

Cougar Bulletin

January 2020



January Calendar

14 - PTA fundraiser - Jersey Mikes - All day in Mt. Airy

15 - 4th grade field trip to ESSL - A.M.;

Orchestra Feeder Concert, 5th grade only, UHS @ 7 P.M.

16 - Band Feeder Concert, 5th grade only, UHS @ 7 P.M.

20 - No School - MLK day

24 - PTA Game Night, 5-8:30 P.M.

28 - End of Term 2; Spirit day - Pajama Day!!

29 - Teacher work day, No school

Principal's Message

Happy New Year! I am so excited for this new year and all of what we will learn in the first half of 2020.

Our Active Assailant drill went well. Even though these are scary topics and situations, it is better to be informed and practiced. Our students and staff had good discussions about these situations.

Tonight, I will be at TJ High School honoring one of our fifth grade students as the Kemptown Martin Luther King, Jr. student of the year.

This is quite an honor, as this student will be joining students from all of the other schools in FCPS. I will share the student's name with you in the next newsletter.

I hope your new year is off to a good start! Please let me know how I can serve you and Kemptown best.



Shoebox Project: A Little Box Goes A Long Way

From **January 13-24, 2020** we will be packing some Kemptown spirit into shoeboxes for kids in our area. Shoeboxes will be filled with goodies such as toys, books, crafts and stuffed animals. All shoeboxes will be donated locally to the Heartly House in Frederick.

We are asking that each grade bring in specific items:

Kindergarten: Small Games (can include cards, handheld games, jacks, etc.)

Grade 1: Small Toys (can include dolls, cars, balls, yo-yos, deck of cards, jump ropes, etc.)

Grade 2: Small Craft (can include Rainbow loom, Paint by Numbers, etc.)

Grade 3: Small Comfort (can include pillow, blanket, pillow case, etc.)

Grade 4: Activity Books (can include books, journals, crossword puzzle, Sudoku, coloring books, word finds, etc.)

Grade 5: Small Stuffed Animals (Please ONLY new or GENTLY used items)

If you have any shoeboxes, please send them in, too!

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.

Application information will be available beginning *January 24, 2020*, and may be obtained online at www.fcps.org/academics/elemmagnetprg . The 2020-2021 Elementary Magnet Program application is for students currently in Grades 2, 3, and 4.

Beanstack Winter Reading Challenge

From January 1st to January 31st, **Kempton Elementary** will participate in Beanstack's Third Annual Winter Reading Challenge, sponsored by Penguin Random House (PRH). We challenge our students to read at least **500 minutes** during the month and keep track of their reading on our Beanstack site at <https://fcpskempton.beanstack.org> Hundreds of libraries and schools across the nation will encourage their communities to read a target number of minutes and books.



Top-performing libraries and schools will earn the Golden Penguin and Random House awards. PRH pledges to donate \$50,000 in prizes, including author visits and new books, to be shared among the winners. Let's light up the mind this winter!

Happy reading, **Kempton!**



WKMS 6th grade registration

Below are some very important dates for our rising 6th grade families.

Feb 7th - Registration forms for SY 2020-2021 classes will be given to students during class.

Feb 13th - Parent Orientation & Registration Night at Windsor Knolls, 6-7:30 PM

Feb 14th - Return all registration forms to current teacher.

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.

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



Attendance Corner

Please take time to provide written notification to the front office of your child's absence. 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

Cafe Corner

Mark your calanders!!! January 28th is Pancakes and Pajamas Day.

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](#)

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. THANK YOU!



Kempton Elementary School

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