



The LuxLetter

A Publication of the Luxmanor PTA

October/November 2018 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
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*All submissions are
welcome!*

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FROM THE PTA PRESIDENT

From the PTA President

What a busy start to the school year so far!!! It's hard to believe we are half way through October. It's been a busy few weeks for all the Luxmanor families and staff. I've loved seeing all the new families at the school and how everyone is jumping in and volunteering for various events.

Thank you to all the families that turned out for our second PTA meeting of the year on October 2. For those that didn't get to attend, we were able to have Seth Adams from MCPS Division of Construction attend and give us an update on our new building. As of now we are still on schedule to move back in January 2020! Our next PTA meeting will be Tuesday, December 4th; following the meeting, Mrs. Silverberg will be doing a presentation on Mindfulness and Restorative Circles.

A big congratulation is in store for the Luxmanor community for being named a National Blue Ribbon School. This is a huge accomplishment, not only our students, but our wonderful teachers and support staff that make Luxmanor such an amazing school. Way to go everyone!!

Thank you to all the families that came out for our FAB Dads/Special Guests Breakfast and stayed around for the Open House. It was great to see so many new and familiar faces. Thank you to Andy Rivers and his committee for putting on such a great breakfast and for Silver Diner and Ize's Deli for the delicious food!

Thank you to our wonderful Book Fair Committee, Anita Chan, Nikki Boisture, Orianna Helms, and Yelisa Rojas, for putting on another great book fair. I hope all the children were able to find a book they love. Looking ahead, our Spring Book Fair is scheduled for April 10-12.

Finally, our exciting Halloween celebration is scheduled for Wednesday, October 31st at 2pm. The kids will get to dress up in costumes, walk the parade route, and then enjoy a party with their classmates. The PTA is again providing a sweet treat (peanut free cupcakes), water, and a healthy snack. Parents are also welcome to attend the parties! Contact your child's room parent if you would like to help with the class party.

Sincerely,

Beth Rivers

What's Up This Month

October 31

Halloween classroom parties, 2:00-3:15pm

November 6

No school, Election Day

November 7

Early dismissal, 12:55pm

November 12-13

Parent/teacher conferences
Early dismissal, 12:55pm

November 21

Early dismissal, 12:55pm

November 22/23

No school, Thanksgiving

November 28

Dine Out at California Tortilla & Baskin Robbins, 5-8pm

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
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MCCPTA Delegates	Rep 1: Joanne Kee Rep 2: Natalie Shelton	joandtomkee@yahoo.com scorpioj77@gmail.com
Diversity Chair	Saran Dioubate	sarandioubate@gmail.com

Luxmanor's Box Top Contest

Make a Difference for Our School

**It's easy to support our school and help your children win a party for their class!
The class which gets the most box tops from September 14 to December 17 will win!**

Earn cash for our school by clipping the Box Tops from hundreds of products. It's a simple and fun way to help the school!

- 1. Cut the Box Tops and send them to school in a Ziploc bag with your child's name.**
- 2. Your child will empty the bag into the Box Top envelope in the classroom.**
- 3. Your child will be able to help their class earn a party! The contest ends Dec 17.**

Any questions please call Deborah Berger (301) 793-0711 or Email RealEstatewithDeb@gmail.com

Thank you in advance on behalf of our school, we could not do it without your support! Thank you!





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: _____

November Notes from your Counselor.....gloria silverberg

Our **Friendship Groups** are in full swing now, meeting over lunch to address social skills and friendship needs. I meet with over 250 students so we meet 2-3 times and then move to the next group. If your child had signed up by the end of September, they will definitely meet with me! 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 through observation and practice. A great tool for practicing friendship skills is to have children *role-play social situations with them*.

I have included a wonderful resource book, titled *The Unwritten Rules of Friendship*, by Elman and Kennedy-Moore about how to help children navigate friendships. This book addresses every type of personality, giving excellent advice for all children in making and keeping friends. Another great children's book about Friendship is "*Making Friends is an Art*" by Julia Cook.

Social Skills For Children**1. Give Him the Words and the Praise**

Demonstrate and role play social skills with your child. Include skills such as maintaining eye contact, no interrupting, to using kind language.

2. Teach Group Dynamics & Social Cues

Teach children to stand near 2 people they might be interested in meeting who are talking to each other. Look at them, but just listen to see if you are interested in joining them. Notice if they look at you, because that invites you to join in their conversation. If they do not make eye contact, they probably want to remain alone.

3. Be a Play Date Observer

Talk to your child about what makes someone a good friend, and what are friendship breaking behaviors. Coach your child on how to behave during a play date...say hello, don't interrupt, say please and thank you. Parents who effectively coach their children intervene in the setting where and when the skill is required.

4. Work Together with your Child's Teacher

Ask your child's teacher if she can pair up students to work together.

5. Friendships Start at Home

Try inviting 1 or 2 friends to your home to do something your child enjoys. Plan some special outings with other children and their families.

6. Create Special Moments

Plan 15 minutes of quality time with your child several times each week. Do fun things together, without directing or criticizing him/her. Building a relationship with your child pays off in terms of friendships. Research has shown that when parents work on relationship building at home, they see better behavior in a child's peer relationships immediately.

7. Find His/Her Passion

Find out what your child prefers, ie: team sports or solo activities. Team sports/group activities can teach skills that can encourage friendships off the field.

8. Be a Role Model

When you make friends with other parents, invite family and friends over, and get involved in PTA or group activities, you are teaching your child about social skills.

9. Deflect Teasing

Good social skills can fend off bullying. The most effective technique for deflecting teasing is to use humor. Role play humorous comebacks to peers who tease your child. Never tease back, but you can use techniques like "Boohoo, So what?, And your point is?, or Whatever."

10. Enroll in a Social Skills Program

Sign up your child for a social skills program outside of school or talk with your school counselor to seek out friendship Groups and Social Skills Activities.

Mindfulness is present-moment awareness, meaning living in the present moment without judging or ignoring anything or worrying about the pressures of everyday life. In these stressful and demanding times, Mindfulness exercises serve to provide physical and mental calm for parents and children.

Mindfulness exercises can help children with **low self-esteem or feelings of insecurity**, as well as **managing impulsivity**. It can help when children become trapped **in negative behavior patterns** that are not serving them well. Mindfulness is not a form of therapy, but it can be therapeutic in giving children a more effective approach in handling their real issues.

At Luxmanor, I am using Mindfulness as a part of our Restorative Circles, where we build community and problem solve in a positive, restorative way.

How to use Mindfulness Exercises?

- 1. Mindfully exercise regularly at specific times.**
- 2. Keep the exercises playful and lighthearted.**
- 3. Repeat the exercises from time to time throughout the week.**
- 4. Be patient.**
- 5. Encourage your child when they are practicing.**
- 6. Let your child describe their experiences after completing their Mindfulness exercises. Remember there is no right or wrong!**
- 7. Make Mindfulness part of your daily family practice!**

Mindfulness provides a lifelong foundation for self-confidence. There are 3 basic qualities that can help with parenting responsibilities: **presence, understanding, and acceptance.**

Presence enables you to be simply here, in contact with this moment. This means being present with feelings and thoughts and without an immediate opinion.

Understanding enables you to empathize with your child, and seeing things from your child's perspective. Genuine interest in what is happening in your child's inner life can guide you in understanding what your child needs from you.

Acceptance is your willingness to recognize and accept your child's thoughts and feelings without wanting to change them or rejecting them. Acceptance does not mean "putting up with everything." It is the realization that as a parent you do not need to have an opinion on the feelings, thoughts and actions of either your child or yourself. Practicing acceptance will provide you with opportunities to open your heart with mindfulness.

Mindfulness Exercises from Eline Snel's book on Mindfulness, Sitting Still Like a Frog:

1. Mindful Breathing.

Your breath can tell you lots of things, such as whether you are tense, calm, or restless. As you become more aware of your breathing, you also become more aware of your inner world and it is the first step toward developing concentration.

For children, practicing with the attention of a frog is a way of focusing on their breathing. Find a quiet place where no one will disturb you. "A frog is a remarkable creature. It is capable of enormous leaps, but it can also sit very, very still. Although it is aware of everything that happens in and around it, the frog tends not to react right away. The frog sits still and breathes, preserving its energy instead of getting carried away by all the ideas that keep popping into its head. The frog sits still, while it breathes. Its frog tummy rises a bit and falls again. It rises and falls. Anything a frog can do, you can do too. All you need is mindful attention. Attention to the breath. Attention and peace and quiet."

2. This is another fun exercise to do on your way to school or anywhere: try to remember 5 things that you see. What do they look like? You can train yourself to see more and more properties of the tree or the traffic sign, such as colors, spots and stripes. By looking without judging whether something is pretty or ugly, you will see more of the world around you.

3. And for older kids: Pick up a twig and draw it on a piece of paper. Draw exactly what you see and not what you think you are seeing. Do this for a couple of days in a row and you will begin to see more and more of the twig while the drawing is becoming more and more accurate.

4. **Listening.** Have everyone talk for 2 minutes about his day or to share an important experience, while the others listen without passing judgment. Listening with a genuine desire to hear and understand is absolutely validating.

5. **Mindful Eating.** Eat one attentive mouthful of food without making any comments. Discuss what you smell, notice, taste, and feel in your mouth when you take a mindful bite, hold it in your mouth for a moment, and swallow.

Small Groups

Ms. Silverberg has begun to meet with students who signed up for Friendship and Banana Splits Groups. Due to the tremendous amount of children signed up this year, I will only be able to meet 2 to 3 times with each group. I am happy to report that the children seem to love coming!

SGA News:

Thank you to our **SGA Board**, led by our **President Evan L., Vice President Mason L, Secretary Alexandria K, and Treasurer Rachel W.** in facilitating a successful Spirit Week and Red Ribbon Day! In addition, our **SGA Class Representatives** Shoshana, Sasha, Sofia C, Lana, Oz, Kira, Asa, Philip, Kevin, Yousif, Tanner, Ila, Meena collected a lot of canned and boxed food for our Kids Helping Kids Food Drive. Next up? We are looking forward to a wonderful Holiday Season, which will revolve around our theme of Kindness! Please consider giving the *gift of Kindness* this year!

Calendar of Upcoming Events:**September 2018**

3rd - No school
 4th - PTA meeting/volunteer fair at 7pm
 10th - No School
 12th - Lux 1-2 Back to School Night
 14th - New Parent Breakfast 8:45am
 17th - Room Parent 9am
 19th - No School
 20th - Back to School Night grades 3-5, 7pm
 21st - Picnic 6pm
 26th - ESOL Back to School Night, 7pm

October 2018

2nd - PTA meeting, 7pm
 5th - Early dismissal, 12:55pm
 8th - FAB Dads 8:15-9am
 8th - Open House 9-11am (Columbus Day)
 8th -10th - Book Fair
 23rd - Science Fair at 7pm, 6:30pm set up
 31st - Halloween parties, 2pm

November 2018

6th - No School
 7th - Early dismissal, 12:55pm
 12th/13th - Parent conferences; Early dismissal, 12:55pm
 21st - Early dismissal, 12:55pm
 22nd/23rd - Thanksgiving, no school
 28th - Dine Out at California Tortilla & Baskin Robbins, 5-8pm

December 2018

4th - PTA Meeting, 7pm
 12th - Staff lunch, 11am
 22nd - Jan 2nd - Winter break

January 2019

2nd - Return to school
 11th - Family Fun Night, 6:30pm (snow day 2/1)
 21st - No school
 25th - Early dismissal, 12:55pm
 28th - No school

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

