

Cougar Bulletin

February 2020



February / March Calendar

21 - PTA Bingo Night, Cafeteria, 6-8 P.M.

March

2 - Spirit Day - Book Character

4 - 2hr early dismissal

5 - PTA Meeting, Media Center, 7-8:30 P.M.

Principal's Message

Everyone had a terrific time at our early morning Valentine's Day parties. It is fun to mix up the schedule now and then. I enjoyed seeing all of the parent volunteers on Friday morning.

I hope to see everyone at PTA BINGO this Friday night. Bingo is so much fun for all ages. Please bring your family and friends!



I am very proud to announce the Kemptown FCPS Teacher of the Year – Natalie Wirtz. Mrs. Wirtz is a fantastic teacher who is creative and passionate about teaching. She is dedicated to her students, their families, and our school community. Please join me in congratulating Mrs. Wirtz!! We will know soon if she has progressed to the next tier of candidates vying for FCPS Teacher of the Year.

FCPS is also looking for the Support Employee of the Year in several categories, Substitute Employee of the Year, and the Charles E. Tressler Distinguished Teacher. Please contact the PTA if you would like to write a brief summary for a nomination of your favorite FCPS employee. More information can be found on www.fcps.org.

Let's finish February strong! Please let me know how I can serve our school community best!

2020 Magnet Program

The Elementary Magnet Program Application season is now upon us! This program is designed for academically gifted students in grades 3 – 5 with superior performance in both language arts and mathematics.

Applications will be accepted from January 24 - February 28, 2020, and may be obtained online at www.fcps.org/academics/elemmagnetprg. The 2020-2021 Elementary Magnet Program application

Yearbook Time!!!

It's time to order your 2019-2020 yearbooks!! Forms will be coming home with students today. You may also place your order online at ybpay.lifetouch.com; make sure to enter our school's yearbook ID code: 11042420. Order deadline to submit check payments is April 20th and online orders will be accepted until May 3rd.



Attendance Corner

With cold and Flu season each year, we see several students with multiple days of absences. Please make sure to provide written notification to the front office of your child's absence **each day** they are out. It is also helpful to notify the classroom teacher when your child is going to be absent, late, or picked up early. Prior notification of early pickup may allow students to pack up their things and be ready to be dismissed from class more quickly.

Please use the following format when sending notes/emails:

Student: Full name

Grade

Teacher: Full name

Today's Date: mm/dd/yyyy

RE: Absence due to xyz

Dismissal Information

Please provide the front office (karen.cook@fcps.org, amy.kennedy@fcps.org) and the teacher with any dismissal changes as early in the day as possible. We like to deliver notes to the students when they transition back to the classroom after lunch, in order to minimize classroom disruptions.

When notifying school of a change, please include:

- student's name,
- teacher's name,
- bus number **OR**
- car rider (whom with, if not with you) **OR**
- day care provider





PE/Recess reminders

As the weather turns cold, students tend to wear warmer shoes (i.e., Uggs or snow boots). Please remember that your child should wear **ONLY** tennis shoes/sneakers on PE days. They are the safest for not only your child, but other students in the class as well!!! Not wearing appropriate shoes on a consistent basis will reduce your child's effort grade, as they are not coming prepared for class.

Also, please be aware that students will continue to go out for recess each day the "feels like" temperature is above 20 degrees. Please make sure your child is dressed for the cold weather with appropriate shoes, long pants, coats, hats and gloves each day.

News from the Nurse

Hand Washing: Why It's So Important

Why Is Hand Washing So Important?

It's a message worth repeating – **hand washing is by far the best way to keep kids from getting sick** and prevent the spread of germs.

What's the Best Way to Wash Hands?

Here's how to scrub those germs away. Teach this to your kids – or better yet, wash your hands together often so they learn how important this good habit is:

1. **Wet your hands** with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
2. **Use soap** and lather up for about 20 seconds. Antibacterial soap isn't a must – any soap will do.
3. Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
4. **Rinse and dry** well with a clean towel.

When Should We Wash Our Hands?

To stop the spread of germs in your family, make regular hand washing a rule for everyone. It's especially important:

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

How Do Clean Hands Help Health?

Good hand washing is the first line of defense against the spread of many illnesses – from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and many types of diarrhea.

How Do Germs Spread?

Germs can spread many ways, including:

- touching dirty hands
- changing dirty diapers
- through contaminated water and food
- through droplets in the air released during a cough or sneeze
- on contaminated surfaces
- through contact with a sick person's body fluids



When kids come into contact with germs, they can become infected just by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

So don't underestimate the power of hand washing! The time you spend at the sink could save you trips to the doctor's office.

Health Room Needs

Please consider donating warm weather clothing to the health room. We are in serious need of girls and boys pants, size 6-12. We also need both boys and girls underwear.

Cafe Corner

Today's school lunches offer students fruits and vegetables, whole grains and milk, and meet federal nutrition standards limiting fat, calories and sodium. Families can conveniently pay for school meals online and access up to 90 days of the student's purchase history:

<https://www.fcpsnutrition.com/index.php?sid=1496937421390&page=prepaidacct>



Find out about locally sourced food, and see links to videos about meal benefit applications and more:

<https://www.fcps.org/about/news/1667518/fcps-celebrates-national-school-lunch-week>

Breakfast is served every morning from 8:30-8:55 a.m. Students who wish to eat breakfast must first check in with their teacher before they eat. For a more complete breakfast menu with all the nutritional information, follow this link: [Breakfast Menu](#). Students do not have to buy a full breakfast. We have a-la-cart options such as yogurt, string cheese, rice krispies, juice, capri sun, etc.

Now that your morning is off on the right foot, don't forget to fuel back up in the afternoon with another round of menu options for lunch. Follow this link for our lunch menu:

[Lunch Menu](#)

Elementary School Meal Prices

Milk, when bought separately \$0.60
BREAKFAST \$1.60
REDUCED-PRICE BREAKFAST \$0.20
LUNCH \$2.65
REDUCED-PRICE LUNCH \$0.30
Adult lunches cost \$4.25

Please make sure that students who bring their lunch also bring a drink and utensils in their lunch boxes. We are noticing a very large number of students without drinks in their lunches. Classroom water bottles are not taken to lunch. Also, plastic utensils from the cafeteria will only be provided for those students who purchase a meal at school.

**** Cafeteria contest coming soon!!! Winners will be able to pick the lunch menu. ****



Kemptown Elementary School

📍 3456 Kemptown Church Road, ...

✉️ karen.cook@fcps.org

☎️ 240-236-3500

🌐 education.fcps.org/kes/

