

Cougar Bulletin

MARCH 2020

MARCH CALENDAR

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

9-13 - PTA PENNY WARS!!!!

13 - PTA Legacy Wall/ Rock Painting event 6:00-7:30 P.M.

16 - Kindergarten Registration Begins

18 - PTA Dinner Night at KES - Carrabas 5:30 & 6:30 sittings available

23 - 27 - 5th grade MISA Testing each afternoon

25 - Spring Class/ Individual Pictures, 9:00 A.M.

31 - PTA STEM Night, 5-8:30 P.M.



PRINCIPAL'S MESSAGE

I'm not sure if March came in like a lion or a lamb. I do know that we are certainly in our prime instructional time.

PTA has many events scheduled for this month for us to participate in and attend. On Monday, we celebrated Dr. Seuss' Birthday with wearing wacky clothing. Next week, Penny Wars will be taking place to be culminated with Rock Painting and Legacy Wall Tiles Creation on March 13th. I hope to see everyone at the Carraba's Dinner Night to raise funds for the 5th grade Pool Party. There are some other fun events planned that I'll share in the next Newsletter.

Thank you to the 94 families who responded to the 2nd Survey on Safety, Health, and Wellness at Kemptown. The results were very similar to the 1st Survey completed in the fall. Favorable responses of above 80% were noted in all questions with the exception of *How often is your child bullied by another student while at school?*, which was 76.6% favorable. There was growth in this question of 1.5% from the fall survey. So, we still have some work to do. Please consider taking the 3rd Survey on these same questions when it is sent out in Term IV.

If you have suggestions of how we can improve, please contact me. I am here to serve you.

KINDERGARTEN REGISTRATION

Help us spread the word to family, friends and neighbors, Kindergarten registration begins on **Monday, March 16 !!!!** Students must be 5 years old on or before September 1, 2020.

Guardians may fill out registration forms in person or sign out a packet to return at a later date. Please note, not all necessary paperwork can be found online. Also know, it is important to register as early as possible. This will enable us to make the most informed decisions for staffing. Please plan your visits to register new students between 9:30 A.M - 3:00 P.M.

On your visit, please bring the following:

Your child's proof of birth date; i.e., birth certificate, passport.

Proof of residency in the form of a current gas, electric, water, tax bill, or lease agreement.

This document must contain your name and address.

Proof of immunizations.

We look forward to welcoming all our wonderful, new Kindergarten students!!!

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 and 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

Spring is just around the corner, however we do still have some cold mornings to get through. 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 cooler weather with appropriate shoes, long pants, coats, hats and gloves or jacket 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.

FROM THE HEALTH ROOM:

The health room has seen an increase in student's requesting a change of clothing, related to falling in the mud or getting their clothes wet during recess. Please note, the health room has a very limited supply of clothing and the clothes that we have are intended to be used for student's that have experienced incontinence. We encourage that you keep a change of clothes in your child's backpack.

Thank you.

Cathy Thren BSN, RN

Brittany Giles, HRT II

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. ****

SUMMER CAMPS

Each Summer FCPS presents a wide variety of Summer camps children can participate in. This year FCPS will be offering 2 very popular camps.

First, the "We Are The World" World Language Department camp. Learn basic phrases, numbers, colors, and names of food in several languages. This camp is open for all rising 2nd & 3rd grade students. Sign up can be done via <https://bit.ly/WLIntroSC2020>.

Second, the Spanish Immersion camp is for rising 4th & 5th grade students. This camp will provide lessons in Latin derivatives & Etymology! Sign up can be completed via <https://bit.ly/FCPSSpanish2020>.

Both camps offer two sessions July 6-9 and July 13-16 from 8:30-2:00 P.M. at Crestwood Middle School. The deadline to sign up for either camp is May 1, 2020 and the camp fee is \$175.

For more information please contact, DeWayne.cash@fcps.org or 301-644-5264.



KEMPTOWN ELEMENTARY SCHOOL

📍 3456 Kemptown Church Road, ...

✉️ karen.cook@fcps.org

☎️ 240-236-3500

🌐 education.fcps.org/kes/