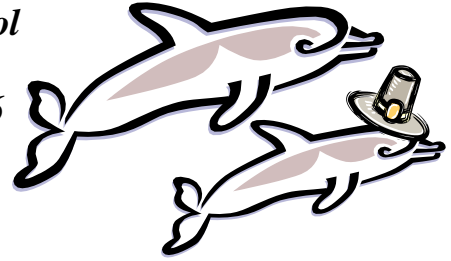
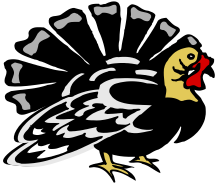


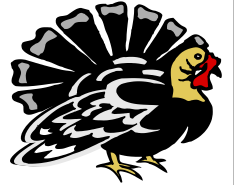
**Red Mill Elementary School**  
 1860 Sandbridge Road  
 Virginia Beach, VA 23456  
 PHONE: (757) 648-3560  
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## NOVEMBER NEWSLETTER



“Striving for success without hard work is like trying to harvest where you haven’t planted.” David Bly Have a wonderful harvest this fall!



### ~ PLEASE MARK YOUR CALENDARS ~

- November 1 Daylight Savings Time Ends
- November 3 **Staff Work Day/Conference Day - School closed for students**
- November 4 Make-up Picture Day!
- November 9-20 SCA Canned Food Drive
- November 11 Veterans' Day ~ *We salute all of our veterans and military families!* Don't forget ~ Schools are closed!
- November 12 Decorated Dolphin Awards
- November 13 PTA Bingo Night ..... 6:30 p.m. for Pizza & 7:00 p.m. for Bingo/Ocean Lakes HS
- November 16 Second Grading Period Begins
- November 17 Guidance Parent Program - (1-2-3 Magic) - More information to come.
- November 17 Spirit Night at McDonalds ..... 5:00 p.m. - 8:00 p.m.
- November 23 Report Cards Issued
- November 24 Decorated Dolphin Awards
- November 25 Adjusted dismissal - 12:00 p.m.
- November 26-27 Thanksgiving Holidays, School Closed

### ~ NEWS AND INFORMATION ~

#### **PARENT PORTAL - ACCESS TO YOUR CHILD'S GRADES, TEST SCORES, ATTENDANCE, & DISCIPLINE RECORDS**

**Oct. 26 - SchoolNet Parent Portal - Registration on your home computer. You will receive your pin number by e-mail. YOU MUST BRING A PICTURE ID AND YOUR PIN NUMBER TO BE VERIFIED**

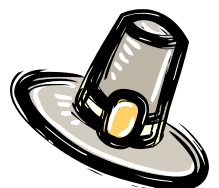
- Nov. 9 - Registration Verification - (8:30-5:00 p.m.) Main Office at Red Mill.
- Nov. 10 - Registration Verification - (8:30-10:30 a.m. & 2:45-7:00 p.m.) Main Office
- After Nov. 11 - Registration Verification - (8:30-10:30 a.m. & 2:45-4:00 p.m.) Main Office

- **Don't forget to vote on Election Day, Tuesday, November 3, 2009.** Voting will be held in the cafeteria. Parking and congestion in the school foyer could be an issue during the early part of the day, so please try to be safe and expedient as you enter and exit the school building and the parking lot.
- **Congratulations** to Mrs. Stacy Brown, our Reading Teacher of the Year! We are fortunate to have many outstanding reading teachers and we are especially proud to select **Mrs. Brown as the BEST of the BEST!** Congratulations also to Mrs. Sue Thuma who recently received the "I Make a Difference" award for all that she does for our students and our staff.
- **Please remember that schools will be closed for students on Nov. 3, 11, 26, & 27.** Students will also have early dismissal at 12:00 p.m. on 11/25. Students are asked to bring a bag lunch on 11/25 and they will eat in their classrooms with their teachers.
- **The School Planning Council** has studied our test data from this past year and finalized two important instructional goals to address in our Plan for Continuous Improvement. Although our students did exceptionally well, (average Pass Rate on all tests - 97 %. average Pass Advanced Rate on all tests -50%) there are always issues to target for improvement. This year our two areas of focus are to:
  - Improve 5th grade English/Reading SOL Pass Advanced rate to 41%.
  - Improve 5<sup>th</sup> grade Science SOL Pass Advanced Rate to 50%.
- **Report Cards** will be issued Monday, November 23, 2009. Your response to your child's first Report Card this year is very important and sets the tone for future assessments. Please remember, the Report Card is just **a snapshot** of how your child has progressed during the past nine weeks. It is not a projection of their long range success. Each child grows and matures at their own unique pace, and the Report Card is just a tool to help guide students, parents, and teachers as to where we need to focus our energies. Please remember the following thoughts when discussing each report card:
  - ✓ Report Cards are often stressful for children; especially if this is the first time they have received letter grades. If a child has not met parents', teachers', or their own expectations, they may feel that they have let others down. It is not uncommon for children to equate academic success with their view of approval within the family. Please help them understand that grades are important, but that academic success is never equated with positive family relationships.
  - ✓ Even if the Report is not as strong as you had hoped, try to use the results as an opportunity for you, your child, and the teacher to strive for positive change. If your response to the Report Card is presented in a positive and constructive manner, your child will continue to work hard to meet planned goals and will continue to enjoy school and learning!
  - ✓ When facing any challenge, **effort** in my opinion (citizenship / work habits), is just as or more important than grades. Students who work hard and always give their best will eventually meet with many successes in school and in life. Let's all strive to help our children develop a strong work ethic and to build upon their strengths and many positive attributes.
- The Principle of American Citizenship for November is RESPECT. Guidance topics ~ getting along & respecting differences
- **Please remember** to keep us informed of any changes in your phone numbers, addresses, day care providers, daily dismissal, etc. Also, please keep the Emergency Closing Form up to date. This will ensure that we provide the safest and most efficient transportation for your child in the event of any emergency or serious weather situation.

SMS/sms



*Happy Thanksgiving!*  
*Let's all be thankful for our many blessings and enjoy these special times that we are able to spend with our friends and families!*



# RED MILL ELEMENTARY SCHOOL PARTNERS IN EDUCATION 2009-2010

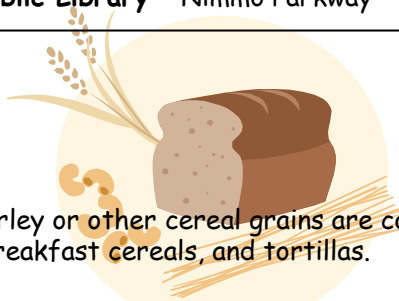
Animal Jungle ~ Holland Road  
Atlas Diner ~ Strawbridge Plaza  
Back Bay Getaways ~ Sandbridge Road  
Back Bay National Wildlife Refuge  
Boardwalk Restaurant ~ Sandbridge Road  
Chick-fil-A ~ General Booth Blvd.  
Chili's ~ Red Mill Commons  
Cold Stone Creamery ~ Red Mill Commons  
Home Depot ~ Elson Green Ave.  
Hunt Club Farm ~ London Bridge Road  
Lee's Taekwondo ~ Upton Drive  
Lucky Oyster ~ General Booth Blvd.  
Malbon Bros. Citgo, Car Wash, and BBQ ~ General Booth Blvd.  
Maritime Lawn Care, Inc.  
McDonald's ~ General Booth Blvd.  
Outback Steakhouse ~ Red Mill Commons  
Panera Bread ~ Red Mill Commons  
Princess Anne Public Library ~ Nimmo Parkway

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## Whole Grains

### What foods are in the grain group?

All foods made from wheat, rice, oats, cornmeal, barley or other cereal grains are considered a grain product. Examples of these include: bread, pasta, oatmeal, breakfast cereals, and tortillas.



### Grains are split up into 2 groups, whole grains and refined grains.

**Whole grains** will have the entire grain kernel which includes the bran, germ, and endosperm. (Ex.: Whole-wheat flour, Bulgur (cracked wheat), Oatmeal, Whole cornmeal, Brown rice)

**Refined grains** have gone through a milling process that takes out the bran and germ. They do this to give the grain a finer texture and to give it a longer shelf life. This process does remove dietary fiber, iron, and many B vitamins. (Ex.: White flour, Degermed cornmeal, White bread, White rice)

We can buy most refined grains that have been enriched. This means some B vitamins (thiamin, riboflavin, niacin, folic acid) and iron have been put back in after it has been processed. During this process, fiber is not added back in to the product. Check the ingredient list of grain products to see if it has been "Enriched" or perhaps a combination of whole grains and refined grains.

### What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or  $\frac{1}{2}$  cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

### Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease, may reduce constipation, may help with weight management, and grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.
- Grains are important sources of many nutrients, including **dietary fiber**, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (**iron**, **magnesium**, and **selenium**).

Monthly student menus can be found at [www.vbschools.com](http://www.vbschools.com)

We also email them to families each month via the MySchoolMail.

### **Food Service Mission**

To provide students quality, nutritious meals at affordable prices