A message from BULL RUN ES

**Bull Run Principal's Press #11  
November 12, 2015**

Dear Bull Run Parents/Guardians,

Take a moment to ponder this question:  *What is life like today?*  Did the words busy, stressful, and hectic pop into your minds?  If they did, you’re not alone.  Researchers have found that in our world of information overload, multi-tasking, and distractions, it is more important than ever to equip our children with the executive functioning skills that will prepare them to become productive citizens of the future.

In her groundbreaking book *Mind in the Making*, Ellen Galinsky identifies the 7 essential skills that all children need to learn in order to be successful in school and in life.  The first skill, “Focus and Self Control,” includes:

* Sustained attention
* Working memory
* Flexible thinking
* Impulse control

So, how can we help our children develop these skills?  It’s easier than you think!  Board games, follow-the-leader-type games (i.e, *Simon Says, Mother May I, Red Light-Green Light*), and memory-building games (i.e. *Memory, I-Spy*) are excellent ways to help children develop focus and self-control. Taking the time to play these types of games will help your child develop this critical life skill, while having fun as a family.

Kind regards,

Patti Brown

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

**NEWS AND INFORMATION**

**Fall Book Fair – next week!**

November 16 - 20

9:30-3:30 (Mon., Wed., Thurs.); 9:30- 6:30 (Tues.); 9:30-11:30 (Fri.)

Students will have an opportunity to browse the Fair with their class and create wish lists.  After that, the Book Fair will be open to students to make purchases.  **Volunteer opportunities are available!**  Contact our librarian, Susan Wrona, or drop in if you have some time to offer for our Book Fair.

**Sully District Community Budget Meeting**

Fairfax County School Board Member Kathy Smith invites you to attend the Sully District Community Budget Meeting, Wednesday, November 18;7:00-9:00 PM at Rocky Run Middle School, 4400 Stringfellow Road, Chantilly, VA 20151.

Because projected costs for items such as student enrollment growth, state-mandated retirement, health insurance costs, and employee salary increases are increasing more than projected revenues, FCPS anticipates a significant budget shortfall for the school year 2016-17 (FY 2017).  To balance the budget, FCPS may have to cut, reduce, or redesign current programs.

As part of the budget process, ideas on what to cut, reduce, or redesign as well as how to increase revenue through fees have been developed by the Budget Task Force with input from the community this past summer.

Now FCPS is asking the community for their ideas on how to address the projected budget shortfall.  FCPS Assistant Superintendent for Financial Services, Kristen Michael will present information on the FY 2017 budget and the new FCPS budget tool. The tool is available online at[www.fcps.edu/SaveFCPS](http://www.fcps.edu/SaveFCPS).

**DATES TO REMEMBER**

**November 12**

Mind in the Making Parent Workshop – Session 1, 6:30-7:30 PM, theater

**November 16-20**

Fall Book Fair, BRES library

**November 17**

Fall Book Fair Evening Hours (4:00-6:30), BRES library

**November 18**

Sully District Community Budget Meeting, Rocky Run Middle School, 7:00-9:00 PM

**November 21**

Centreville Baptist Church Clothing Give-Away, 8:30 AM [(703-830-3333](tel:%28703-830-3333))

**November 24**

BRES Thanksgiving Luncheon, cafeteria

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](tel:703-227-1400).

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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.