



FROM THE HEADMASTER

Few things in life always occur exactly in the manner in which we plan. The start to our fall semester is a perfect example. Hurricane Irene's impact on our immediate area was not anticipated. The loss of telephone, internet and electricity as well as vehicle access to the Lower School Campus for over a week tested us all. Even though most of our services have been restored, we continue to experience internet difficulty.

Thankfully, St. Michael's scheduled instructional hours exceed our Commonwealth's requirements so we still have not reached the point that additional school days need to be added. Needless to say, a mild winter is now on my wish list for the school year.

The good news is we are all settling into a routine. Field hockey, flag football, soccer, canoe club, cross-country, choir and LEGOS are among the student activities that should be underway by the time you receive this newsletter.

There are ways to help your child if recent events created more than usual difficulty in making the transition to the school year. Start with bedtime. Accustom your child to getting a good night's sleep. Getting to school on time requires most families to rise by at least 7 a.m. The work day for students doesn't end with the dismissal bell. There are sports practices and organizational commitments outside of school to consider. Allow time for family and homework. Establish a daily routine to lessen adjustment difficulties.

Eating is possible for most students when they are at home and hungry. At school they eat at an assigned time. Try to establish a pattern where your child consumes a filling breakfast and lunch. If the child is not conditioned to eat throughout the day, the chances of hunger pangs interfering with instruction will diminish.

Set limits on the time allowed using computer, telephones and televisions. Have books and magazines available to stimulate minds during the leisure time created by stepping away from technology.

Encourage your child to participate in school opportunities. Being on a team or taking part in an extracurricular activity helps students to connect in a positive way with the school and to each other.

WELCOME COACH SPENCER

Doug Spencer is St. Michael's Middle School cross-country coach this season. Practices are scheduled after school on Mondays and Wednesdays.

Doug was a sprint champion at Thomas Dale High School and played baseball at Virginia Tech. He and his wife Nancy live in Traylor Estates and are the grandparents of Cam Johnson '10 and Rachel Johnson '08.

SPORTS NEWS

In cross-country competitions with St. Christopher's and Trinity Episcopal, St. Michael's placed five runners in the top ten of the competition. Congratulations to seventh grader Luke Parry who finished first overall.

LUNCH OPTIONS FOR STUDENTS

Many students bring lunch from home; but for those who prefer to purchase their lunches, they may choose from three different lunch options:

- Introduced last year, Green Monkey Foods provides a nutritious diet. Parents may order from Green Monkey's website <http://eatgreenmonkey.com> or from St. Michael's website under announcements and look for "lunch alternatives". Please remember to update your student's information if you ordered last year.
- Susan Hayes provides a traditional fast food menu Monday-Thursday. Menus from her food service are published monthly on our website.

- On Fridays, St. Michael's Parents' Association offers pre-ordered pizzas. Parent volunteer David Lundgren is organizing this program.

More information will follow on each of these choices. Students on both campuses may chose from any combination of the foods available from these menus. Whole, two-percent or skim milk may be pre-ordered as well.

KINDERGARTEN 2012

If you have a child entering kindergarten next year and have not submitted an application, please call the school office or email Betty Isaacs, bisaacs@stmschool.net, to request an application. The Admissions Open House is Tuesday, October 25, 9:30 a.m., for all perspective kindergarten parents.

CORRECTION

In the June 2011 Newline, Mary Peyton Baskin was incorrectly listed as attending Douglas Southall Freeman High School. She is attending the Douglas Southall Freeman Center for Leadership, Government and Global Economics. We apologize for the error.

FRANCE IN THE SPRING

Jo Leitner from Customized Tours has agreed to briefly extend registration for St. Michael's Middle School Heritage Club's trip to France planned for our spring vacation. Please contact Ed Hubbard, 272-3514, to learn more. Travel accommodations must be made soon so this is truly a limited opportunity.

WOW!!! WHAT a BEGINNING!!!

It has been a busy and exciting two weeks on both campuses for faculty and staff, students and the SMPA! The following is a list of all activities undertaken and underway!

This summer, the **SMPA Room** experienced a major transformation. With the help of Kathy Corbet, Caroline Hyde, Andrew Norris and Georgia Kukoski, the room was painted and organized. It looks amazing and many thanks for their expertise and hard work.

The **Welcome Back Breakfast**, August 23rd, was a wonderful way for faculty and staff to return to work! Kay Bollen and Carolyn Neblett provided the teachers and staff with delicious food and a gorgeous table setting. It was a delightful way to start the school year.

Erbie Godwin and Laurel Nelson are busy compiling **Directory Information**. Check your inboxes for emails from your room parents requesting a last check of your directory information. This is one of the SMPA's biggest undertakings each year. Many, many thanks to Erbie and Laurel for keeping us connected!

SMPA Pizza Hut Fridays!!! Our first Pizza Hut Friday was a HUGE success. The pizza was delivered piping hot and was enjoyed by many. If you did not participate in the first 6 weeks order, no worries, you will soon have another chance to order pizza. An ENORMOUS thank you to Dave Lundgren for all of his hard work to make this program happen.

SCRIP orders are now being placed! Every week you will have an opportunity to purchase gift cards (or reload your current ones) and every week SMPA reaps the benefits. No matter how big or how small the purchase amount, it all adds up in the end. Allow me to do some math for you:

If all St. Michael's families purchased:

(1) \$50 gas card a month = \$2,070 annually

(1) \$50 grocery card a month = \$5,175 annually

That is over \$7,000 in profit and you didn't have to spend money on anything new or extra ... just normal day living. We all drive pretty big vehicles and have plenty of mouths to feed; I know we can make this a very successful SCRIP year!

You may download the form

(http://stmschool.net/assets/4d8738bddabe9d087100001f/scriporderform_2011319new.pdf) or contact Rebecca Shigley (rebeccashigley@yahoo.com) with any questions.

SHARE YOUR PHOTOS WITH YEARBOOK

There are two ways to share your photographs during the year! Please select the one that best works for you.

- Upload photos to the yearbook eShare website at www.hjeshare.com. Enter school code 3053762 and follow the instructions.
- Copy your photos to a CD and turn it in to either school office or give to your grade editor. Please note on the CD "Yearbook", your name, the grade, and the name and date of the event.

High-resolution digital images are preferred. No need to crop or edit your photos – we'll take your original images. Questions? Contact your grade editor, or contact the Yearbook Editors, Cindy Arnold, cindyarnoldva@msn.com, or Laura Powell, l.powell24@verizon.net.

Grade Editors: Primer – Diane Dodson and Armpie Ramsey; 1st – Amy Dodson and Laura Stewart; 2nd – Jennifer Jung and Dave Lundgren; 3rd – Jana McQuaid and Ann Steilberg; 4th – Cindy Arnold and Jackie McCool; 5th – Michele Mauney; 6th – Kim Daniel and Tracey Van De Putte; 7th – Lynne Kinder; 8th – Joanne Allen, Lisa Geisz and Ann Steilberg

INNISBROOK GIFT WRAP AND ENTERTAINMENT BOOK SALES

Deadline has been extended to September 22nd.

Take a few more days and browse the Innisbrook Gift Catalog and the savings in the Entertainment Book. Order forms and payments to the SMPA are due September 22nd. Remember 50% of all proceeds go to the SMPA to benefit the school. Thank you! Questions? Call Georgia Kukoski, 339-5912, or Elizabeth Brady, 560-8049.

BOX TOPS

Start collecting your Box Tops! This is a fun easy way for the school to earn money. There will be **two** deadlines this year. The first deadline will be **Friday, October 14**, which does not leave us with a lot of time. The second deadline will be **Friday, February 17**. Our goal this year is to raise \$2,500! Since 2002, St. Michaels has earned \$6,942 just from cutting out the Box Tops from items that most of us use every day! The class with the most Box Tops will win a special party!! There are many ways to collect Box Tops, you can cut them out and send them in or you can go online to: boxtops.com and earn eboxtops for the school! Box Tops can be turned into your child's teacher or at the office on both campuses. Please when you send in your Box Tops put them in a Ziploc bag with your child's grade written on the outside. Thanks for your participation and let the best class win!!!

Make plans now to attend the second annual **Lower School Picnic** on Thursday, October 13. Please look for more information to follow.

Don't put those calendars away just yet: the **Fall Parents' Meeting** will be Thursday, October 6, at 7:00 p.m. in the church sanctuary.

Flag Football Schedule-2011

<i>Fri. 9/23</i>	<i>Tues. 9/27</i>	<i>Fri. 10/4</i>
1 vs. 2	1 vs. 3	1 vs. 4
3 vs. 4	2 vs. 4	2 vs. 3
<i>Tues. 10/11</i>	<i>Fri. 10/14</i>	
2 seed vs. 3 seed	Championship	
1 vs. 4		

**** Games will be played after school and end at 3:45 p.m.**

Cross Country Schedule – 2011

Date	Location	Time	Arrive by
9/20	Roslyn Diocesan Retreat Center	3:45	3:15
10/12	Collegiate (Robins Campus)	4:30	3:45
10/27	Collegiate (Robins Campus)	4:00 for girls 4:30 for boys	3:15 for girls 3:45 for boys

Practices are Monday and Wednesday from 3:00-4:30 p.m.

Field Hockey Schedule - 2011

Date	St. M Team	Opponent	Location	Time	
Thr.	15-Sep	Var., JV	Panthers Club	St.M	4:15, 5:30
Tues.	20-Sep	Var., JV	St. Catherine's	St. Cath.(main campus-Lower)	4:30, 5:30
Wed.	21-Sep	Var., JV	Collegiate Green (Var), Gold v JV	St. M	4:00, 5:15
Fri.	23-Sep	Var., JV	Steward	St. M	4:15, 5:30
Tues.	27-Sep	Var.	Millwood	St. M	4:30
Thr.	29-Sep	Var.	*Orchard House - home game; @ ST.M	St. M	4:15
Tues.	4-Oct.	Var.	*St. Gertrude (8 th) "Home" Game @ St.M	St. M	4:15
Thr.	6-Oct.	Var., JV	St. Anne's-Belfield	St. M	4:15, 5:30
Tues.	11-Oct	Var.,JV	Panthers Club	SportsQuest	4:30, 5:15
Thr.	13-Oct	JV	Millwood	Millwood	4:30
Tues.	18-Oct	Var., JV	St. Cath. B; JV v "C"	St. M	4:30, 5:30
Thr.	20-Oct.	Var., JV	Steward	Steward	4:15, 5:30
Tues.	25-Oct.	JV	Orchard House	St. M	4:15
Thr.	27-Oct.	Var.	St. Gertrude (8th)	St. M	4:15
Fri.	28-Oct.	Var., JV	Collegiate Green (Var) Gold v JV	Collegiate	4:00, 5:15

