**Even Though It’s Winter, It’s Time to Plan for Spring!**

## Spring Families Unplugged registration is now open!

***Learn, Grow, and Play*** together at fun family activities like 'Cupcake Wars', 'Family Scavenger Hunt', 'All About Insects', and much more. [Register at https://web1.vermontsystems.com/wbwsc/vaarlingtonwt.wsc/splash.html](Register%20at%20https%3A//web1.vermontsystems.com/wbwsc/vaarlingtonwt.wsc/splash.html) using activity code 730017. Cost: $8 per person, children must register with an adult. Learn more about all of our family programs at https://parks.arlingtonva.us/programs/kids/.

**Looking for Some Fun Family Time?**

### Heart Healthy Family Cooking Families Unplugged:

Come Cook With Us! On **Saturday, Feb. 25 from 10 a.m. to 12 p.m. at Fairlington Community Center** our Parks and Recreation Nutrition Educator will guide you and your family through fun, tasty, heart healthy recipes that you will cook together and take home. We will be making pita pizzas, funky fruit salad, and no-bake gluten free energy bars. Register at https://web1.vermontsystems.com/wbwsc/vaarlingtonwt.wsc/splash.html using activity code **730017-F**. Cost: $8 per person, children must register with an adult.

**“Love” is in the Air!**

Friendship, fun and frolic is being planned for the Randolph Stars! Our Valentine’s Day celebrations will be held on Tuesday, February 14th at 2:30 p.m. While this is typically a day of sweet treats, we request that you also consider healthy snacks if you are sending treats to school.

**It’s Time for our “Snow Family” to Grow!**

As of last week, the Randolph Stars have read and earned 2,921 “snowballs” for our winter reading incentive program. Wow! We are so proud of their reading accomplishments. We are now ready to begin building our snowman (or snow family). If you have any large clear plastic containers (like the ones pretzels and animal crackers come in), we need them! Please send them to school and drop them off in the office. Our energetic and dedicated Club de Madres will begin creating our winter wonderland! Also, please remember that our winter reading incentive continues through the end of February. Classroom teachers have extra reading forms if you need more. Let’s continue reading each evening and watching our snow family grow! (Rumor has it that a new school-wide reading afternoon is being planned to celebrate our winter reading challenge!)

**Report Cards will be Distributed Soon**

With the second quarter of this school year ending on February 2nd, teachers are busy preparing their report cards. Students in grades K-5 will be bringing home their report cards on February 23rd. For your planning purposes, parent-teacher conferences will be held on the afternoon of March 2nd and all day on March 3rd. More information regarding conferences will be coming soon!

**Allow Your Family Meals to Support Us!**

Our “Box Top” contest is underway. Please save all “Box Tops for Education” labels from your family’s groceries and send them to school. The labels are found on Campbell Soups, Lipton’s chicken products and “Box Tops” from Pillsbury, Betty Crocker and General Mills products. As you enjoy your meals at home, send us the labels so we may enjoy new educational materials at school. Labels will be collected through February 24th.

**We are Proud to Announce…**

A series of parenting classes for our Randolph families! We have scheduled three hands-on, interactive parenting sessions. Each session will be offered in the morning and repeated in the evening to ensure we provide opportunities for all interested parents to attend. Our sessions will focus on “Conscious Discipline.” Conscious Discipline is specifically designed to provide parents with the conscious awareness and skills required to create the safe, connected, problem-solving homes needed to successfully face today’s challenges. Conscious Discipline is based on the following tenants:

* **Seven Skills of Discipline**: Provides adults with the seven discipline skills to effectively transform any problem into a life lesson.
* **The Connected Family**: Improves all family relationships, perpetual willingness to solve problems.
* **Seven Powers for Conscious Adults**: Enhances the social-emotional learning of adults, creating mindful adults who see discipline as an opportunity to teach instead of a disruption.
* **Brain State Model**: Builds schools based on safety, connection and problem-solving, with the goal of using brain research to fulfill optimal success.

Our Conscious Discipline seminars are scheduled for the following dates and times:

**Session 1**: February 27 - 8:15-10:15 a.m. (cafeteria) **OR** February 28 - 6:30-8:00 p.m. (library) – *light dinner in cafeteria at 6:00 p.m.*

***Topic***: Be a S.T.A.R. Parent

**Session 2**: March 6 – 8:15-10:15 a.m. (cafeteria) **OR** March 8 – 6:30-8:00 p.m. (library) – *light* *dinner in cafeteria at 6:00 p.m.*

***Topic***: Preventing Power Struggles

**Session 3**: March 20 – 8:15-10:15 a.m. (cafeteria) **OR** March 21 – 6:30-8:00 p.m. (library) – *light dinner in cafeteria at 6:00 p.m.*

***Topic***: The Truth About Consequences

\*Please note that these sessions are designed for parents. To enable your full participation, we will provide babysitting for each evening session. Additionally, interpreters will be available for all sessions.

**Gifted and Talented Program**

The deadline for recommending your child for the Gifted and Talented (GT) program is April 1. If you have any questions please contact Doug Clarke at douglas.clarke@apsva.us or 703-228-2319. Information is also available at <https://www.apsva.us/gifted-services/>.

**FREE K-8 STEM Opportunity!**

Excellent opportunity if you know any girls interested in STEM – 3 locations including Columbia Pike Library. Arlington Public Libraries will host after school, free hands-on STEM programs for k-8 students. <http://www.rosieriveters.com/our_program>

**PTA Silent Online Auction**

The PTA silent online auction opens on February 15th at 6:00 p.m. Auction closes March 1st at 8:00pm. Winning bidders can pay by cash, check or credit card! Please see attached flyer for more information.

**UPCOMING EVENTS**

**February 13**: Club de Madres, 8:15-9:30 a.m., Cafeteria: Healthy Beverages, A. Salazar

**February 14**: 5th grade field trip to Kennedy Center, 10:15 a.m. - 12:30 p.m.

**February 15**: 4th grade field trip Brookdale Senior Living, 10:15-11:30 a.m.

**February 20**: HOLIDAY - NO SCHOOL (Presidents’ Day)

**February 23:** Quarter 2 report cards sent home

**February 27:** Club de Madres, 8:15-10:15 a.m., Cafeteria: Conscious Discipline Part 1, PreK - 2

**February 27:** Conscious Discipline Part 1, 8:15-10:15 a.m. (PreK – 2 parents), Cafeteria

**February 28**: Kindergarten field trip to TJ Middle School Theater, 9:30-11:30 a.m.

**February 28:** Conscious Discipline Part 1, 6:30-8:00 p.m. (PreK – 2 Parents), Library – *light dinner in cafeteria at 6:00 p.m.*