



# Crenshaw Elementary Cardinal Gazette

Crenshaw Elementary  
School

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November 22, 2018

## “BE GOOD DO GOOD”

### Principal’s Corner

#### December Gazette

Happy Holidays! As the holiday rush creeps into our everyday lives, please try to keep your child’s routine as normal as possible. Make sure they have time to read, study for tests and complete homework during this crazy time of year.

This is going to be a very busy month at school. On December 3rd, our school is partnering up with Barnes and Noble (Chesterfield Towne Center form 4-8) to have a book fair to raise money for Books for the Bahamas. As you are aware, the Bahamas took a major hit from hurricane Dorian earlier this year. Two of our 4th grade students wanted to do something to help the children in the Bahamas and this was one of their ideas! Hope Town, Abaco, one of the hardest hit localities, has just received approval from the Bahamian government to begin rebuilding their school. We would like to help them with their endeavor and Barnes and Noble is helping us get books in the hands of the children still without a school to attend. A portion of every book purchased this day will go toward Books for the Bahamas. We hope to see you there.

Fifth grade will be hosting a winter performance on December 5th. Please join us for this wonderful event. The students have been working hard to perfect their songs to make this an enjoyable event for all.

As a reminder, Winter Break is form December 21-January 6th this year. Here’s hoping you all have a safe and wonderful holiday break!

Brian Campos, Principal

Samantha Wade, Assistant Principal



### UPCOMING EVENTS

- 12/9  
1st Grd. Fire Safety 8:30
- 12/11  
Valentine Museum  
(Williams, Sayar, Seiden)
- 12/12  
Valentine Museum  
(Forbes, Rodgers)
- 12/9-12/13  
Santa Shop (for students)  
@ Crenshaw, during school  
hours
- 12/16  
Tacky Sweater Day
- 12/17  
Flannel Shirt Day
- 12/18  
Winter Hat Day
- 12/13  
House Meeting Day  
Wear your house shirt
- 12/19  
Spotlight Lunch Student of  
the Month
- 12/20  
Pajama Day

**SCHOOL CLOSED  
WINTER BREAK  
12/23/18–1/3/20  
SCHOOL REOPENS**

## KINDERGARTEN NEWS

**December 13th, 12:30-1:30**  
Gingerbread House Day.  
We believe!



## Save the Date



Thursday, January 16th, 2020  
from 6-7pm.

Activities include Read to a Dog, Meet an Author, Get a Public Library card, Book give-a-way, and many other activities geared toward each grade level.

## 2019-2020 YEARBOOK SALES

**Don't forget to purchase Your yearbook in advance.**

- Soft back cover is \$20 (\$25 after 4/15/20)
  - Hard back cover is \$30 (pre-sale only)
- Order online @ [yearbookordercenter.com](http://yearbookordercenter.com),  
Type in Crenshaw's code - 17656 and  
select "BUY A YEARBOOK"  
(deadline to pre-order is April 15, 2020)
- OR order with cash or check  
(checks to Crenshaw PTO)

Personalized and 5th Grade Dedication must be  
**ORDERED ONLINE. DEADLINES ARE FIRM.....**  
5th Grade Dedications \$5.00, deadline **02/14/2019**

## SCHOOL COUNSELING NEWS

### CAREER DAY THANK YOU!

Thank you to these parents, grandparents, and community members for sharing their careers with all students on Career Day November 8. The students learned so much about different jobs!



Michael Lane - pilot, Alaska Airlines  
Lori Cordova - RN and nursing supervisor at CJW Hospital  
Rhonda West - RN at VCU Medical Center  
Song Pak - Master Patrol Officer, Hopewell Police Dept.  
Ayani Esmeralda Rodriguez - Hairstylist, business owner  
Kyra Tanner - Floral Designer and owner, Pappy June's Bouquets  
Christine Schlosser and Lydia Ortiz - account manager and owner, Dragon Tree Design  
Pete Norwood and Carrie Nuckoles - VP and designer, Capital Construction  
Jamie Sutton - Realtor, Weichert Realtors  
Nathan Smith - Regional Truck Driver, Coca-Cola  
Alex Smith - HVAC Technician, Colonial Webb  
Marco Hinic - Project Manager at Old Dominion Fire stopping  
Alleigh Scantling - Theatre Technician  
Andre Campbell - Project Manager at Buhler Group  
Marquette Robinson - Sergeant, Chesterfield Police Dept.

### 10 TIPS TO REDUCE HOLIDAY STRESS IN CHILDREN

1. **BEDTIME ROUTINES:** Stick with normal routines, allowing 8 hours of sleep for adults and 10 hours for children.
2. **NUTRITION:** Keep meals and snacks as normal as possible. Limit sweets, soft drinks, special treats.
3. **EXERCISE:** Do something active every day for about an hour.
4. **WATER:** Drink plenty of water to stay hydrated. Our bodies and brains work better when we are hydrated.
5. **SAY NO:** Don't feel like you have to do everything and don't say Yes to everything your child wants.
6. **ATTITUDE CHECK:** Keep a positive attitude. Slow down, take deep breaths, find the joy where you are.
7. **RELAX:** Allow some down time for rest and relaxation. Appreciate the beauty in nature, art, and music.
8. **FAVORITE THINGS:** If you are traveling, bring along one of your child's favorites - a blanket or stuffed animal.
9. **LAUGH:** Tell jokes, watch a funny movie, act silly! Laughter releases stress and is a great way to connect with your children. Connect with people who make you happy!
10. **TRADITIONS:** Keep family traditions or start one such as baking cookies, reading stories, watching a movie together, or sharing a meal with a neighbor. Traditions create comfort and security in children.

**Children love the time you spend with them creating happy memories. That's the best gift of all and it lasts a lifetime!**

**Dorothy Walker, School Counselor**