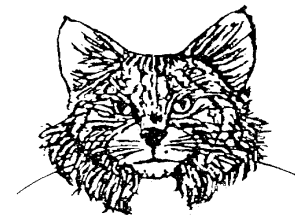


Wildcat News

Windsor Woods Elementary School Newsletter

Principal—C. Drummond Ball

Assistant Principal—Linda Carpenter



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CITIZENS OF THE MONTH

Our Citizen of the Month breakfast for October was held on October 30 in the cafeteria. The students were chosen for displaying

DILIGENCE.

Our diligent citizens for October were: Kobe Blackwell, Caleb Gehrke, Jamie Plumeri, Phoenix Cunha, Sydney Joseph, James Oldaker-Holt, Zion Douglas, Detral Dozier, Joelee Day, Alexandria Hakim, Justin Ganz, Meghan Guglielmo, Paola Gonzalez-Maldonado, Corban Thompson, Amir Wainwright, Gabrielle Navarrette, Tony Adame-Perez, Evan Howard, Mykelle Thompson, Nailah Pringle, and Michelle Wu.

Congratulations diligent Wildcats. Display those yard signs with Windsor Woods' pride!

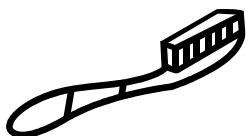


PROPER HAND WASHING

You may know that washing your hands is essential, especially during cold and flu season. Do you know how to wash them effectively? The CDC recommends washing both the front and back of your hands for 15 to 20 seconds with regular soap and water. A good rule to follow is to recite the entire alphabet in your head from start to finish while washing up. This is enough time to get rid of any harmful germs that may be lingering on your hands.

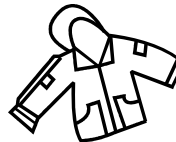
CLEAN TOOTHBRUSHES

The American Dental Association recommends replacing your toothbrush every three months. Antibacterial soaps do little to kill the bacteria found on toothbrushes. To clean it, try running it through your dishwasher about once a week, since the high heat will help sterilize the brush. Finally, don't share your toothbrush with anyone, and store each brush separately in an upright position to allow the bristles to dry after each use.



COATS FOR KIDS

We will be collecting for Coats for Kids this year. The program started October 26th and will run through the first week in December. The collection bin will be out in the foyer. Coats will be delivered to Albano Cleaners to be cleaned before distribution. Clean out your closets and donate to a good cause!



FLU REMINDERS

How Flu Spreads

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

Cold and Flu season is upon us. To control the spread of contagious illnesses, please use the following guidelines when deciding whether your child should be sent to school or remain home. Please continue to observe your child for illness and fever. The symptoms of the flu include:

- Fever (usually high)
 - Headache
 - Muscle aches
 - Chills
 - Extreme tiredness
 - Cough
 - Runny nose may also occur but is more common in children than adults
- Stomach symptoms, such as nausea, vomiting, and diarrhea, may also occur but are more common in children than adults

Your child should stay home from school for:

- *Vomiting or diarrhea within the last 24 hours
- *Fever over 100 F within 24 hours
- *severe cold symptoms which leave your child tired and unable to participate in their normal activities

November Edition

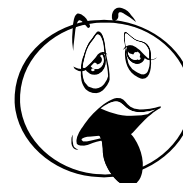
MARK YOUR CALENDAR

11/3	STAFF DAY-NO STUDENTS	
	Elections	
	Parent -Teacher Conferences	
11/4	PTA Board Meeting	6:30
11/9 -11/13	School Psychology Awareness Week	
11/10	WBS Monthly Team Meeting	2:30
11/12	AR lunch	
11/13	Parents of Gifted Student Brown Bag Lunch	12:00
11/16-11/20	American Education Week	
11/16	Cafeteria Appreciation Day	
11/20	PTA Bingo Night	7:00
11/23	Report Cards go home	
11/24	Honor Assembly Gr. 1 & 2	8:30
	Honor Assembly Gr. 3-5	1:45
11/25	ADJUSTED DISMISSAL	
11/26	Thanksgiving	
11/27	Thanksgiving Holiday - No School	



*For contagious conditions and infections treated with antibiotic - must be on antibiotic or treatment for at least 24 hours before returning to school

Following a fever-related absence, your child's temperature should be normal for 24 hours before returning to school.

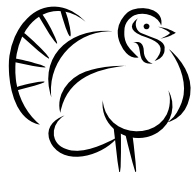


THE READING CORNER

Reading seasonal and holiday poetry is a fun way to reinforce reading skills at home with you children. The same questions we ask children after they read a story will work well with poetry. Be sure to ask the who, what, when, where, why and how questions. Poetry is always fun to read aloud together. Rhyming poetry form are also a good way to work on phonics. Enjoy the season with a poem. Here is one of my favorites to try.

Thanksgiving Magic
by Rowena Bastin Bennett

Thanksgiving Day I like to see
Our cook perform her witchery.
She turns a pumpkin into pie
As easily as you or I
Can wave a hand or wink an eye.
She takes leftover bread and muffin
And changes them to turkey stuff'.
She changes cranberries to sauce
And meats to stews and stews to broths;
And when she mixes gingerbread
It turns into a man instead
With frosting collar 'round his throat
And raisin buttons down his coat.
Oh, some like magic made by wands,
And some read magic out of books,
And some like fairy spells and charms
But I like magic made by cooks!



FUN GAME!

Children love activities that challenge them to figure out what's different in a picture. Here's a way to play the "What's Wrong Here?" game while you cook.

When you have a free minute, your child leaves the room or covers his or her eyes, and you put something in the wrong place. When your child returns or opens his or her eyes, you ask, "What's different in the kitchen?"

Then your child hunts around the room looking for the change. Keep it simple for a young child, like putting a banana in the silverware drawer. For an older child, try something a little more difficult, like putting a box of rice among the boxes of cereal, or placing a can or two of cat food among the cans of soup.

If your child is having trouble finding the location of the moved object, you can direct him or her by saying: "What's wrong with the cabinet?" Also, you can set the timer and see if your child can figure out the puzzle before the buzzer goes off!

ENERGY ASSISTANCE

The federal Low Income Home Energy Assistance Program (LIHEAP) helps natural gas customers with their heating expenses. Eligibility is based on household size and income.

Virginia Natural Gas encourages eligible customers to take advantage of this program which helps reduce home energy bills through direct fuel assistance. The application period is from October 13—November 13. For more information, contact the Virginia Beach Department of Social Services at (757)437-3200.



WEATHERIZATION PROGRAM

Weatherproofing your home can save you money on your energy bills. Virginia Natural Gas has partnered with non-profit agencies to provide free energy efficiency improvements for eligible customers. An energy specialist will assess your home and identify and perform free home improvements that will reduce your energy use and your monthly bill.

- Improvements are **FREE** to eligible customers.
- Services range from wrapping water heaters, adding insulation to inspecting, and potentially replacing, heating equipment.
- Qualifying customers may also be eligible for a **FREE programmable thermostat** to further take control of your energy usage.

For further information, contact Southeastern Tidewater Opportunity Project at (757)858-1397.

WAYS TO IMPROVE READING

Nothing is more important to academic achievement than being a good reader. Parents can lead to success in reading by providing one-on-one time and attention.



1. Set aside a regular time to read to your child every day
2. Surround your child with a large array of reading materials and place them in cars, bathrooms, family rooms, and even by the TV.
3. Establish 15 to 30 minutes every day as family reading time.
4. Encourage your child to read menus, roadside signs, weather reports, movie time listings, etc.
5. Take your child to the library every few weeks to get new reading materials.
6. Give your child praise for their efforts to become good readers.

NATIONAL SCHOOL LUNCH WEEK

National School Lunch Facts

The National School Lunch Program is a federally assisted meal program operating in over 101,000 public and non-profit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to more than 30.5 million children each school day in 2007.



The National School Lunch Act in 1946 created the modern school lunch program. By 1970, 22 million children were participating, and by 1980 the figure was nearly 27 million. In 1990, over 24 million children ate school lunch every day. In Fiscal Year 2007, more than 30.5 million children each day got their lunch through the National School Lunch Program. Since the modern program began, more than 214 billion lunches have been served.

National School Lunch Week was started in 1962 by President John F. Kennedy—16 years after President Harry Truman signed the National School Lunch Act into law. "The well nourished school child is a better student." Truman said. "He is healthier and more alert. He is developing good food habits that will benefit him for the rest of his life. In short, he is a better asset for his country in every way."

This year our schools celebrated student's love of sports not only as participants but also as observers during National School Lunch Week (NSLW) which was held October 12-16. The Milk Processor Education Program is a proud supporter of NSLW 2009. The event this year was partnered with the National Basketball Association and featured Cater, Howard, Nash, Paul, and Taurasi as honorary "Head Coaches". The goal of this week was to promote the link between nutrition and achievement in sports. Nutrients are important in helping the athlete to achieve a high-level of performance. Students were taught how eating healthy meals instead of "empty" calories helps them accomplish their goals in sports and in school.

Virginia Beach City Public Schools Food Services served **6,430,559** school lunches to students last school year.

Food Service Mission
To provide students quality, nutritious meals at affordable prices