A message from BULL RUN ES

**Bull Run Principal's Press #8
October 22, 2015**

Dear Bull Run Parents/Guardians,

I am so pleased to share a new learning opportunity for parents in our Bull Run school community!  Beginning in November, we will offer the course*Mind in the Making – The Seven Essential Life Skills Every Child Needs.*In this course, parents will learn about the essential “executive functioning” skills that all children need to be successful in school and in life, based on the work of researcher and author Ellen Galinsky.  This FREE course will take place here at Bull Run, once a month, and will be taught by our own certified *Mind in the Making Community Institute* facilitators - Bull Run teachers Ms. Gregory, Ms. Taylor, Ms. Van Dyke, and Assistant Principal Bruno.

In each session, parents will discover one of the seven essential life skills, learn strategies for improving the skill, the importance of it in children’s lives, and easy-to-implement activities to promote the skill at home.  Interested parents are encouraged to attend all of the modules if possible.  All sessions will take place on Thursday evenings from 6:30-7:30 PM in the Bull Run Library.  Mark your calendars!

Session 1 – Introduction and Module #1 – Focus and Self Control

Thursday, November 12

6:30-8:00 PM (extended time for first session only)

Session 2 – Module #2 – Perspective Taking

Thursday, December 10

6:30-7:30 PM

Session 3 – Module #3 – Communicating

Thursday, January 7

6:30-7:30 PM

Session 4 – Module #4 – Making Connections

Thursday, February 11

6:30-7:30 PM

Session 5 – Module #5 – Critical Thinking

Thursday, March 10

6:30-7:30 PM

Session 6 – Module #6 – Taking on Challenges

Thursday, April 7

6:30-7:30 PM

Session 7 – Module #7 – Self-Directed, Engaged Learning

Thursday, May 12

6:30-7:30 PM

You can register online by clicking this link:  <http://goo.gl/forms/kjIwoCpkca>

Be sure to check the Principal’s Press each week for a detailed description of each session.  We hope you will join us for this unique learning opportunity and discover new ways to support your child with the necessary skills to be a successful 21st century learner.

Warm regards,

Patti Brown

Please follow us on Twitter [@BullRunES](https://twitter.com/BullRunES)!

**NEWS AND INFORMATION**

**Red Ribbon Week at BRES -- Next Week**

**October 26-31, 2015**

FCPS takes this week to remind our students to be drug-free and make healthy choices.  This is a week when parents, schools, and community organizations can be visible and vocal in their desire for a drug-free community.  Children are less likely to use alcohol and other drugs when role models are clear and consistent in their opposition to substance use and abuse.

At Bull Run Elementary, our theme for Red Ribbon Week this year is “Respect Yourself!”  To recognize Red Ribbon Week next week, we will focus solely on the idea of ***making healthy choices***.  Please join us in celebrating and encouraging healthy choices by participating in these activities throughout the week:

**Monday – Wear Red**

Red is the color that symbolizes healthy choices!  Today, we will remind students that an important healthy choice to remember is to take medicine ONLY from our parents/guardians.

**Tuesday – Wear Crazy Socks** (“***Sock*** it to unhealthy choices!”)

On this day, we will remind students to make healthy choices, even when no one is watching, or when someone tries to encourage us to do something we feel is not right.  We will encourage students to say “NO” when someone asks them to participate in an unhealthy or unsafe activity, and notify parents right away.

**Wednesday – Wear Your Shirt Backwards** (“Turn your***back***on unhealthy choices!”)

On Wednesday, we will remind students of the choice to walk away when they feel unsafe or unhealthy and then talk to a trusted adult about it.

**Thursday**– **Wear Your Favorite Team Shirt or Jersey**(“***Team*** Up to Be Healthy!”)

On this day, we remind students that standing up for yourself and healthy choices is easier when you have a friend or trusted person to help you.

**Friday – Wear Your Favorite Bull Run Spirit Wear**

On the last day of Red Ribbon Week, we at Bull Run will celebrate our commitment and pride in making healthy choices and helping one another feel safe and secure at school!

***From the PTA:***

**Reflections Contest**

Calling for submissions!

Deadline – **Monday, November 2, 2015**

The National PTA Reflections program encourages Pre-Kindergarten through grade 12 students to create and submit original works of art in one or more of the following categories:

*• Dance Choreography • Film Production• Literature • Musical Composition• Photography •Visual Arts*

The theme for the 2015-2016 school year is ***Let Your Imagination Fly*.**

REFLECT on the theme. CREATE art. BE RECOGNIZED!

Interested students can download an entry form and review the rules at [**http://www.vapta.org/arts-in-education/reflections.html**](http://www.vapta.org/arts-in-education/reflections.html). Forms will also be sent home in next week’s Tuesday folders. All submissions are due by Nov. 2nd.  Please contact feel free to contact Jayeeta Purkayastha at joey\_purk@yahoo.com for further queries. Students with disabilities may receive special accommodations by entering the special artist division.

**Workshop:  Reinforcement – The Foundation for Learning**

This workshop is intended for parents of students with the low incidence disabilities of Autism, Intellectual Disabilities, or Physical Disabilities. Topics covered will include: Developing “potential” reinforcers; Objectivity; Adaptive and maladaptive/challenging behaviors; Contingent delivery of reinforcement.  Two sessions will be offered on November 4, 2015:

Gatehouse Administrative Center

8115 Gatehouse Road

Falls Church, VA 22042

10:00-11:30 AM

 Room #2050/51

7:00-8:30 PM

Room #3050/51

To register contact Liane Sprunk at (571) 423-4110 or lsprunk@fcps.edu and provide your name and contact information. For questions, contact Tina Wilkerson at (571) 423-4156 or twilkerson@fcps.edu .

Download flier and registration information at: <http://www.fcps.edu/dss/sei/ABA>

**Fall Ball – October 30th**

Please join us for our annual PTA-sponsored Fall Ball on Friday, October 30, 2015, from 6:00-8:00 PM right here at Bull Run ES.  There will be a DJ and dancing, a costume contest, food, and lots of family FUN!  Volunteers and donations are needed to make this a fun event for all.  Log on to contribute at:  [Fall Ball Volunteer Sign-Up](http://www.signupgenius.com/go/10c0a4cabab29a7fc1-bull).  Donations of bottled water, soda, baked goods and individual chip bags can be dropped off in the office.

**DATES TO REMEMBER**

**October 26-30**

Red Ribbon Week

**October 27**

Fall Picture Day (individual student pictures)

**October 30**

2-Hour Early Release for Students (Dismissal at 2:00 PM)

PTA Fall Ball, 6:00-8:00 PM

End of First Quarter

**November 2**

Deadline for Reflections Contest entries.

Parent-Teacher Conference Day (NO SCHOOL for students)

**November 3**

Teacher Workday (NO SCHOOL for students)

If you have a question about these or any other events at Bull Run Elementary School, please check our [BRES website](http://www.fcps.edu/BullRunES/) or call the main office at 703-227-1400.

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The Keep in Touch subscription service (KIT Plus) is a self-subscribing, self-updating, and self-unsubscribing service. To update your contact information and/or topic selections, or to unsubscribe, go to: <http://www.fcps.edu/kit/index.shtml#update> for instructions. Schools and offices cannot update or delete subscribers.

Parents of FCPS students may update contact information online through weCare@School <http://www.fcps.edu/news/wecare.shtml>, a feature of FCPS 24/7 Learning (Blackboard) or by contacting the student information officer at their child(ren)'s school to have the contact information updated in the student information system.

FCPS employees may update (KIT Basic) contact information through UConnect <http://www.fcps.edu/hr/technology/uconnect.shtml>.

If you are not a parent or guardian of a child who attends an FCPS school please reply to this message with the words “ERROR –NOT MY CHILD” in the subject line.