy**  
[Treasurer@SangsterPTA.org](mailto:Treasurer@SangsterPTA.org)