



Roadrunner Review

Upcoming Events

2/2 7:30pm ArtSmart docent meeting
2/7 7pm Principal's Coffee
2/7 Read-A-Thon begins
2/8 9:30am PTA meeting
2/17 6:30pm International Night
2/20 No school

For more information on these events and a complete listing, please check out the Marshall Road PTA website at:

www.marshallroadpta.org/calendar/

Principal's Corner Jennifer Heiges

If you have been at Marshall Road on either a Wednesday or a Thursday afternoon this year you might have been surprised to see many students who are simply too old to attend our school. Those students are Madison High School mentors! Last year we began what we hope will be a long partnership with our neighborhood high school. Marshall Road teachers have identified students in grades K-2 who could benefit from a peer mentor. Students who need to improve their attendance, academic performance, social emotional skill building, level of confidence and happiness, or just in need of a big sister or brother. The forty-seven mentors work with their mentees in the classrooms, in specials, and spend individual time providing both academic intervention and enrichment. Last year when we began the program, most of the mentors worked primarily on social skills with their mentees as they were learning to develop relationships with younger students. This year, the classroom teachers have been providing meaningful academic and social activities for the students. Their time together is purposeful and

positive! Ninety-five percent of the HS students who participated last year, who did not graduate, returned for this second year, which shows how much they enjoyed the experience as well as how meaningful it was for their own personal growth. The Madison HS mentors have been provided leadership training, they are increasing their community involvement and some have become very interested in becoming teachers from this experience. It is a win-win for both the Marshall Road ES students and their Madison HS mentors. The positive energy that our high school students bring to our school is contagious. Many of the mentors are Marshall Road graduates and have come to share their experiences with me. They tell me it is one of the most significant experiences they have had in the community, they love being able to give back to their elementary school and they are all focused on the social emotional and academic growth of their mentee. Our mentor program supports our continued efforts to focus on individual students and their needs. We are very proud to sponsor this meaningful partnership and we hope to continue to sustain these efforts long into the future.

Stay warm.

PTA Officers 2011-2012

President - Beth Eachus president@marshallroadpta.org

Vice President - Becky Kong vp@marshallroadpta.org

Vice President - Amanda Waltrip vicepresident@marshallroadpta.org

Treasurer - Randy Weinhardt treasurer@marshallroadpta.org

Secretary - Alexandra Bates secretary@marshallroadpta.org

Note from the PTA President

Beth Eachus

B is for Birthday

How do you celebrate a birthday? With a party. With cake. By inviting your closest friends, your neighbors, your community to celebrate with you. By doing something “Big”. By doing something memorable.

And as you know, this is Marshall Road’s 50th Anniversary. And we have chosen to celebrate our “Birthday” in many wonderful ways.

Our Fifty for Fifty effort is well underway with 30 projects identified, active or complete. We still have to find 20 community service projects but, almost every day, we receive another email from someone with a new idea about an organization they know that needs support. Every child in the school will have an opportunity to participate in a 50 for 50 project.

We also have plans to work with the other elementary schools in Vienna to take on some bigger projects. We are kicking off this Vienna-wide effort with a Nike ReUSE-A-SHOE group recycling. We need 500 pairs so start saving your old tennis shoes - and they will be turned into playgrounds, tennis courts, basketball courts. Giving back to our community in fifty different ways is memorable – and will have a lasting impact not only on our community but also on the students and families that made it happen.

And the party? We have some fabulous celebrations planned. Shelly Koshuta, Robyn Oskuie and Coleen Chapman are planning a **50th Anniversary Gala on Friday, March 23rd 7:30pm-10:00pm at Westwood Country Club** for the alumni, the parents, teachers and administration. And every member of the Marshall Road community is invited to a family fun **Birthday Bash on Friday, April 20th** chaired by Becky Kong.

Leading up to the gala, our auction chairs Ingrid Rapavy and Susan Vouvalis have been hard at work on creating our first ever online auction to raise money for Marshall Road. Our Marshall Road community was overwhelmingly generous when it came to raising money to build a track and we are working on making that happen. But we still need your support for programs such as Art Smart and the 50th Anniversary Mosaic Mural that your students are creating as part of our Artist in Residence program. Teacher Appreciation Week, our girls and boys running programs and field trips for every grade all need our financial support so please check out the online auction from March 10th-20th and find hundreds of items to bid on – from Principal for the Day to trips to Costa Rica and everything in between.

As my younger daughter said to me, birthdays also include getting presents. But for Marshall Road’s 50th Birthday, we plan to give them.



Please see our 50 for 50 webpage
<http://marshallroadpta.org/programs/50-for-50/>
for an up to date list of ongoing, upcoming and completed service projects.

Read-A-Thon

Marshall Road Elementary will be holding a Read-A-Thon beginning Tuesday February 7th.

Roadrunners can read and raise money for our school by getting pledges, or just by keeping track of the minutes they read. Every completed reading log will earn a \$5 gift certificate for the Spring Book Fair. More information coming in Tuesday Folders!

Dr. Seuss and Reading4Fun Night

Marshall Road Elementary will be holding Dr. Seuss and Reading4Fun Night on March 1st. Come hear our teachers read aloud your favorite Dr. Seuss and other stories!

SAVE THE DATE! 50th Anniversary Benefit and Silent Auction

On Friday, March 23rd, Marshall Road Elementary will hold its first ever Benefit and Silent Auction at the Westwood Country Club from 7:30-10pm. Tickets will be on sale in January for \$50 a person and will include heavy hors d'oeuvres and beverages. Please consider adding a dollar or two to your ticket to help subsidize a teacher or faculty member's ticket. Come dress up and enjoy a night out in the company of other Marshall Road adults, alumni and faculty. More information on our website coming soon!

Ms. Luck's Little Wellness Wisdom

February is Children's Dental Health Month. The two major oral health diseases are tooth decay and gum disease. Both diseases are influenced by nutrition and diet. Nutrition plays an important role in the development of teeth and oral tissue. Tooth decay results from the interaction between the tooth, oral bacteria, and dietary carbohydrates (sugar and starch). Plaque is a sticky film of bacteria that forms on our teeth and turns the sugars and starches in our food into acids. These acids act on the tooth enamel and cause tooth decay. If high-acid producing or sugary foods (raisins, cookies, cakes, potato chips) are consumed, they should be eaten with meals, not as snacks. Cheeses, popcorn, raw fruits and vegetables are low-acid producing food and make healthy snacks.

To prevent dental disease, remember to:

1. Brush teeth after every meal with fluoridated toothpaste.
2. Floss teeth daily.
3. Visit the dentist and dental hygienist regularly.
4. Eat a nutritionally balanced diet.

Avoid foods that stay in the mouth a long time and stick to teeth (raisins, hard candies, and caramels).

Roadrunner Review

The Roadrunner Review is the monthly PTA newsletter. It is printed and distributed in Tuesday folders the first month of each semester and is published online only the rest of the year. You can find our online **English,**

Korean and Spanish editions of the Roadrunner Review at <http://marshallroadpta.org/about-us/roadrunner-review/>

We want to know what you are interested in! Please send ideas or comments to Lisa Dauernheim at newsletter@marshallroadpta.org

Join the PTA

The Marshall Road Elementary School (MRES) Parent Teacher Association (PTA) is made up of parents just like you, working with the school to enrich our children's public school experience. You can join the PTA online at www.marshallroadpta.org/join/

Our PTA meets monthly to discuss programs, provide special events for our teachers, raise funds and support our school. Please join us in the cafeteria on **Wednesday, February 8th at 9:30am** for our next meeting.

Sign up for eNews

eNews is a weekly email from the PTA letting you know what is coming up that week. eNews is sent out on Sunday night to inform you of activities in the coming week and important dates beyond. To sign up, go to www.marshallroadpta.org/join/

Register your grocery and Target cards!

Register your Giant Bonus card, Harris Teeter VIC card, Safeway Club card and Target REDcard and earn money for Marshall Road Elementary. See <http://marshallroadpta.org/programs/grocery-rewards/> for details.

Teacher Feature:



Katie Friedman
General Music/Chorus Teacher

This is Katie Friedman's 6th year at Marshall Road and she has loved every minute! Katie is from the great state of Delaware and was a proud "Fightin' Blue Hen" at the University of Delaware. After receiving her degree in music education, Katie began her teaching career in Baltimore County and taught for 3 years before moving to the DC metro area. Marshall Road immediately felt like home. After teaching for a few years she decided to go back to school for her Masters Degree in leadership and educational administration at George Washington University. Since obtaining her degree she has continued to pursue exciting opportunities at MRE, including most recently being the interim assistant principal. When she is not singing or playing her guitar, Katie can be found at home playing with her 16 month old son Jack and cooking healthy meals for her husband Dan. Feel free to stop by the 'big' music room anytime to say hi!

Real Food for Kids

Heather Metz of Real Food for Kids joined us at our January PTA meeting to encourage the PTA to pass a resolution in support of Real Food for Kids goals. Real Food For Kids aims to encourage Fairfax County Public Schools Nutrition Services (FCPS FNS) to implement changes to make our school lunch programs more nutritional and healthy. Currently a hamburger in the cafeteria has more ingredients than a hamburger at McDonalds! If you are interested in find out more about the goals of Real Food For Kids, please check out their website at:

www.realfoodforkids.org

International Night

On Friday, February 17th from 6:30pm -8:30pm, Marshall Road will host our 22nd Annual International Night. At this event, we celebrate the unique diversity that makes up Marshall Road Elementary School. Our families come from all over the world – from China to the Netherlands, from India to America.

There are two exciting ways for families to experience all the cultures our International Night has to offer. First, many families host a table showcasing their country. They may highlight the culture in many ways. Many countries provide food samples, some will display pictures, slideshows, jewelry, clothing, and artifacts and still others will share their experiences. Each display will be unique. The second way that you can be involved is to participate in the parade of nations or the talent show. Many of our wonderful children will model clothing of their homelands or perform a special talent such as a song, dance or skit to represent their country.

Again this year we have added an opportunity for all Marshall Road students to participate in International Night. Students will bring home a large paper doll to decorate with anything representative of the country of their choice. We simply ask that they be returned by Friday, February 3rd, so they may be displayed throughout the school prior to our event. Extra paper dolls will be available in the front office.

In order to make this evening a success, we need to remind everyone that this is a family event and no children are to be dropped off without parental supervision. We expect large crowds to attend this event, so your assistance in maintaining order in the hallways will be greatly appreciated. If you have any questions about this event, please contact Sandra Zolotor or Ishita Yameen at internationalnight@marshallroadpta.org.

We look forward to seeing you February 17th!!

“Constant Vigilance Against Head Lice”

Many of you have already received a letter home from the school regarding head lice. There is a seasonal incidence of head lice infestation with the peak occurring in fall and early winter.

Do you remember Mad Eye Moody’s signature line in the Harry Potter series? “**Constant Vigilance!**” That applies to head lice as well. While your child is in elementary school, it is a good idea to check their head for lice and nits weekly. That will prevent you from discovering a huge infestation with generations living on their head. (Trust me, I’ve seen it.) If you do find anything, treat and follow the instructions in the Fairfax county Head Lice treatment brochure/sheet which is in the wooden file in the front office.

After treatment, I recommend daily head checks until you find no lice or nits, then check every other day until you find no lice or nits, then check every third day until you find no lice or nits... you see the pattern. I wouldn’t let more than a week or two go by without a check, just to be sure that everything is as hoped for.

Thank You,
Monica Lidral
School Public Health Nurse

REUSE -A-Shoe!

Help the environment and join other Vienna schools in our Nike Reuse-A-Shoe project that takes old running shoes (any brand) and recycles them. Marshall Road will be collecting them from March 1st until May 15th! We will have bins in the school lobby. For more info the types of shoes that can be accepted, please visit:

<http://www.nikereuseashoe.com/get-involved#list>

Questions? Contact president@marshallroadpta.org.

Bike Rodeo

Vienna Elementary school will be hosting a Bike Rodeo on the blacktop on Monday, April 16th from 1-3pm. Come learn bike safety with students from all over Vienna and use that knowledge for Bike to School Day!

International Bike to School Day and the Bike/Walk Challenge

Fairfax County Public Schools (FCPS) has recently revised its bike policy to allow individual parents to decide if their child can bike to school. This means that students at Marshall Road Elementary will have another way to get to school if they choose. Although Marshall Road Elementary currently does not have bike racks in place for students to securely store their bikes, the school has requested bike racks to be installed. We are currently working with the community to be a part of the first International Bike to School Day on May 9th. Several schools in the area, including Vienna Elementary and Cunningham Park Elementary will be participating in the Bike/Walk to school Challenge for the week of May 14-18th. Stay Tuned for more information!