



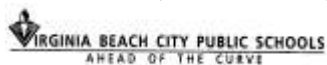
PARENT SURF REPORT

MISSION STATEMENT

We open the door of learning to all by providing a nurturing environment that promotes life-long learning.

1616 Upton Drive
Virginia Beach, VA 23454
Ph: 648-3200 Fax: 721-4009
www.oceanlakeses.vbschools.com

Charles H. Grindle, Principal
Deborah V. Atkins, Assistant Principal

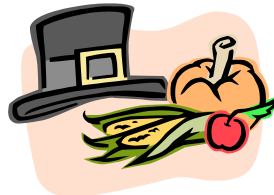


OCEAN LAKES ELEMENTARY

Principal's Message - Charles H. Grindle

Welcome to November! This month is full of exciting times... Election Day, Report Cards, and Thanksgiving. It's a busy month--be sure to mark your calendars.

On behalf of the Ocean Lakes Elementary teachers and staff, I wish you all a Happy and Safe Thanksgiving Holiday!



Upcoming Events

November

- 1 Daylight Savings Time Ends (fall back 1 hour)
- 2 Parent Workshop of Gifted Students – 6:30 PM
- 3 Staff Day (**No School for Students**)
- 3 Election Day...make your vote count!
- 5 Grade 4 Tutoring Begins
- 9 PTA Board Meeting – 6:30 PM
- 9-13 School Psychology Awareness Week
- 11 Veterans' Day (**Schools Closed**)
- 13 End First Grading Period
- 16 Begin Second Grading Period
- 17 Make-Up Picture Day
- 18 Educational Support Professional Day
- 20 Citizen of the Month – 8:30 AM
- 23 Report Cards Issued
- 25 **Early Dismissal**
- 26 **HAPPY THANKSGIVING (Schools Closed)**
- 26-27 Thanksgiving Break (**Schools Closed**)
- 30 Book Fair Begins



December

- 1-4 Book Fair
- 4 Principal's List – 8:30 AM
- 4 DARE Graduation – 1:00 PM
- 12-19 Hanukkah
- 17 Progress Reports
- 17 PTA Holiday Concert – 7:00 PM
- 18 Citizen of the Month – 8:30 AM
- 23-31 Winter Holiday (**Schools Closed**)
- 25 Christmas
- 26-1/1 Kwanzaa



EARLY DISMISSAL

November 25

Alternative formats of this publication, including taped, Braille, or large print materials, are available upon request for individuals with disabilities. Call or write the principal of this school.

MAKE-UP PICTURES



Lifetouch Pictures will take make-up pictures on Wednesday, November 17.

Pictures must be **PREPAID** with payment made on the day pictures are taken. Just a reminder...this is Ocean Lakes Elementary's main money maker. We get a percentage of all sales, which goes for instructional materials and student activities. Thank you for your support! ~

DAYS OFF

Please take note our students have the following days off this month:

- November 3 - Staff Day
- November 11 – Veterans' Day
- November *26-27 Thanksgiving Holiday
 - * Note: The 25th is an **Early Dismissal Day**
- Morning Kindergarten 8:00 a.m. to 10:00 a.m.
- Afternoon Kindergarten 10:00 a.m. to 12:00 p.m.
- Grades 1-5 – 8:00 a.m. to 12:00 p.m.

BOOK FAIR

Our school book fair will be held Monday, November 30, through Friday, December 4. All classes will have the opportunity to visit the library for the Book Fair. The book fair will also be open during the evenings of Tuesday, December 2, and Wednesday, December 3. Evening hours will be from 6:00 to 8:00 PM. ~

PTA FALL FESTIVAL



A BIG THANK YOU to the PTA for planning and sponsoring the October Fall Festival. It was a huge success enjoyed by our OLES families...students and parents!

Thanks, also, to the staff members who attended and supported this fun, family-oriented function by working the different booths. ~

SAFETY PATROLS

Listed below are the Ocean Lakes Elementary patrols for 2009-2010. They are doing a great job!!

Grade 4

Tyler
Kirsten
Sydney
Abigail
Daniel
Ayzreon
Devin
Tyler

Grade 5

Bryan
Jaron
Jordyn
Matthew
Michael
Sakiya
Taylor



Yearbook News

Early Deadline

Order your 2009-2010 Ocean Lakes Elementary yearbook today!

Simply fill out the order form sent home previously and in the future and return with cash, check, or money order. Checks should be payable to Ocean Lakes Elementary.

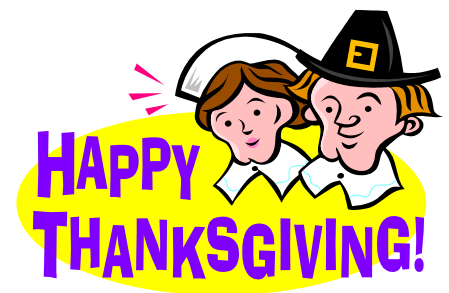
OR, save \$2 and order your yearbook online. Go to the Ocean Lakes Elementary website at www.oceanlakeses.vbschools.com and click on the yearbook link. Online orders may be placed with a credit card.

All personalized orders must be received by January 20, 2010. All other orders will be accepted through April. A limited number of books have been pre-ordered for our school and will be sold on a first-come, first-served basis. Any questions, please contact Mrs. Sabine at 648-3200, ext. 52549. ~



OLES STUDENTS PARTICIPATE IN THE NEPTUNE FESTIVAL STUDENT SAND CASTLE CONTEST!

Kudos to the students who participated in the Neptune Festival Student Sand Castle Contest at the beach. This year's theme selected by the students was "Remember When." Though they didn't place, the students had a great time. Thanks, also, to the parents who helped supervise. It was a group effort that was fun-filled for all. Great job! ~



Monthly student menus can be found at www.vbschools.com

Food Service Mission

To provide students quality, nutritious meals at affordable prices

Whole Grains



What foods are in the grain group?

All foods made from wheat, rice, oats, cornmeal, barley or other cereal grains are considered a grain product. Examples of these include: bread, pasta, oatmeal, breakfast cereals, and tortillas.

Grains are split up into 2 groups, whole grains and refined grains.

Whole grains will have the entire grain kernel which includes the bran, germ, and endosperm. (Ex.: Whole-wheat flour, Bulgur (cracked wheat), Oatmeal, Whole cornmeal, Brown rice)

Refined grains have gone through a milling process that takes out the bran and germ. They do this to give the grain a finer texture and to give it a longer shelf life. This process does remove dietary fiber, iron, and many B vitamins (i.e. white flour, degermed cornmeal, white bread, and white rice).

We can buy most refined grains that have been enriched. This means some B vitamins (thiamin, riboflavin, niacin, folic acid) and iron have been put back in after it has been processed. During this process, fiber is not added back in to the product. Check the ingredient list of grain products to see if it has been "Enriched" or perhaps a combination of whole grains and refined grains.

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease, may reduce constipation, may help with weight management. Grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.
- Grains are important sources of many nutrients, including **dietary fiber**, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (**iron**, **magnesium**, and selenium).