

The Sangster Source

A Newsletter from the Sangster PTA

PTA Notes and News

Welcome back from spring break!

It's April. That means we are busy getting ready for our spring fundraising event **"Carnival"** to be held **Friday, May 15th**. Our fundraising committee has been working hard to put together a fun and exciting event that will include games, food, a raffle for an IPAD Air, and a Silent Auction filled with special personalized prizes donated by our Teachers. To answer the call of our parents, Carnival has been set up to require significantly fewer volunteers so that parents can enjoy the event along with their child. **Please note:** parents will need their checkbooks for the silent auction and cash for the purchase of food items, raffle tickets, and game punch cards on the night of the event.

I'm pleased to report that last month's PTA sponsored Magical Health and Fitness show by Ray Mattioli was a wonderful treat for our students. There was laughter and excitement from the crowd while he performed his tricks and provided nutritional facts and advice for living a healthy life. Thank you to Renee Dondes for putting together this cultural arts event. Renee will be moving on from Sangster next year and we thank her for her efforts in coordinating cultural arts for our students over the last several years. Last month also included two successful Ledo's Pizza Nights. Thank you for coming out. We will report on the results once the figures are in.

At the April 9th PTA meeting, the Nominating Committee will present the slate of officer nominations for the 2015-2016 school year. The membership vote will take place at the May 7th PTA meeting. Thank you to the individuals that have stepped forward to volunteer for these officer positions. Looking forward to next year, we are in need of volunteers to help with PTA committees. Specifically, our Cultural Arts committee is in need of someone to coordinate the booking of cultural arts events for our students. If you're interested in the cultural arts committee or being a volunteer on any other committee, please contact Kristin Zauel: vp@sangsterpta.org or Juliet Johnson: volunteers@sangsterpta.org.

Thank you for your continued support and happy spring.

Sincerely,
Michelle Nocerito



Sangster Elementary School

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Dates to Remember

Thursday, April 9
PTA Meeting

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

Thursday, April 16
Third Grading Period
Ends—2-Hour Early
Dismissal

Friday, April 17
Student Holiday

Wednesday, April 22
Kindergarten Orientation

Friday, May 15
Spring Carnival

From your Principal

Lisa Reddel

Dear Sangster Community,

Every student at Sangster participates in lessons with the school counselor about how to be part of Sangster's caring community, how to avoid bullies, how to recognize the signs of bullying behavior and what you can do if you encounter this behavior.

My generation was safe from the pressures of peer judgment once we arrived home from school. However, in today's world of technology, cyberspace has no boundaries. Cyber, which includes all mobile communication devices as opposed to just the internet, is a growing trend with students, particularly adolescents. Cyberbullying is another form of bullying that takes place in today's world.

According to a series of studies conducted by the *Journal of Adolescent Health*, more than 80 percent of adolescents own at least one form of new media technology, which they use to communicate with one another, present information about themselves, and share new media creations. Electronic bullying peaks in middle school and is inflicted most often through text messaging, e-mails and chat rooms.

If your child has access to media communication tools, it's not too early to have conversations about their safety. Here are some topics to get you started:

- 1) Don't give out any personal information
- 2) Don't talk to anyone you don't know
- 3) Use a secure password and don't give your password to anyone
- 4) Be careful what you post on-line
- 5) Don't put pictures of yourself on-line
- 6) Tell someone if you get cyberbullied AND save the message that made you uncomfortable
- 7) Be honest with your parents
- 8) Don't click on pop-ups
- 9) Only go to sites you know are safe
- 10) Have the computer in an area of the house parents can monitor, not in student's bedrooms

Please feel free to contact me if you have questions. As always, I welcome your comments and feedback. You can reach me at (703) 644-8200 or [LMReddel@fcps.edu](mailto:LMReddell@fcps.edu)

Your partner in education,

Lisa M. Reddel
Principal

Are You Keeping in Touch With Sangster?

If you are not receiving Sangster's brief but informative "Keep in Touch" weekly emails, please go to the FCPS website to sign up or update your subscription.

Other News

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.

The staff at Sangster works hard at putting students in an optimal learning situation each year. If you have 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 that serves your child best.

Keep Hands Clean and Kids Healthy

Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infections and illness in all settings - from your home and work place to childcare facilities and hospitals. Clean hands can stop germs from spreading from one person to another and through an entire community. Washing hands with soap and water is the best way to reduce the number of germs on them.

Wear Purple to Support the Month of the Military Child

April is the Month of the Military Child. This designation was established by former Secretary of Defense 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!

Thank you to ALL the "Jump Rope for Fun" volunteers and student jumpers. What a great afternoon of jump roping with our friends!



All newsletters are available on the PTA web site under the newsletters header.

Fitness

ENERGY ZONE KIDS FITNESS CHALLENGE

Research shows children copy the behavior of adults in their life. If parents are physically active, the children will be active too. Exercise burns calories, which assist in maintaining ideal weight. **Fit adults and children exercise 60 minutes per day.**

KEEP MOVING TO STAY IN SHAPE TIPS

- Plan daily family walks.
- Limit television or computer time to 1 to 2 hours per day.
- Make exercise fun.
- Encourage play outside with other children.
- Assign chores that involve activity such as cleaning or walking the dog.
- Help your children find physical activities they enjoy.

Remember, making a healthy change takes time and don't expect perfection.





Sangster Carnival

May 15, 2015

6:00 - 8:00 pm

New time, new format; all the FUN!

- Bring cash or checkbook for extra punch cards, food, & a **Silent Auction** featuring personalized prizes donated by our Teachers!
- Loads of carnival games for all ages! Most games cost 1-2 punches. Punches used for all activities except food & auction.
- Food available: Paisano's, Chik-Fil-A, and Maui Wowi!
- A raffle for an Ipad Air!
- Photo booth, cupcake walk, carnival activities, & more!
- Requires significantly fewer volunteers but support is still needed ☺. Watch for separate signups for event help & cupcake donations.
- Avoid lines - purchase your punch cards early; pick up at Will Call. Return order form to classroom teachers now. Make checks out to Sangster PTA.



I want to purchase _____ punch cards at \$10.00 each. Each card holds 20 punches. I have attached either check (made out to Sangster PTA) or cash in the amount of \$_____. Cards will be available at Will Call under my child's last name.

I want to help! Contact me at this email address: _____

Student Name: _____ Grade/Teacher: _____