



The LuxLetter

A Publication of the Luxmanor PTA

November 2019 Issue

The LuxLetter

Is published monthly
during the school year by
the
Luxmanor PTA

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The 20th of every month.
E-mail submissions to
ptaluxletter@gmail.com

Luxmanor Elementary
School
5701 Grosvenor Lane
Bethesda, MD 20814

240-740-0820

FROM THE PTA PRESIDENT

Dear Luxmanor Families,

We have had a busy October. I hope you were able to join us in some of our PTA-organized events.

Thank you to all the parents who came to our October PTA meeting and voted on our standing committees. Thanks again to all who have supported the different events and who have stepped up to chair or volunteer in a committee.

Our students had a fun time walking around the school on Walk to School Day with their teachers. Thank you to all the teachers who took your classes out to walk that day!

Our Breakfast with a Buddy Event was well-attended as usual. A huge thanks goes out to the committee for all the intense work that went into getting it ready.

Our Scholastic Book Fair Week was a great success. Our Book Fair co-chairs worked hard being present each day that week so that our children could come home with books and get excited about reading. Thanks to Orianna Helms, Nikki Boisture and Anita Chan.

Thank you to Anita Chan and Renee Fykes for coordinating and supporting our room parents to ensure our kids have wonderful Halloween Parties. Thank you to all the room parents, your support is invaluable.

(continued on next page)

What's Up This Month

October 31

Halloween Class Parties, 2pm

Science Fair Registration Forms due!

November 8

Early release, 12:55pm

November 11 & 12

Early release, 12:55pm

Parent-Teacher conferences

November 14

Science Fair, 6:30pm

November 27

Early release, 12:55pm

November 27 & 28

No School (Thanksgiving)



I hope to see you all at the Science Fair on November 14th. There will also be a Snack Sale and Spirit Wear table set up for that day.

Our next PTA meeting will be December 3rd. I hope to see you there.

Want to stay updated with the latest news and all our events? Follow our Luxmanor PTA on Facebook or search for the LuxmanorPTA Group. Thank you for allowing me to serve your children!

Sincerely,

Yelisa Rojas
PTA President



PTA Executive Board Officers 2019-2020

Office	Office Holder	Email
President	Yelisa Rojas	yelisa.pta@gmail.com
President Elect	Saran Dioubate	Sarandioubate.pta@gmail.com
Vice President	Marcie Sun	marciefsun@hotmail.com
Recording Secretary	Mary Beth Lord	mbl_ilini@yahoo.com
Corresponding Secretary	Orianna Helms	oriannahelms@gmail.com
Treasurer	Nicole D'Isa	luxmanorptatreasurer@gmail.com
MCCPTA Delegates	Rep 1: Joanne Kee Rep 2: Natalie Shelton	joandtomkee@yahoo.com nshelton@pobox.com
Diversity Chair	Sarra Ghanoudi	Sarra.soussighanoudi@yahoo.com

Here are our 2019-2020 Committee Chairs!

Please refer to this and contact them with any questions or if you want to help with events.

Committee	Chair	Email
Breakfast with a Buddy	Yelisa Rojas	yelisa.pta@gmail.com
Cluster Representatives	Karen Foxman	karenfoxman@gmail.com
Communications	Mary Beth Lord	mbl_illini@yahoo.com
Community Outreach	Makeba Clay	makeba.clay@gmail.com
Directory	Barbara McGolrick	Barbara_A_McGolrick@mcpmsd.org
Family Fun Night	Mary Beth Lord	mbl_illini@yahoo.com
	Rachel Scherr	rach9876@yahoo.com
Fifth Grade Events	Rachel Singer	rachelforman@yahoo.com
	Debbie Corwin	debbiecorwin@me.com
Fun Run	Yelisa Rojas	yelisa.pta@gmail.com
Geography Bowl	Joanne Kee	joandtomkee@yahoo.com
Health & Safety	Maria Brant	mariablok@yahoo.com
International Night	Sarra Ghanoudi	sarra.soussighanoudi@yahoo.com
Kindergarten Orientation	Shelly Eapen	shellyeapen@gmail.com
Luxbucks	Barbara McGolrick	Barbara_A_McGolrick@mcpmsd.org
Membership	Yoko Komatsuzaki	yokokomatsuzaki@gmail.com
New Book Fairs	Anita Chan	luxmanorbookfair@gmail.com
	Orianna Helms	luxmanorbookfair@gmail.com
	Nikki Boisture	luxmanorbookfair@gmail.com
Open House Popsicle Party	Yelisa Rojas	yelisa.pta@gmail.com
Red & White Dance	Marcie Peters	marciepeters14@yahoo.com
Room Parent Coordinators	Anita Chan	luxmanorroomparents@gmail.com
	Renee Fykes	luxmanorroomparents@gmail.com
Science Fair	Anna Rollins	harrisannar@gmail.com
	Christine Lau	samanalover@yahoo.com
Snack Sales	Soujanya Giambone	soujipie@yahoo.com
	Farah Qureshi	gurefa00@hotmail.com
Spirit Wear	Veronique Serrano	ctdirector@verizon.net
	Karina Guevara	ctdirector@verizon.net
Teacher Appreciation	Kimberly Klimek	berlyklimek@gmail.com
	Danielle Roffman	danielle.roffman@gmail.com
Used Book Fair	Joanne Kee	joandtomkee@yahoo.com
	Natalie Shelton	scorpioj77@gmail.com

November Notes From Your Counselor.....Gloria Silverberg

Our **Friendship Lunches** are in full swing now, meeting over lunch to address social skills and friendship needs. When they receive a Kindness Card, they also receive an invitation to lunch. For our **Banana Splits groups**, we address the concerns of living in a changing family through divorce or loss. The children love these groups and it is an excellent opportunity to practice new skills and share with each other.

A very large part of your children's education involves the acquisition of **social and emotional intelligence skills** which they will hopefully use for the rest of their lives. *Friendships can be very fluid* throughout the childhood years, so the important thing is for our children to learn how to make and keep friends. This is a skill that is easier for some than for others, but one that can be acquired with observation and practice. A great tool for practicing friendship skills is to have children *role-play social situations with them*.

In addition, starting in November, we will be focusing **Mental Health Awareness** and strategies to help our children manage their stress and anxiety. **The week of November 11-15**, we will be participating in a variety of activities involving **mindfulness** and **positive mental health strategies**. Throughout the school year, we will be providing resources to grade level teachers that address the theme for the month.

November: Mental and Emotional Health

January: Character Education and Empathy

February: Trauma Informed Practices

March: Restorative Justice and Restorative Practices

April/May: Physical Health and Wellness.

Monday, November 11: Mindful Deep Breathing

Tuesday, November 12: Nature's positive impact on Mental Health

Wednesday, November 13: Identifying a Trusted Adult that makes you feel safe (who, where, why)

Thursday, November 14: The Music/Art Mindfulness Connection

Friday, November 15: Student Created Mental Health Activity

Bonus: Buddy Reading between older and younger students

SGA (Student Government) News:

Thank you to our **SGA Board**, led by our **Presidents Annie C & Meena G., Vice President Sabrina V., Secretary Maya G., and Treasurer Chase K.** in facilitating a successful Spirit Week and Red Ribbon Day! collected a lot of canned and boxed food for our Kids Helping Kids Food Drive!

Hang this MINDFUL MOMENTS calendar at home to use with your children!

Monday	Tuesday	Wednesday	Thursday	Friday
Balloon Breath Count Backwards Think of 3 things you are grateful for	Relax Visualize a vacation Journal & Draw Let an ice cube melt in your hand	Journal or Draw Notice 3 new Things on your way to school	Breathe 4-7-8 Breathe in 4 seconds, Hold 7 seconds Exhale 8 seconds	Listen to Relaxing Music Swing
Breathe & Count Backwards from 10 to 1	Zentangle or Doodle Play ball or ride a bike	Repeat: You Can Do This! Make a comic strip of your feelings or problems	Backwards Alphabet Stretch your muscles & Relax	Breathe Deeply Visualize a Sandy Beach
Talk to a Calming Friend Take a shower or bath, and breathe in the senses	Mindfulness Drawing Think of a funny moment or joke	Repeat to yourself: "You've Got This!" Squeeze a fidget tool	Take a Nature Walk Dragon Breath	Play "I spy" with a Friend Journal
Count Backwards	Everything will be Okay	Breathe	RELAX	You can do it!
Zentangle Push, Pull, Dangle	<u>Breath Deep</u> 4.7.8 Balloon Breath	Say: "Everything Will Be Okay!"	Think about 1 person you are thankful for. Bonus: Tell them	Talk to a Friend Or Someone You Trust
Breathe Deep: Smell the flower, Blow out the Candle	Practice Mindful Eating Zentangle	Tense & Relax your Muscles I am Calm!	Push, Pull, Dangle	Blow Bubbles Build a fort out of pillows and Blankets

Mindful Moments

Occupational Therapy Tips:

Development of a functional pencil grip.

For most adults, picking up a pencil to write is such a simple notion that it is hard to understand how someone might struggle with it. Developing efficient handwriting skills is actually a very complex developmental process that begins in part with the adoption of a functional pencil grip.

As babies develop, their hands become increasingly stronger to manipulate coloring instruments and scribble on a surface.

- Children around 1-2 years old can usually hold a marker with a fisted or "palmar" grasp (all fingers and thumb wrapped around the marker like a dagger.) They scribble with the marker using large movements coming from the shoulder.
- Around 2-3 years old, the grasp usually transitions to a "radial palmar" grasp by using increased support from the thumb and fingers (hand is positioned "downwards" with the thumb pointing towards the tip of the marker.) The forearm is not resting on the coloring surface yet and the child still uses large movements coming from the arm and shoulder.
- Around 3-4 years old, children begin to transition to a "quadrupod" or "static tripod" grasp using 3-5 fingers. Movement is coming from the wrist. The forearm may or may not be resting on the writing surface.
- Around 4-6 years old, as children continue to develop separation of the sides of the hand (thumb/index side for working and pinky side for support), they begin to develop a more stable 3-finger or "dynamic tripod" grasp with the thumb and index finger "pinching" the marker and the tall finger supporting it. The ring and pinky fingers are tucked towards the palm for extra support. As the grasp becomes increasingly stronger, movement transitions from the wrist to the little muscles of the hand and fingers with the forearm resting on the table, resulting in a "dynamic tripod" grasp.

Children need to develop the large muscles of the shoulders and arms before they are ready to develop the small muscles of their hands and fingers. In fact, children that are forced to use a 3-finger grasp on coloring and writing instruments before their large muscles are ready to support a stable grip, may develop an unusual grasp in an effort to control the tool during coloring and handwriting tasks. It is never too late to have elementary school children improve their upper body strength needed to develop their fine motor skills.

Occupational Therapy Tips (continued):

Gross motor activities to do at home and in the community that support the development of strong large muscles of the shoulders and arms:

- Crawling: through a tunnel, under furniture, up the stairs.
- Animal walks: bear, crab, dog.
- Wheelbarrow walking: with another person holding feet, with feet on an exercise ball.
- Reading or watching TV while lying on stomach, propped on elbows.
- Working on a vertical surface: painting on an easel, writing on a chalkboard or dry-erase board.
- Chores: cleaning mirrors or front of appliances, cleaning tables or countertops, carrying grocery bags, rolling garbage and recycle cans, washing the car.
- Monkey bars and climbing at the playground.
- Trapeze swing.
- Yoga.
- Weight lifting.
- Kayaking (double kayaks are great for beginners to ride with an adult!)
- Sports: Gymnastics, Ballet, Swimming, Karate, Wrestling, Tennis, Ice hockey, Lacrosse.
- Wall climbing at ClimbZone (<https://climbzone.us/laurel/>)
- Obstacle courses at ZavaZone (<https://www.zavazone.com/rockville/>)
- Rope courses and zip-lining at the Adventure Park (<https://sandyspringadventurepark.org/>)

To be continued. Come back next time for fine motor strengthening activities.

Cluster Rep Update



Dear Luxmanor Community:

The time has come for us to FIGHT for Woodward High School!!!

Woodward High School is planned to open in the Fall of 2025 in order to relieve severe overcrowding at Walter Johnson and DCC High Schools.

NOW is the time to act to ensure Woodward is built as a comprehensive high school that we would all be thrilled to see our children attend.

The opening of Woodward will have a direct impact on the current WJ cluster schools population. While boundaries are not determined until 18 months before a school opens, the WJ Cluster has always asked that our communities stay together at either Woodward or WJ. If that occurs, there is a **50% chance your child could end up at Woodward**. PLEASE make sure your voice is heard.

WHY NOW? Because MCPS and the Board of Education have recently suggested that Woodward could be built:

- **Without an athletic stadium**
- **Without a track**
- **Without other facilities such as an auditorium or auxiliary gym**

In addition, MCPS is requesting only \$120 million for the Woodward project in this year's CIP (FY2021-2026) even though **both Seneca Valley High School and Wheaton High School recently cost \$150 million to re-build**. \$120 million is not enough to build a comprehensive high school. We can't let them shortchange Woodward.

PLEASE take the time now to **send an email to the Board of Education** and let them know that Woodward must open as a comprehensive high school with facilities on par with Walter Johnson and every other Montgomery County high school.

(continued on next page)

KEY POINTS for e-mails to the Board (and two sample letters in the link below!)

- Woodward High School must be built as a comprehensive high school with equivalent facilities to WJ and all other Montgomery County high schools – with an athletic stadium, a track, an auditorium and all other currently standard facilities.
- The MCPS FY2021-2026 CIP budget should include full funding for a comprehensive Woodward High School - \$150-160 million, not \$120 million

This is the time to make our voices heard!!! Please see the list of Board of Education members contact information below, as well as a sample/template letter you may choose to use.

Please try to get your letters out asap, as the BOE testimony related to this issue will be heard on November 7th. The BOE will vote on these issues sometime after November 18th.

Also Please Mark Your Calendars for the Upcoming Board of Education Meeting- November 7 (this is the meeting that I referred to in the Luxletter that could be either Nov 13 or Nov 18)

- Mark your calendars! On Thursday, November 7th, our cluster leadership will testify about these issues in front of the Board of Education.
- It's important that we show up- en masse and wearing WJ green- to show our support.
- Please note this date on your calendar and plan to attend.
- More details to follow as we get closer to the meeting date.

Thank you!!!! Writing emails to the BOE and showing up on November 7th will make a difference!

Please encourage your friends/classmates/neighbors to send letters and show up on Nov 7th as well!

Karen Foxman
karenfoxman@gmail.com
Luxmanor Elementary Cluster Representative

(continued on next page)

BOARD OF EDUCATION MEMBERS' CONTACT INFORMATION

Full Board (email will go to all below members): BOE@mcpssmd.org

Individual Board Members:

Shebra Evans, President	Shebra_L_Evans@mcpssmd.org
Patricia O'Neill, Vice President	Patricia_O'Neill@mcpssmd.org
Jeannette Dixon	Jeanette_E_Dixon@mcpssmd.org
Judith Docca	Judy_Docca@mcpssmd.org
Karla Silvestre	Karla_Silvestre@mcpssmd.org
Rebecca Smondrowski	Rebecca_K_Smondrowski@mcpssmd.org
Brenda Wolff	Brenda_Wolff@mcpssmd.org
Nate Tinbite, Student Member	Nathaniel_Tinbite@mcpssmd.org

Type in this LINK for SAMPLE LETTERS to email:

https://drive.google.com/open?id=1bThwWYWdQo0tCUf_gUsuHtAsWb7eIXV6

Mark your calendars!

Come support your students at the
Luxmanor Science Fair! We will learn, have fun
and get to know each other better.



Thursday, November 14th
6:30-7:30 pm

And yes - there will be prizes, snack sale and more!

Any questions please email your Science Fair Chairs:

Anna harrisannar@gmail.com
Christine samanalover@yahoo.com

Thank you to those who have already donated money to our school!

Please join your friends and neighbors in supporting the Luxmanor PTA Direct Donation Fund!

Your support is vital to the broad range of PTA programs that serve our students. You don't have to be a PTA member to make a Direct Donation. All Direct Donations are tax-deductible.

You may send cash or check (payable to Luxmanor PTA), or follow the link below to the **Luxmanor PayPal Giving Fund: <http://paypal.com/us/fundraiser/charity/1912207>**

Diamond Level (\$200+)

(We welcome you to be the first!)

Gold Level (\$100 - \$199)

Foxman / Pollak Family

Odogwu / Oti Family

Ragheb Family

Silver Level (\$50 - \$99)

- Anonymous -

Caglayan-Guner Family

Hong / Wang Family

Kee Family

Khare / Kokate Family

Ko / Yu Family

Komatsuzaki Family

Kovalchuk / Misakian Family

Nguyen Family

Pearlman Family

Peters Family

Proger Family

Rahnama / Jalali Family

Serrano Family

Sverdlov Family

Wang Family

Bronze Level (Up to \$49)

Aoki Family

Autenrieth / Ertzinger Family

Bellocchi / Honch Family

Boisture Family

Bond / Mayr Family

Brooner Family

Caldwell / Sutton Family

Cameron Family

Casbarro Family

Chan / Zheng Family

Cho / Choi Family

Coblitz Family

Dagur / Rana Family

Davila / Contreras Family

Ghanoudi Family

Hamaguchi Family

Hawthorne / Krabbe Family

Kalsi / Oshan Family

Kim Family

Koka / Johnson Family

Krishnamurthy / Anand Family

Kumamoto Family

Lee Family

Lopez-Astrov Family

McBean Family

Mizera Family

Mohanty / Naplan Family

Mozammel Family

Ngadi Chouaf Family

Ostorga Family

Shah Family

Phattrateepakorn / Chang Family

Reddish Family

Roffman Family

Rojas-Ravell Family

Rubin Family

Sadak Family

Serem / Omale Family

Toyserkani / Homayouni Family

Umeh Family

Van der Vossen / Jenkins Family

Williams-Simmons Family

Wilson Family

Xue Family

Dear Families,

It's not too late to fill out your **PTA Membership Form for 2019-2020!** Please note that PTA membership is good for one school year and must be renewed annually.

- <https://tinyurl.com/LuxmanorPTARegistration2019-20>
- PAY WITH PAYPAL! <https://www.paypal.com/us/fundraiser/charity/1912207>

Alternatively, you can complete the **attached form** and send it back to the holding school address, along with cash or check payable to **Luxmanor PTA**:

Luxmanor Elementary School – PTA
5701 Grosvenor Lane
Rockville, MD 20814

We've had such great success with online, paperless enrollment (in part due to the refrigerator magnet giveaway to the first 50 online enrollments), that we've decided to extend it to 75. **Therefore, in total, the first 75 online enrollments for 2019-2020 will receive the free magnets.**

WHY SHOULD I JOIN?

Membership is the backbone of the Luxmanor PTA!

Your dues help the PTA fund enrichment programs and cultural arts assemblies, provide scholarships for students in need, purchase supplemental instructional materials for classrooms, sponsor social/educational events, and reimburse teachers for classroom expenses.

Membership in the PTA gives you voting privileges for important budget and program issues. A portion of your dues is sent to the local, state, and national PTAs for child advocacy activities.

With each \$25 membership, you'll receive a printed Luxmanor directory with a free mobile app.

While PTA membership provides many benefits to members and the school, we could not do all that we do without our **Direct Donation Contributions**. The Direct Donation Contribution gives Luxmanor families and friends an opportunity to make monetary donations directly to the PTA. This allows us to move away from traditional fundraising (gift wrapping, pizza and cookie dough sales, etc). Your Direct Donation Contribution is 100% tax-deductible and goes directly to supporting PTA programs.

WHAT DOES THE PTA DO WITH ALL THIS MONEY?

The PTA funds (in full or in part) a wide range of activities that all Luxmanor students enjoy. This includes: academic and enrichment programs, cultural arts, community events, staff appreciation and community outreach, back to school picnic, book fairs, international night, and more!

Please don't hesitate to let me know if you have any questions!

Sincerely,

Yoko Komatsuzaki, Luxmanor PTA Membership Chair

yokokomatsuzaki@gmail.com

LUXMANOR ELEMENTARY SCHOOL PTA

Membership & Direct Donation Contribution Form

2019-2020

1 Student Information

Name _____

Teacher _____ Grade _____

Name _____

Teacher _____ Grade _____

Name _____

Teacher _____ Grade _____

2 Member Information

Name _____

Address _____

Email _____

Phone _____ Home Work Cell

Additional Member Name _____

Phone _____ Home Work Cell

3 Membership Options**PTA Membership - \$25**

Membership includes PTA

Luxmanor directory and directory app.

Additional family member - \$10

A spouse, for example.

Additional directory - \$5**4 Payment Information**

Membership total (Step 3) \$ _____

Direct Donation Contribution + _____

(\$50 suggested, any amount appreciated)

Return this form to:

Luxmanor Elementary School - PTA

5701 Grosvenor Lane

Rockville, MD 20814

Total = _____**Note:** If you would like to join the PTA and dues are a hardship, please pay what you can.

Cash Check # _____

Please make checks payable to Luxmanor PTA.

ATTENTION TEACHERS - As a token of our appreciation, the PTA will pay your dues for the year.

Date form received: _____

Calendar of Events – Fall/Winter 2019

September 2019

3rd – First Day of School & PTA Meeting, 7pm
6th – Back to School Picnic, 6-7:30pm
10th – Back to School Night – grades 1-5, 7pm
13th – New Parent Meet and Greet Breakfast, 9-10am
13th – *Back to School Picnic RAIN DATE, 6-7:30pm*
16th – Room Parent Orientation, 9-10am
30th – No school

October 2019

1st - PTA meeting, 7pm
2nd – International Walk to School Day
4th – Early release, 12:55pm
14th – Breakfast with a Buddy, 7:45-8:45am
14th – Open House (Columbus Day), 9-11am
14th – 18th - New Book Fair
24th – Dine-Out at California Pizza Kitchen
31st – Halloween parade & class parties, 2pm

November 2019

8th – Early release, 12:55pm
11th – Early release, 12:55pm
12th - Early release, 12:55pm
14th - Science Fair, 6:30-7:30pm
27th - Early release, 12:55pm
28th – 29th – No school (Thanksgiving)

December 2019

3rd - PTA meeting, 7pm
16th – 20th – Eat the Rainbow Week
23rd – 31st – No school/Winter Break