

## **Pinecrest Headlines**

### **Communication from the Head of School – Issue 9, 2018-19**

**Wednesday, January 16, 2019**

#### **News and Notes**

General Reminder: Please use the white doorbell if you need to be let into the lower school building; this is the best way for us to know you are there (vs. knocking on the door).

General Reminder: We ask that you think of the other students and teachers before sending a sick child to school. We understand that the school year is hectic, but it introduces a needed time for diligence when it comes to child hygiene and health. If your child is not feeling well, chances are he or she would be more comfortable staying at home than coming to school sick. Not only do you run the risk of having your child get sicker, but also the risk of infecting other students or the teachers in the class. Similarly, your child would remain healthier (and happier at school) if he/she gets enough rest each night. Thank you for your cooperation.

Re-enrollment information for 2019-20 is going home today in Wednesday Envelopes; we are sending it home a week earlier than originally planned. The Board has set next school year's tuition at \$6,700 for preschool and \$15,850 for K-6. More details are included in the packet in your Wednesday Envelopes today (one packet per family). The registration contract, re-enrollment fee and first installment are due by or on Thursday, February 28. The registration contract is online at: <https://fs9.formsite.com/pinecrest/registrationcontract1920/index.html>

As a reminder and courtesy to our families, there is no current school year tuition installment due in February 2019. Final installments for 2018-19 are due in March, April, May and June 2019. The intention is to ease any burden associated with the timing of making the first tuition installment when re-enrolling for the next school year.

This Friday, January 19, is another K-Kids Charity Hat Day. All money raised will be donated to St. Jude's Children's Research Hospital. There is a green flyer in today's Wednesday Envelopes.

Our after-school activities will begin later this month. Parents of children signed up will receive confirmation emails this week with the dates and class rosters. This winter, we are running:

- Mondays – Preschool Science Seed – starts Jan. 28
- Mondays – K-6 Fitness, Training, Nutrition & Sports Academy with Coach Torres – starts Jan. 28
- Tuesdays – Preschool Yoga with Mrs. Quick – starts Jan. 22
- Tuesdays – K-6 Doctor! Doctor! offered by [Little Medical School](#) – starts Jan. 22
- Wednesdays – K-6 Painting Like the Masters with Ms. Sambro – starts Jan. 23
- Thursdays – Preschool Little Veterinarian School offered by [Little Medical School](#) – starts Jan. 24
- Thursdays – K-6 Marvelous Minis with Ms. Mitlo – starts Jan. 24

A spring after-school session of activities will begin the week of March 18 and end the week of May 13. More details will be shared in February. I can tell you now that 1<sup>st</sup>-6<sup>th</sup> Grade Run Club will be on Tuesdays in the spring, and the 5K we will all run is on May 19 in Centreville – save the dates!

2<sup>nd</sup>-6<sup>th</sup> Grade Families: Your child may have talked to you about our exciting new Pinecrest Choir for 2<sup>nd</sup>-6<sup>th</sup> graders! Mrs. Edwards made a brief announcement about this before the winter break. All of the details are here:

**2nd-6th Grade Pinecrest Choir – \$190/child – Friday Mornings February 1–May 31 – 8:15-8:45AM**

Join Mrs. Edwards as we try out our first-ever choir, culminating in a performance at the Kings Dominion Festival of Music on Saturday, June 1. Pinecrest Choir is designed to teach the joy of singing while developing skills of good vocal technique, part singing, musical interpretation and stage presence. Singing in a choir builds confidence, engages

teamwork and brings a wonderful sense of accomplishment. The choir is open to current 2nd-6th graders and will meet at Pinecrest on Friday mornings February 1, February 8, February 15, February 22, March 1, March 8, March 15, March 22, April 12, April 26, May 10, May 17, May 24 and May 31 (14 weeks // no choir on April 5 or May 3) from 8:15-8:45AM. It is the expectation that all choir participants will sing at the musical festival at Kings Dominion on Saturday, June 1 (warm-up time 11:30AM / performance time 11:45AM). The cost for this activity includes entry into Kings Dominion on June 1 for the music festival (each child's entry ticket for the festival allows him or her to spend the entire rest of the day in the park enjoying rides after singing). Parents and siblings wishing to attend the festival can purchase discounted park tickets to gain entry to the festival and also be able to enjoy the park after the performance. Transportation to the music festival will be in teacher and/or parent vehicles. Additional performance opportunities for the 2018-19 Pinecrest Choir will include, at minimum, a trip to a local retirement home (separate from any K-Kids trips), the K-6 Spring Concert and the Preschool Year-End Ceremony. Join us for this special, inaugural opportunity!!

**Register online at <https://fs9.formsite.com/pinecrest/form29/index.html> - scroll**

**down to the blue heading titled Winter & Spring 2nd-6th Grade Before-school**

**Activity: Pinecrest Choir - Friday Mornings // Choir Registration Deadline: Thurs 1/24/19, 12PM (noon) // a late fee of \$20/student/activity will begin after this date.**

### **IMPORTANT REGARDING OUR TEXT ALERTS – IF YOU HAVE VERIZON CELL PHONE SERVICE:**

We currently use a free and reliable service called Remind for our text alerts, but Verizon customers will cease to receive individual text messages from Remind after January 28. This is very unfortunate as Remind is a great service but, for some reason, Verizon views their text messages as spam. If you have Verizon, Remind has advised the following: To minimize service disruptions on the 28th, you can download the smartphone app (if you haven't already) or enable email notifications. You will not be charged to use Remind through the app or your email! Download the free Remind app on the iOS App Store, on Google Play, or at [rmd.me/a](http://rmd.me/a). Make sure to [enable push notifications from Remind on your phone](#). Alternatively, you can enable email notifications: [How to change my message notifications](#). If you want your email address added to the text alert (meaning you would get it as an email rather than a text – or in addition to a text – please let me know and I can do that for you. In the meantime, Remind is asking for your help to keep Remind accessible for teachers, students and parents. If you're disappointed with this situation, please reach out to Verizon to ask them to reverse the fee: [www.remind.com/verizon-fee](http://www.remind.com/verizon-fee) or you can write in: Verizon, Attention: Correspondence Team, PO Box 408, Newark, NJ 07101. You can also tweet them at @Verizon. I tweeted and wrote to Verizon; if you'd like to see what I wrote, let me know and I can share it and then you can copy and paste.

There is no school on Friday, January 25, and Monday, February 4. This is faculty professional development time. Care is offered with advance sign-up required.

January 25 – <https://pinecrestschool.ivolunteer.com/jan25care> - note different tabs for K-6 & preschool

February 4 – <https://pinecrestschool.ivolunteer.com/feb4care> - note different tabs for K-6 & preschool

Mrs. Giacomani/KidSpanish is offering another session of Spanish this winter. The classes will be held on Saturday mornings at 9 a.m. at Pinecrest beginning this Saturday, January 19 through March 9. I don't think it is too late to register online at [www.kidspanish.org](http://www.kidspanish.org). Please contact Mrs. Giacomani directly with any questions – [larissa@kidspanish.org](mailto:larissa@kidspanish.org). While the class is being held at Pinecrest, it is open to any child in any school so you can feel free to share the information with local friends or neighbors. A gold flyer about this was in a Wednesday Envelope in late 2018.

Thanks to everyone who shared on Facebook or through other ways about our recent open houses. Our next open house for prospective families is Sunday, February 10, and we will send more information out about it in advance of that time. The February one is for prospective school and camp families.

Check out the most recent blogs on our website:

[Gratitude 12/20](#)

[Grade 5/6 Social Studies 12/14 - Students Sift Through the Sands of History to Bring an Ancient African Empire Alive](#)

We are trying to use the blog more often and as an organic way to improve our search engine optimization. If you'd like to be a guest writer and/or have an idea for a good topic, please let me know.

**Please DO NOT CLICK on any Pinecrest ads you may see on other websites, on Facebook or Instagram, in any apps or anywhere else.** The way this particular digital marketing works is that we pay per click. We are eager to pay for clicks of prospective parents but not for those who are already sold on our school or camp. ☺ **Thank you for NOT clicking on the ads!**

Our Annual Fund Campaign is in progress and will go through August 31, 2019. **Our goal is to achieve 100% current parent and staff participation**, although we have many alumni families and grandparents who give generously each year as well. All independent schools and non-profits run annual fund campaigns each year. The importance of Pinecrest Annual Fund cannot be overstated; it helps us close the gap between tuition and the actual operating costs of the school. Thank you to the members of the Board of Directors for their 100% participation and generous gifts and to the others in our community who have already contributed.

Our Amazon Wish List allows us to let everyone know exactly what we need so gifts can be targeted to really make a difference to our students and teachers and provides an opportunity for parents and grandparents who want to generously contribute to our school. You can view the wish list [here](#). We have recently received some terrific purchases from our wish list, and we are grateful! \*\*\*Helpful hint: Sometimes Amazon does not tell us who ordered the item and we do not know who to thank; something you can do to mitigate this is put your name in the address with Pinecrest School and our mailing address – then we know who it is from.\*\*\* ☺

Our next PPF is this Friday, January 18. The link to sign up for pizza is [here](#) and you must sign up prior to 2 p.m. the day before.

We are looking for one or two parents to help us for the January 18, February 15 and March 1 PPFs – please sign up here if you are available and interested: <https://pinecrestschool.ivolunteer.com/ppfhelp>.

We are looking for more PPF dessert sponsors from March 1 – May 31. PPF dessert sponsorships are not tax-deductible donations because in return for the dessert, the school allow the sponsor's child(ren) to eat free pizza on the day the parent provides the dessert. The dessert item should be nut-free, and the dessert sponsor is provided with the quantity needed the day before the PPF just after 2PM when the sign-up link closes. The sign-up link is here: <https://fs9.formsite.com/pinecrest/eventsponsor/index.html>. Thank you to the families that have already signed up as dessert sponsors – we appreciate your involvement! This generosity allows us to maximize profits from this fundraiser and we are so appreciative.

If you need a Pinecrest car magnet, they are in the office at the front desk. We can easily send them home – just let us know if you need one (whether it be a new one for the first time or a replacement because of fading)! ☺

If you read this newsletter and respond by email by Friday morning at 10 a.m., you will be entered in a drawing to win a “retro” Pinecrest shirt for your child (or maybe you!). Limited sizes and colors available.

Follow us on [Facebook!](#) [Instagram!](#) [Twitter!](#)

## Photos

Facebook:

Scenes from our Classrooms – Weeks of [12/17](#) and [12/10 and 12/3](#)

[One of our families' Wall of Blessings with Pinecrest listed :\) 1/6](#)  
[Pinecrest Shirts Everywhere - a 1st grader in MI over winter break](#)  
[Merry Christmas 12/25](#)  
[Winter Concert 12/21](#)  
[Video - 1 preschool song & 1 4th-6th grade song Winter Concert 12/21](#)  
[Winter Concert Rehearsal 12/20](#)

## Upcoming Dates

More details will follow soon about upcoming events/activities if not included here.

Wednesday, January 16	2019-20 Re-enrollment Materials Distributed in Wednesday Envelopes
Wednesday, January 16	K-Kids Service Trip – Aarondale after school
Thursday, January 17	Grade 1-6 Field Trip – Air Force One Experience at National Harbor – afternoon
Friday, January 18	K-Kids Charity Hat Day - \$1 per hat suggested donation
Friday, January 18	Pinecrest Pizza Friday Sign up to help at <a href="http://pinecrestschool.ivolunteer.com/ppfhelp!">http://pinecrestschool.ivolunteer.com/ppfhelp!</a> (each date is its own tab) / Buy pizza for your child(ren) at <a href="https://fs9.formsite.com/pinecrest/schoolppf/index.html!">https://fs9.formsite.com/pinecrest/schoolppf/index.html!</a>
Friday, January 18	K-6 Quarter 2 Ends (44 days)
Monday, January 21	Martin Luther King, Jr.'s Birthday Holiday / No School / No Care
Tuesday, January 22	K-6 Quarter 3 Begins
Wednesday, January 23	K-6 Quarter 2 Report Cards Distributed in Wednesday Envelopes
Wednesday, January 23	Preschool Narratives Distributed in Wednesday Envelopes
Friday, January 25	Faculty Professional Development Time / No School / Care Offered January 25 Care – <a href="https://pinecrestschool.ivolunteer.com/jan25care">https://pinecrestschool.ivolunteer.com/jan25care</a> - note different tabs for K-6 & preschool
Monday, January 28	2019 Camp Materials Distributed by Email and on Website
Thursday, January 31	Preschool In-house Field Trip – Kaydee Puppets
Friday, February 1	Pinecrest Pizza Friday Sign up to help at <a href="http://pinecrestschool.ivolunteer.com/ppfhelp!">http://pinecrestschool.ivolunteer.com/ppfhelp!</a> (each date is its own tab) / Buy pizza for your child(ren) at <a href="https://fs9.formsite.com/pinecrest/schoolppf/index.html!">https://fs9.formsite.com/pinecrest/schoolppf/index.html!</a>
Monday, February 4	Faculty Professional Development Time / No School / Care Offered February 4 Care – <a href="https://pinecrestschool.ivolunteer.com/feb4care">https://pinecrestschool.ivolunteer.com/feb4care</a> - note different tabs for K-6 & preschool
Wednesday, February 6	Preschool Field Trip – Theatreworks show at George Mason University
Thursday, February 7	2019 Camp Registration Begins for Current School Families (with a special password – this special password will be provided a day or so before February 7)
Sunday, February 10	Open House for Prospective School Families – 1-4 p.m.
Sunday, February 10	Open House for Prospective Camp Families – 1-4 p.m. – please share with friends; anyone who comes to this open house will be given the past camp families password to register before general public registration opens!
Monday, February 11	2019 Camp Registration Begins for Past Camp Families (with a special password)
Monday, February 11	K-Kids Service Activity after school (Valentines for Aarondale) – 4-5 p.m. <a href="https://pinecrestschool.ivolunteer.com/event_005">https://pinecrestschool.ivolunteer.com/event_005</a>
Tuesday, February 12	Happy Birthday, Ms. Fitchett (K-6 After-care)! ☺
Friday, February 15	100 <sup>th</sup> Day of School (date will change if inclement weather days)
Friday, February 15	Pinecrest Pizza Friday Sign up to help at <a href="http://pinecrestschool.ivolunteer.com/ppfhelp!">http://pinecrestschool.ivolunteer.com/ppfhelp!</a> (each date is its own tab) / Buy pizza for your child(ren) at <a href="https://fs9.formsite.com/pinecrest/schoolppf/index.html!">https://fs9.formsite.com/pinecrest/schoolppf/index.html!</a>
Friday, February 15	K-Kids Service Trip – Aarondale after school **space still available** <a href="https://pinecrestschool.ivolunteer.com/kkidsseniorvisits">https://pinecrestschool.ivolunteer.com/kkidsseniorvisits</a> – each date is its own tab thru May
Friday, February 15	2019 Camp Registration Begins for the General Public (no password needed)

Monday, February 18	Presidents' Day Holiday / No School / No Care
Thursday, February 21	Preschool Color Day – Pink & Purple
Friday, February 22	Grade 4 Class Presentation – 9 a.m. – multipurpose room
Friday, February 22	Grade 1 Field Trip – Mount Vernon – leaving 10:30 a.m.
Saturday, February 23	International Dinner & Family Game Night – 6:30 p.m. – multipurpose room
Monday, February 25	Ledo Pizza Fundraising Night – 5-10 p.m. – 7510 Leesburg Pike, Falls Church
Wednesday, February 27	K-Kids Service Activity after school (dog toys for animal shelter) – 4-5 p.m. <a href="https://pinecrestschool.ivolunteer.com/event_006">https://pinecrestschool.ivolunteer.com/event_006</a>

\*\*\* SUBSCRIBE TO OUR GOOGLE CALENDAR: <https://tinyurl.com/pinecrestgooglecalendar> \*\*\*

## FYI – Parent Programs or Similar Information

Whenever there are relevant speakers or programs coming to our area (or available online), we often share that information if we think the message is a match with the Pinecrest School message and philosophy and/or we think parents might be interested. To that end, I want to share as FYI – many upcoming opportunities:

[Help Your Child With Anger – Thurs., Jan. 17, 7-8:30pm, Sycamore School in Arlington](#)

*Anger Overload: How you can help your child take charge of his or her anger* - Shira Gottlieb, Psy.D – Thursday January 17<sup>th</sup>, 7:00-8:30 p.m., [RSVP HERE](#) – Description from Dr. Gottlieb: In my work with children and teens, I have developed three main approaches that help children learn skills in order to take control of their anger. In this presentation, I will focus on these strategies, including practical hands-on approaches that you can practice with your child at home. My goal is to help children and teens learn to better manage feelings of anger, and develop greater emotion regulation more broadly. You will leave this presentation with new insight, understanding, and most importantly, strategies to help your child take charge of his or her anger and regain control of his or her behavior.

[Book Talk with Author of \*The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever-And What to Do About It\* – Sun., Jan. 27, 2pm, Vienna](#)

As heard on NPR's Morning Edition and seen on The Doctors, Katherine Reynolds Lewis will speak about her book, *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever-And What to Do About It*. She will be in-conversation with Kristy Rodriguez, certified health coach, childbirth educator, and founder of Pure Nurture. At the end of the talk, Katherine will sign copies of her book. This event will be held at [Bards Alley Bookstore](#), 110 Church St NW, Vienna, VA, on Sunday, January 27, at 2 pm, and it is sponsored by the Fairfax County Public Schools Parent Resource Center (PRC). This event is free to attend with no registration required. Seating is available on a first come, first served basis. Please contact the [FCPS Parent Resource Center](#) with questions.

[Saturday Morning at The National Theater in DC: Brian Curry Magic Show – Sat., Feb. 2 – 2 free shows, 9:30-10:30am or 11am-12pm](#)

Part of the free Saturday Morning at The National program. Water vanishes in midair moments before drenching a hapless volunteer, bottles appear out of nowhere, and the world's most difficult card trick happens in a flash! Magician Brian Curry keeps even the most skeptical of audiences laughing with befuddlement in a morning filled with mystery. Tickets may be reserved beginning Friday, January 25, one week prior to the performance. There will be a limited amount of walk-up tickets will be available on-site on the day of the show. Please arrive 30 minutes prior to the performance time to take a place in the "Stand-by line." Program is best suited for children ages 4 to 10 years. More details and free ticket link: [facebook.com/events/1252889608192312/](https://facebook.com/events/1252889608192312/)  
I like to call Brian Curry Pinecrest's very own magician – he has done a magic show every summer at our camp since 2007 – we are big fans!

[Resilience: The Biology of Stress & The Science of Hope Documentary – Tues., Feb. 12 and Mon., April 9, 6-7:30pm](#)

Join FCPS Early Childhood Identification & Services for a free screening of this award-winning documentary followed by a panel interview of early childhood experts on Tuesday, February 12 (and again Monday, April 9) at the Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042. Both nights are from 6-7:30pm. *Resilience: The Biology of Stress & The Science of Hope* chronicles the birth a new movement among pediatricians, therapists, educators, and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease. "The child may not remember, but the body remembers." The event is free but advance registration is required. Call 571-423-4121 to register.

FCAG Summer Camp Fair – Sat., 2/16, 3-5:30pm, McLean HS

The Fairfax County Association for the Gifted (FCAG) is again hosting our Annual Summer Camp Fair on Saturday, February 16, at McLean High School (with a snow date of February 23). FCAG is a non-governmental, non-profit organization of parent and student volunteers in Fairfax County that supports educational programs for advanced academic students. Last year, over 300 people attended this well-loved, premier summer camp fair for the community. The event is free and open to the public, and we invite all of your families to attend. More details: [www.fcag.org](http://www.fcag.org)

Reducing Anxiety Presentation – Mon., 4/1, 7pm, McLean Community Center

Anxiety is a very persistent master; when it moves into families, it takes over daily routines, schoolwork, bedtime, and recreation. Join us to learn strategies for breaking the worry cycle so we can raise courageous and independent children and improve the emotional functioning of our families. Licensed clinical social worker and psychotherapist Lynn Lyons will discuss concrete strategies parents and educators can use with children and teens to handle current anxiety and also to prevent the development of anxiety and depression later in life. Lynn is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She presents internationally to mental health and medical providers, educators, school nurses, and parents. She is regularly featured on television and public radio, including Katie Couric and Morning Edition. Books and DVDs will be available for purchase. More details: [https://mcleanscc.org/workshops/lynn\\_lyons/](https://mcleanscc.org/workshops/lynn_lyons/) / online tickets not yet being sold but there is a cost to this event

### **Celebrations/Appreciations**

It was lovely to see all of our families (and some grandparents, aunts, uncles and cousins too!) at the winter concert – thank you for being there!

Thank you to Rhondeesha (parent of a kindergartner) for being our most recent PPF volunteer!

### **Piece of Light**

I use this space to share articles or pieces that I love or that I feel are thought-provoking, valuable or useful – or some combination of all of those factors.

[6 Ways to Help Your Child Overcome the Fear of Failure](#)