

The LuxLetter

A Publication of the Luxmanor PTA

January 2019 Issue



The LuxLetter

Published monthly
during the school year by
the
Luxmanor PTA

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

*All submissions are
welcome!*

Luxmanor Elementary
School
5701 Grosvenor Lane
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FROM THE PTA PRESIDENT

Dear Luxmanor Families,

Ready or not, here comes 2019!
I hope you all have a wonderful winter break and a Happy New Year!

Before we end the year, I want to say thank you to Kimberly Klimek and Danielle Roffman for coordinating the PTA Sponsored Staff Luncheon. The staff loved the catered lunch from Misson BBQ! Thank you to all the families that were able to donate to the gift card raffles.

A big thank you goes out to all our families that have participated in our Direct Donation drive this year! On **#GivingTuesday** we were able to raise almost \$500 alone! There is still time to make a donation for this year; use the Paypal link below to make a direct donation to the PTA and Paypal will match 1% of your donation through December.

<https://www.paypal.com/us/fundraiser/110230052184687338/charity/1912207>

Heading into 2019, we hit the ground running with our Family Fun Night on January 11th. If you haven't been before, this is a fun evening for the whole family to come and play BINGO! There will be prizes for the winners and snacks and pizza available for purchase. The next week, on January 15th, we have our monthly dine out at Five Guys – Montrose Crossing from 5-8pm. All donations from orders mentioning "Luxmanor" go to the school. We hope to see you there!!

Looking ahead, go ahead and mark your calendars for the following events: PTA Meeting (Feb. 5th), Red & White Dance (Feb. 8th), and Class Valentine's Day party (Feb. 14th).

Sincerely,
Beth Rivers
PTA President

What's Up This Month

December 22

Last day of school before
Winter Break

January 2

Return to school

January 11

Family Fun (Bingo) Night,
7pm in AP Room/Cafeteria

January 15

Dine Out @ Five Guys
Montrose Crossing, 5-8pm

January 18

GeoBowl completed
packets due

January 21

No school, MLK Day

January 25

Early dismissal, 12:55pm

January 28

No school, Teachers
Professional Day

PTA Executive Board Officers 2018-2019

Office	Office Holder	Email
President	Beth Rivers	Beth.riverspta@gmail.com
President Elect	Yelisa Rojas	Yelisa.pta@gmail.com
Vice President	Deborah Berger	realestatewithdeb@gmail.com
Recording Secretary	Mary Beth Lord	Mbl_illini@yahoo.com
Corresponding Secretary	Lilit Yedigarian	Lili_2s@yahoo.com
Treasurer	Nicole D'Isa	Luxmanorptatreasurer@gmail.com
MCCPTA Delegates	Rep 1: Joanne Kee Rep 2: Natalie Shelton	joandtomkee@yahoo.com scorpioj77@gmail.com
Diversity Chair	Saran Dioubate	sarandioubate@gmail.com

January 2019 Notes from the Counselor.....gloria silverberg

Happy New Year to all our Luxmanor families and friends!

Why Does My Child Have So Much Difficulty Paying Attention in School?

*I am often asked about attentional issues in children and how to help them succeed in school. Having Attention-Deficit Disorder (ADHD) is part of who you are, but not all of who you are! The first recommendation is to talk with your **pediatrician or a pediatric developmental specialist** to determine what could be causing the distractibility. **Anxiety and ADHD** often look very similar. The following is some information that I hope you will find helpful.*

*The idea of **distractibility in Attention Deficit Hyperactivity Disorder (ADD/ADHD)** usually means that people are unable to block out unimportant distractions in order to focus on the things they need to know or deal with. Many children with ADD/ADHD cannot work or pay attention if there is the slightest noise or they become distracted by their own thoughts. Others get distracted when something in their visual field changes. You send them up to their room to get something, and they become distracted by another thing on their way. Many children with ADD/ADHD lack the filters that most people have to block out environmental distractions.*

*Many children with ADHD are also distracted internally by their own thoughts. Too many thoughts compete for the child's attention. They may **hyper-focus on the things they love to do, ie: TV, Computers, Video Games**. Just like the external distractions, internal distractibility is treatable and responds to a **combination of medication, education, and behavioral techniques**.*

How to Help with Distractedness:

- . Understand that the problem is related to your ADHD. There **are reasons for your distractibility**.*
- . **Inform your child about their ADD/ADHD and frame it positively**...ADHD means that you have a turbocharged race car brain. It can go really fast. The only problem is that sometimes it goes too fast, and it may need special motor oil so it won't overheat. That is why it is hard sometimes to pay attention in school. Your mind is zipping around all over the place, bursting with new ideas. That is why you will do amazing things throughout your life. With the right brakes and oil, it wins lots of races.*
- . If your **pediatrician or therapist recommends medication** after first trying some behavioral strategies, remember that **Medication can help one's internal filters function more efficiently and decrease the flow of irrelevant thoughts**. If you were a diabetic, you would take insulin. If you were asthmatic, you would use an inhaler.*
- . When speaking with others, remain aware of your problem and you can sometimes catch yourself before you change the subject.*
- . Practice Mindfulness Exercises to focus your brain.*
- . Maintain eye contact during a conversation as it helps you remain focused.*
- . Sit near the front in a class or presentation.*
- . Chunk your work into smaller segments with movement breaks in between.*
- . Keep a notepad near you to write down your distracting thoughts instead of blurting them out.*
- . Doodle while listening to a speaker or use a fidget toy to get your wiggles out.*
- . Sit on a yoga ball to give yourself some movement and take movement breaks throughout the day.*
- . Try to get morning exercise before school.*
- . Limit Video Games which encourages shorter attention spans.*
- . Contact www.CHADD.org for other useful strategies and support.*

SGA News:

- **Our Annual Dress the Snowman will begin January 7 and run through January 25.** We will collect BRAND NEW winter accessories such as coats, gloves, scarves, and hats for children and their families who are seeking treatment at NIH Children's Inn. A special thank you to the Cohen family, and especially Annie and Debra for helping to support this great program!
- **The Leukemia & Lymphoma Society** will be kicking off our **Pennies for Patients Fundraiser** starting February 1 with a Town Hall Meeting. Please consider donating on line under your child's classroom online here:

<http://events.lls.org/pages/nca/LuxmanorElementarySchool-2019>

FAMILY BINGO NIGHT



Friday, Jan. 11 7:00 – 9:00pm
Grosvenor (Temporary Luxmanor) Cafeteria

Join us for an exciting fun filled family night of **Bingo with awesome prizes** and pizza, water and snacks!!

Admission - \$5 per person - Immediate Family Max \$20, Boards \$2
Pay by January 4 and you get one board for free (4 for Family), extra boards are \$2
Revolving games throughout the night, feel free to stop by anytime

Any Questions please contact **Deborah Berger** at RealEstatewithDeb@gmail.com or (301) 793-0711

Checks payable to Luxmanor PTA or cash
Please return this form to the front office with payment

Child's name _____
Teacher _____
\$5 per person or \$20 immediate family Max
Amount included _____

Pay by January 4 and get one board for free (4 for Family), extra boards are \$2



**Luxmanor's January Dine Out, Five Guys at Montrose Crossing
12029 Rockville Pike, Rockville**

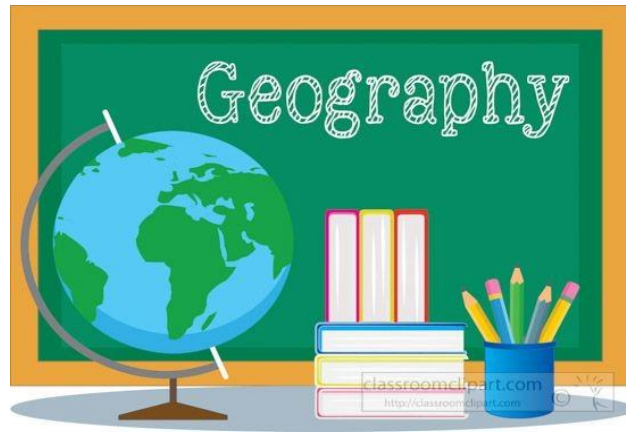
January 15 from 5-8 PM, as always, please say "Luxmanor" in order for us to get credit that you came to the dine out.

Any questions, please contact Deborah Berger at 301-793-0711 or RealEstatewithDeb@gmail.com. Thank you!!!



Tell your friends and neighbors to skip the cooking!
All proceeds fund the students and school programs.

DON'T FORGET!



Geography Bowl Packets DUE
on or before

Friday, January 18, 2019

3rd, 4th & 5th Graders should turn in their packets
to their teachers by the due date.

*Packets will be checked and returned to students.
Then a geography quiz will be given to determine who will be
on their class team and compete against the other classes
in their grade at the Geography Bowl!*

Mark your calendars*: March 7, 2019 @ 9:15 am - 3rd Grade Geo Bowl
March 7, 2019 @ 1:45 pm - 4th Grade Geo Bowl
March 8, 2019 @ 9:15 am - 5th Grade Geo Bowl

Questions or able to help with the Bowls?
Contact Geo Bowl Chair Joanne Kee at joandtomkee@yahoo.com

*Snow dates will be exactly one week later for each of the bowls

Season Ticket Holders
Theater Ticket Holders
Rental Home Owners
Business Owners

If any of these apply to you,
please consider donating to the
Luxmanor Silent Auction.

No donation is too small or too large.
We love to have a variety of items to bid on, and you
never know what someone is looking to buy!!

Thank you for your support!!

Save the Date!
March 22, 2019 at 7pm

Any Questions, please contact
Beth Rivers at beth.riverspta@gmail.com
or
Mary Beth Lord at mbl_illini@yahoo.com



The Luxmanor PTA has partnered with Rockville Rewards Program again this year!

This program is a great way to show support for our wonderful community, and at the same time support our school. 100% of the proceeds go to Luxmanor PTA, 100% of the savings go to you!!

For More Information:
www.rockvillerewards.com

PTA Contact: Deborah Berger realestatewithdeb@gmail.com
Beth Rivers: beth.riverspta@gmail.com

Rockville Reward Cards Order Form Cards \$25

Name: _____

Student: _____

Teacher: _____

Number of Cards: _____ Payment: _____

Thank you to all of our Luxmanor Direct Donation Contributors

Bronze Level

Jackie Bellocchi	Yelisa Rojas & Juan Ravell
Nikki Boisture	Satoshi & Haruna Saida
Bethanne Bond	Sosuke Shibuya
Karen Chaves	Pali & Shripal Shah
Mariela Farhi-Zimmerman	Koryn & Joel Shuler
Sarra Ghanoudi	Alice Xue
Katsumasa & Tamako Hamaguchi	Izabela & David Zielinski
Yvette Cervenkov-Peet & Timothy Peet	

Silver Level

Shelly Eapen	Kate & Adam Proger
Esin Caglayan-Guner & Barkin Guner	Danielle & Adam Roffman
Joanne & Tom Kee	Mark Rotton
Yoko & Takuji Komatsuzaki	Illana & Jason Rubin
Jane Lee	Melinda & Jason Rubinstein
Orna Levy	Yoko & Kiyohira Tanaka
Erin McDowell	Jennifer Woodliff
Hideko Numata	Ying Xie & Jason Zhang

Gold Level

Lauretta Odogwu-Oti & Cris Oti
Karen Foxman & Jeffery Pollak
Sutton & Jack Ragheb

Diamond Level

Alvaro Calderon & Inna Marukhlenko
Beth & Andy Rivers

LUXMANOR ELEMENTARY SCHOOL PTA

Membership & Direct Donation Contribution Form

2018-2019

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 _____

Membership Options

PTA Membership - \$25

Membership includes PTA calendar, Luxmanor directory and directory app.

Additional family member - \$10

A spouse, for example.

Additional directory - \$5

Additional calendar - \$10

4 Payment Information

Membership total (Step 3) \$ _____

Return this form to:

Luxmanor Elementary School - PTA

5701 Grosvenor Lane

Rockville, MD 20814

Direct Donation Contribution + _____

(\$50 suggested, any amount appreciated)

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 Upcoming Events:

January 2019

2nd - Return to school
11th - Family Fun Night, 7pm (snow day 2/1)
15th - Dine out @ Five Guys Montrose Crossing,
5-8pm
18th - Geo Bowl packets due
21st - No school, MLK Day
25th - Early dismissal, 12:55pm
28th - No school, Teacher Professional

February 2019

5th - PTA Meeting, 7pm
8th - Red and White Dance 6:30 (snow date 2/22)
14th - Valentine's parties, 2pm
18th - No school

March 2019

1st - Early dismissal, 12:55pm
7th - Geo Bowl, 3rd grade, 9:45am, 4th grade
1:45pm
8th - Geo Bowl, 5th grade, 9:45am
22nd - Silent Auction, 7pm

April 2019

2nd - PTA meeting, 7pm
3rd - Early dismissal, 12:55pm
5th - International Night at 7pm
10th - 12th - BOGO Book Fair
17th - 22nd - Spring break

May 2019

8th - Staff lunch, 11am
10th - Variety Show, 7pm
27th - No school

June 2019

4th - PTA meeting, Elections, 7pm
5th - No School
11th - 5th grade promotion
13th - Last day of school