Dear Algonkian Families,

The staff and I would like to welcome you to the 2013-2014 school year! Our theme this year is: What’s Your SUPER Power? You will see that we have tied in our Positive Behavior Interventions and Supports (PBIS) themes of Respect, Responsibility, and Relationships to show that: “We PuRRR!” We had a great year last year introducing PBIS into our hallways and cafeteria; and are looking forward to bringing positive behavioral changes to our classrooms and playground this year. You will be seeing ‘Golden Tickets’ everywhere!

Algonkian Elementary is welcoming many new staff members this year:
- Myrna Chavez – Head Custodian
- Sharon Rukes – Health Clinic Specialist
- Debbie Rice – ELL
- Kim Propst – 3rd grade
- Deanna Storm – 3rd grade
- Tracy Sylvia – 4th grade
- Jacki Swarm – 5th grade
- Emily Dubnowski – Math Resource Teacher.

We have had a great first week back working in teams and learning about using Professional Learning Communities to enhance student learning. These new faces have melded well into our current traditions and have brought new, fresh ideas for us to consider.

Our focus for instruction this year is going to be: “Making best practices, better!” With the standards changing and the rigor in education ever increasing, we are changing the way we are teaching to help create high level thinkers and problem solvers. As a staff, we know that a focus on making our students think will help better prepare them for the future.

“What does this look like?” you may ask. It looks like students working more at the application level versus the knowledge and memorization level. It looks like teachers pre-assessing students to see where they are and where they need to go to master concepts and exceed the standards. It looks like teachers using formative assessments to drive instruction and instruction looking less like teacher-talking and more like student-talking. The bottom line is, change takes time, but we are certainly on the right track.

We would like to thank our PTA for always supporting our instructional goals including Responsive Instruction (RI), Positive

**Please note that children should not be dropped off to school any earlier than 7:30 a.m. as there is no adult supervision provided prior to that time. Thank you for your cooperation!!**
Letter from the Principal  [continued from page 1]

Behavior Interventions and Supports (PBIS), and after school SOL/homework clubs. We also appreciate all the help and support we get from our classroom volunteers who make it possible to run multiple groups and different activities at the same time, and who keep us prepared by running copies and gathering materials for us. It truly does take a village, and we have a very strong learning community at Algonkian. For that, we are thankful!

Once again, we are making efforts to go green and will be posting our newsletters on our school website each month. The newsletter contains important school-wide information, as well as dates and events, intended to keep you informed and prepare you for the upcoming month. If you would like to receive a printed copy of the newsletter, please notify Mrs. Farrar or Mrs. Veselick in the front office. Many classrooms will also be posting their newsletters online instead of sending them home each month. Please let your child’s teacher know if you would like a paper copy.

We look forward to another great year working with you and your children as we all strive to use our SUPER powers for teaching and learning!

Sincerely,

Jennifer Steeprow

School Improvement Plan

School Improvement Plan (SIP) has been developed for Algonkian Elementary by staff, parents, and the community. Annually, we review and revise our plan based on the data we receive. Our School Improvement Plan is available on our school website: http://www.lcps.org/Page/40302 and in our school office.

We continue to have a School Improvement Plan Steering Committee. If you are interested in participating on this committee or participating in the development of monitoring the School Improvement Plan, please contact Principal Jennifer Steeprow at 571-434-3240.

Algonkian Counseling

Ms. Theresa Ryan

Counselors Help Students Reach Their Potential!
What’s Your SUPER Power?!!

Ms. Ryan is excited as always to be here at Algonkian, and enjoys being a part of our wonderful Algonkian Family! Guidance will continue running lessons twice a month. Guidance lessons for all classes will begin the 2nd week of school.

Check out the Guidance Web Pages: http://www.lcps.org/page/40388 and Counselor’s Corner bulletin board (by the front office) that include updates on our Chess Club, and helpful information for parents and students.

The Character Ed Program we use at Algonkian is: ‘Character Counts’. Monthly character focus and great home connection activities will be included in the Algonkian Newsletters every month, and on the Character Education section of the Guidance Web Page: http://www.lcps.org/page/40407.

Algonkian Guidance Advisory Committee -- The advisory council will be composed of school and community members, and is tasked with making recommendations regarding student and community needs, and advising the school counseling staff as it strives to meet these needs. The advisory council will meet twice this year, once in October and once in January. Please email Ms. Ryan at: theresa.ryan@lcps.org if you are interested in joining this committee.

Start a Good Habit!
Show your parenting SUPER powers by committing to a daily chat about learning!

What’s in your child’s backpack? Set aside time to go through your child’s papers and have a set place to keep completed work! Have your child talk through math problems and teach you! Not only will your
Algonkian Counseling [continued from page 2]

child feel proud, but teaching is one of the best ways to encourage retention of new learning!

PBIS (Positive Behavior Intervention and Support) at Algonkian

Algonkian’s PBIS framework is based on the 3 R’s ~ Respect, Responsibility, and Relationships

The PBIS framework is an opportunity to help students focus on good behavior and strive to succeed. Classrooms will have the opportunity to be recognized for following the 3 R’s, and individual students have an opportunity as well. When a staff member catches a student doing an exceptional job with one or more of the 3 R’s, he/she receives a “Paw”. His or her name will be put into a weekly drawing to receive special recognition! This year, we will be including the playground and classrooms as areas students can receive “PuRRR” tickets! Check out PBIS on our webpage: http://lcps.org/domain/13641.

<table>
<thead>
<tr>
<th></th>
<th>Definition</th>
<th>Cafeteria</th>
<th>Hallways</th>
<th>Playground</th>
<th>Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respect</td>
<td>Accept directions the first time they are given</td>
<td>*Clean up table and floor *If lights are out, voices are off</td>
<td>*Walk silently</td>
<td>*Listen to adults *Keep a positive attitude</td>
<td>*Use active listening *follow directions and classroom rules</td>
</tr>
<tr>
<td>Responsibility</td>
<td>Be accountable for your actions</td>
<td>*Use inside voice *Stay seated and raise your hand for help *Stand in straight line quietly</td>
<td>*Walk in a straight line</td>
<td>*Use equipment properly *Follow playground rules</td>
<td>*Keep area clean *Use materials appropriately *Be prepared *Complete my work</td>
</tr>
<tr>
<td>Relationships</td>
<td>Treat others the way you want to be treated</td>
<td>Use kind words Offer to help others in need Keep hands, feet and food to self</td>
<td>*Keep your body and belongings to yourself</td>
<td>*Include others *Use good sportsmanship</td>
<td>*Treat others the way you want to be treated</td>
</tr>
</tbody>
</table>

CHESS CLUB

Yes!! We will be continuing our wonderful chess club this year!

We always need parent volunteers to help with our monthly after-school Chess Club meetings. Basic chess skills are helpful, but not necessary!

Meetings are on Tuesdays (once a month) after school from 2:45 p.m. to 3:45 p.m. and will begin the month of September.

Dates will be announced soon!
Check back to our web page: http://www.lcps.org/page/40419 for information and an online permission slip!

Please email or call Ms. Ryan to help with this activity -- email: theresa.ryan@lcps.org or 571-434-3240
Math
Ms. Emily Dubnowski
Mathematics Resource Teacher

Hello! My name is Emily Dubnowski, your new Math Resource Teacher. This summer, I finished the Math Specialist Program (K-8) at George Mason University and obtained a Master’s of Education in Math Leadership. I have been with Loudoun County Public Schools for the past 9 years as a Kindergarten teacher (6 years) and Fourth Grade teacher (3 years). I am excited to be at Algonkian Elementary School to promote mathematics with the teachers, students, and families. My goal for this year is to have every Bobcat say, “I love math!” 😊

As we enter a new school year, here is a web link that provides resources for parents to help their child have a successful math experience:
http://www.nctm.org/resources/families.aspx

The topics covered on this web page…

Help Your Child Succeed in Math:
http://www.nctm.org/resources/content.aspx?id=2147483781
You can make a big difference in your child's attitude, motivation, and math-ability.

Homework Help:
http://www.nctm.org/resources/content.aspx?id=2147483782
Key concepts to make those homework sessions more effective, and more fun! Includes additional resources to use in daily homework sessions.

Math Education Today:
http://www.nctm.org/resources/content.aspx?id=2147483780
Math is taught differently now. Here's help to get up to speed.

Figure This! Family Corner:
http://www.figurethis.org/fc/family_corner.htm
Family members are crucial to student success; and the more that adults become engaged in their children's education, the greater the chances that children will succeed.

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Reading
Ms. Kristi Peace

I am so thrilled to be starting my fourth year as the Reading Specialist at Algonkian! As the school year begins, I will be busy administering reading assessments, analyzing data, forming groups, and supporting teachers. There are many exciting things happening in the area of reading here at Algonkian this year. I will be sharing more information in future newsletters. Please remember to encourage your children to read each night at home!

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Lines from the Library
Mrs. Chrissie Devinney & Mrs. Becky Wetzel

Welcome Back! Stop by the library to see what changes we have made over the summer, furniture and shelves moved to make more room for us. More books added, many books shifted, Mrs. Devinney's daughter moved over 16,000 books in 2 days! We think you’ll like the changes.

Another big change this year is the fall Book Fair which will be held October 25th to November 1st. We will need volunteers to help set up after school on Thursday, October 24th and of course volunteers during the Fair.

The biggest change in the library is the county has purchased a new library automation system. We now have Alexandria, which is wonderful but will require some getting used to, and we are sure some bugs will need to be worked out… be patient with us as we all learn the new system.

Our new online catalog (called Researcher) can be accessed from home – follow the link “click here to access the Algonkian Online catalog” from the Library page on Algonkian’s website: http://www.lcps.org/Page/40359. Some of the features are not yet turned on, however, if you think you have found a broken link or feature, please let Mrs. Devinney know.

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Responsive Instruction (RI)
Ms. Ann Negley

Welcome Back! School wide, we have been working hard to begin another great year at Algonkian. We will be off to a quick start with all RI (Response to Intervention) services. Students will take part of Universal Screening during the first month in both Reading and Math.

For those of you who are new to Algonkian, Universal Screening is a quick assessment of a student’s reading and math skills, which helps determine if a student may be in need of additional learning support. This support will take place within your student’s classroom, and will most likely be provided by your student’s teacher. Universal Screening occurs at three different points of the school year, in order to monitor a student’s learning progress throughout the school year. All students who are identified as needing additional support services will be closely monitored during the school year, and quarterly reports will be sent home to notify you of the progress your student is making.

We are all looking forward to an amazing school year, which is full of student growth. If at any time, you have a concern about your child’s reading progress, please feel free to contact your student’s teacher, and we would be happy to share with you your student’s RI learning progress data.
Art
Mr. Watts Conrad

The art room is all set up and ready for little artists! We will be starting our art curriculum on the first day of school. Students in grades one through five will come once a week for fifty minutes. I will be teaching all of the kids and we always have fun. Very quickly kids will say that the art room is one of their favorite places (whether they think they can draw or not). We try to use items that wash out of clothes, but some paints and inks that are water based are still known to stain. I encourage smocks to be worn and have boxes full of them that I wash all the time. I also work on our school yearbook and co-sponsor our Safety Patrols. If you have any questions or concerns please let me know.

There is an invitation to donate anything you think an art teacher might find useful. We have put good uses to old fabric, cardboard pieces, paper towel sized cardboard tubes (not TP sized), old towels, etc. There can be a use for most anything in the sculpture world in these kids’ minds. Thank you parents!!

Our first projects in all grades begin rather easy and we build upon that. A wide variety of styles are explored and many disciplines and media are available. All of our future newsletters will explain what we have done and the things we are about to begin.

I look forward to a great year!!

Music
Ms. Alicia Smith

We’re all SUPER heroes in Music!
Welcome back! I am thrilled to be at Algonkian Elementary this year. ☺ We will begin music classes during the first week of school. Each class will attend music twice a week for 30 minutes each time. Loudoun County’s music curriculum is based on the National Standards for Music Education and the Virginia Standards of Learning for Music.

Throughout the year, each grade will study several elements of music including: rhythm, melody, harmony/texture, form, expression, timbre, and genre. In addition, students will learn to identify instruments of the orchestra and will explore different composers and their music. Students will be learning about a wide variety of music through singing, playing, listening, movement, and dramatization. Aspects of music technology are available in the music room and will be explored over the next several months.

There will be several performances throughout the year including a Veterans Day Assembly featuring the second and fourth graders. As well as grade level shows by the first, third, and fifth graders.

I’m looking forward to having a fun and exciting year with you and your children!

Physical Education
Mr. Joe Terango & Mr. Dan Craig

We are excited and looking forward to working with your child in our physical education classes this year! It is our goal to build a strong and successful program to help your child develop through physical activity and instruction. Please make a note of your child’s scheduled P.E. times. The following rules have been designed to better ensure your child’s safety.

Students should wear rubber soled/closed in shoes.
Wear shorts or pants (stretch or loose fitting preferable) girls may choose to wear shorts under their dresses.
Bring a note from home when there is a need to be “excused” from activity. If a child needs to miss more than 3 consecutive classes, please send a medical note as well. The more detailed the note, the more aware we can be of your child’s needs or problem. Please indicate when activity can resume.

We would appreciate some help in preparing and reminding your child of these few rules as we start out the school year. Thank you very much!

The following objectives will be presented during the first nine weeks:

Grades 1, 2, and 3
• PE Rules and Regulations
• Playground Safety
• Spatial Awareness
• Locomotor and Non-Locomotor Assessment

Grades 4 and 5
• PE Rules and Regulations
• Playground Safety
• Games for Recess Unit
• Fitness Gram Introduction and Assessment
Welcome to a new school year! Mrs. Burkett and Mrs. Grace are SUPER excited to be returning to Algonkian and working with all of the SUPER students!

The Algonkian Elementary twelve member Technology Task Force Team (TTF) starts off strong! The TTF members are working with Mrs. Burkett and the entire student body to produce and broadcast throughout the school daily morning news and information televised program called WALG. (Parents, you may view the morning show daily on the television which will be provided for you in the school lobby at 7:50 a.m.) But their jobs don't stop there! Not only will they be learning how to properly care for our equipment, they will be responsible for special assignments during the school day as reporters, Investigators, and photographers gathering information and pictures for our school mural and various projects. Also, the team will meet to brainstorm ideas for the morning show and to learn how to use digital cameras, scanners, draw programs, and the internet.

We are extremely proud of the following members of the Tech Task Force 2013-2014:

Abby B. Andrea C. Colin T. Dhruv S. Nicole S. Paige A.

We appreciate the hard work these students are willing to put into the TTF and could not have such an awesome technology program without them! Look for their work throughout the year and join us at 7:50 a.m. each morning for WALG!

Algonkian was part of Loudoun County’s technology refresh this summer. All of the computers in the computer lab are new, as well as the Audio Visual (AV) computers that hook up to the Promethean boards in every classroom. The teachers are also learning a new e-mail system as the County switched to Outlook from GroupWise. We also have upgraded to Windows 7 and we are using Microsoft Office 2010 suite of products, so that we are more compatible with what you may have at home.

The Parent Portal to view CLARITY grade book is not yet open, but will be soon. Look for more information to come, and please use the school website and teacher web pages to keep current for school and classroom news and information. If you encounter any broken links or errors, please send me an e-mail: pauline.burkett@lcps.org so that I can keep Algonkian’s web pages up to date. Thank you! Let’s have a SUPER year!

Parent Liaison

Ms. Susan R. Smith

Email: susan.r.smith@lcps.org

Welcome Bobcat families! I hope everyone had a nice relaxing summer. This will be my 9th year at Algonkian and although the faces and names have changed, the mission of the Parent Liaison has not. We are here to support our families, students, and staff with resources and information. My goal is to make sure that all students and their families have the best possible educational experience while here at Algonkian. If you have questions or need resources, please contact me. I am at the school Tuesday, Wednesday, and Thursday from 11:00 a.m. to 3:00 p.m. I can also be reached anytime through email.
Seven Secrets of Highly Happy Children ~ I am not a big fan of blogs – perhaps because I rarely have a lot of time to spend reading them – but chanced on this entry a few weeks ago. I was struck by the similarities between what the author suggests is essential for happy children and the things teachers recommend for success in school. Katie Hurley, who blogs on: http://www.huffingtonpost.com/, is a child and adolescent psychotherapist. Her seven secrets to raising happy children include:

1. They eat on time.
2. They get consistent sleep.
3. They play without instructions.
4. They are allowed to express emotions.
5. They get to make choices.
6. They feel heard.
7. They experience unconditional love.

Setting consistent routines at home, whether for food, sleep, or homework, creates predictability for students that becomes comfortable and reduces anxieties. It allows them to focus on their learning. Physicians often remind us of the necessity of sufficient sleep and adequate nutrition for cognitive alertness.

Free play builds imaginative and creative thought, necessary to modern problem solving. It is imperative to turn off the television or computer and challenge your child to find something to do. Provide some props – clothes that could be used for dress-up/role playing, blocks or empty boxes for building, crayons and markers for drawing, a ball or some beanbags for active play. Then – step back! Allow your child to take the lead!

Making choices helps children develop their evaluative thinking and builds self-confidence. I would suggest though that the natural correlation to choice-making is dealing with the consequence of that choice. If a child chooses to not complete work or to not study for a test, the consequence impacts their learning. Parents need to allow the child to feel the pain of bad choices, in order for them to begin to form better decision making parameters. Allowing them to be responsible for their choices fosters resilience.

Most of all, let your child know that they are loved! No matter whether their choices are good or bad, whether they succeed or fail, knowing that you are there for them will give them the courage to smile and to try again!


FUTURA (grades 4-5)
Ms. Tracy Mayobre

The name FUTURA is an original acronym that means: Facilitating Understanding through Utilizing Real-life Application. This program uses research in processing skills and in creating products. However, the key to the program is developing the student's intellect by creating a stimulating classroom environment focusing on higher level thinking skills activities.

The FUTURA program seeks to enhance and to develop the intellect of fourth and fifth grade students who have been formally identified as generally intellectually gifted. Students attend the FUTURA center one day a week and are immersed in lessons that correlate the themes Structures and Systems to the Virginia Standards of Learning objectives for the core content areas. We stress complex level thinking skills that stimulate curiosity, provide opportunities for questioning, thinking, and being creative.

More information about FUTURA: http://www.lcps.org/page/639

The Gifted Education office will hold three Gifted Information Nights in the coming weeks. Parents who wish to learn more about gifted education services through Loudoun County Public Schools, and the eligibility process for these programs, are invited to attend one of the presentations, as the same information will be shared at each event:

- Horizon Elementary School gymnasium -- Monday, September 16, 2013 at 7:00 p.m.
- Evergreen Mill Elementary School cafeteria -- Tuesday, September 17, 2013 at 8:30 a.m.
- (Bring photo ID and check in at main office)
**Change the World**

Frank Wolf is sponsoring a **STEM (Science, Technology, Engineering, and Math) Extravaganza at Dulles Town Center on Friday, September 27 and Saturday, September 28.** “Change the World” will feature more than fifty displays, including car and plane crash simulators, a demonstration of a 3D printer, Friends of the National Zoo, storm chasers from tornado alley, DNA analysis, robotics, and the medical shirt – and invention which takes your vital signs, and more! The entire event is free, and will run Friday, 10:00 a.m. – 7:00 p.m. and Saturday, 10:00 a.m. – 5:00 p.m.

Come on out and join the fun!

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**2013-14 SCHOOL CALENDAR for Students**

- **September 3**: FIRST DAY OF SCHOOL FOR STUDENTS
- **October 14**: Holiday (Columbus Day)
- **November 1**: End of First Grading Period
- **November 4-5**: Student Holiday (Planning/Records/Conference Days)
- **November 27-29**: Holiday (Thanksgiving)
- **December 23-31**: WINTER BREAK
- **January 1**: Holiday (New Year’s) (Classes Resume January 2)
- **January 20**: Holiday (Martin Luther King Jr. Day)
- **January 24**: End of Second Grading Period
- **January 27**: MOVEABLE STUDENT HOLIDAY**
  - (Planning/Records/Conference Day)
- **February 17**: Holiday (Presidents’ Day)
- **March 28**: End of Third Grading Period
- **March 31**: Student Holiday (Planning/Records/Conference Day)
- **April 14-18**: SPRING BREAK
- **May 26**: Holiday (Memorial Day)
- **June 13**: Last Day of School for Students/End of Fourth Grading Period

**Parents with child-care or other weekday scheduling concerns** – The date of this MOVEABLE Planning/Records/Conference and Staff Development Day between first and second semesters may change, if the school calendar changes due to school closings for inclement weather or other emergencies. Parents with childcare or other scheduling concerns should be prepared.

**9 Week Grading Period Ending Dates**
- **November 1, 2013**
- **January 24, 2014**
- **March 28, 2014**
- **June 13, 2014**

Schedule subject to change based on possible school closing due to inclement weather.
Parents Make the Difference

September 2013
Parents Make the Difference newsletters are posted on the LCPS website:
http://www.lcps.org/page/1597

School Food Service

Free and Reduced Price Meal applications are available ALL YEAR

Anytime there is a change in employment status or wages, a new application may be filled out and sent to Food Services for approval. Please note that a social security number is not required for approval. This process is a year-long process not just at the beginning of the year.

Please feel free to call the Food Services Office with any questions at 571-252-1010 or visit website: http://www.lcps.org/Page/73936.

Parent Resource Center

September 2013 Events & Fall Schedule
http://www.lcps.org/Page/76179

September 2013 Breakfast & Lunch School Menu
http://www.lcps.org/Page/68454

Loudoun County Guide to Services...

COMMUNITY SERVICES
- Family Services (daycare referrals) 703-777-0353
- Childcare/Preschool 703-777-0353
- Elementary Age Programs 703-737-8042
- Youth After School (Middle School) 703-737-8042
- Youth Shelter 703-771-5300

DEPARTMENT OF FAMILY SERVICES
- Financial Assistance 703-777-0353
- Emergency Housing 703-777-0353
- Transitional Housing Shelter 703-777-0353
- Loudoun Cares 703-669-4636
- Loudoun Interfaith Relief 703-777-5911
- LINK 703-437-1776
- Career Support Services 703-777-0353

HEALTHCARE SERVICES 703-777-0234
- Loudoun Community Free Clinic 703-779-5416
- Dental Care 703-771-5831
- Nutrition Services 703-777-0239
- Mental Health Centers
  Eastern Loudoun 571-258-3026
  Leesburg 703-771-5100
- FAMIS (Family Access to Medical Insurance Security) 703-777-0353 or toll free 866-873-2647
**Clinic Corner**  
*Ms. Sharon Rukes*

**Reminders from the School Health Clinic** ~ Our school’s health clinic specialist/registered nurse is Sharon Rukes. She works in the clinic each day from 7:15 a.m. until 3:15 p.m. A health clinic specialist (HCS) works under the direction and supervision of a registered nurse (resource nurse). School staff can contact the school resource nurse at any time for advice or emergencies. HCSs are trained in first aid, cardiopulmonary resuscitation (CPR), use of an external automatic defibrillator (AED), and medication administration. The resource nurse visits the school regularly. Please check the website for the resource nurse for your school. Clinic personnel (HCSs and nurses) are not allowed to make a medical diagnosis. If you have an urgent medical concern, please take your child to their personal physician or a medical facility.

- If your child has any significant medical needs, please notify the HCS/RN even if the school has been notified in previous school years. If your child has asthma, diabetes, seizures, life-threatening allergies, or other medical conditions, you and the physician will need to complete a form so the school can understand and address your child’s needs. These forms are available on the Loudoun County Public School (LCPS) website. These forms must be updated each school year.

- **School-Sponsored After-School Activities and Sports**
  If your child has diabetes, an epinephrine auto-injector, an inhaler, or other emergency medication at school, please notify the teacher/sponsor that your child has the health concern. Also notify the health clinic specialist/nurse 1-2 weeks prior to the event. The clinic is closed after dismissal and the HCS/RN is not in the building. Arrangements need to be made to have medication available and to train staff. It is strongly suggested that middle and high school students carry their own inhaler and/or epinephrine auto-injector for quick access to medication. For students to carry an inhaler, the physician must complete and sign the “Asthma Action Plan” giving his/her permission for the student to carry the inhaler, and the parent and student must sign page 3, the “Parent/Student Agreement for Permission to Carry an Inhaler”. For students with an epinephrine auto-injector, the physician will need to sign the bottom of the “Allergy Action Plan” and the parent and student will need to sign page 2 under “Agreement for Permission to Self-Administer and/or Carry Epinephrine.” For students with diabetes to carry any of their medical supplies, the diabetes form, Part 4: “Permission to Self-Carry and Self-Administer Diabetes Care,” will need to be signed by the physician, parent, and student.

- If your child is ill because of a contagious disease such as the flu, strep throat, chickenpox, etc., it would be helpful to note the reason for the absence when you call the absentee call-line. This will help the school take measures to know the extent of the disease and reduce its spread.

- Students who have fevers should be kept at home until free of fever for 24 hours. Students who do not feel well should stay home. When students come to school ill, they not only are unable to participate fully in class, but they may also infect other students with their illness.

- A parent or guardian must deliver any medication (prescription or non-prescription) to the school office or clinic. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the clinic at the end of the year will be destroyed according to state law and LCPS guidelines.

- If your child takes a prescription medication and missing a dose would have serious health consequences (seizure medication, insulin, etc.), it is strongly suggested that a 24-hour supply of the medication be left in the school clinic in case of a prolonged school day. The medication must be in an original pharmacy-labeled bottle and have a physician’s order on file in the clinic. The order must give the times during the 24-hour period that the medication is to be administered.

- The HCS/RN must have written instructions from the physician in order to administer **prescription medications.** The instructions should include:
  - student’s name;
  - name and purpose of the medication;
  - dosage and time of administration;
  - possible side effects and measures to take if those occur;
  - end date for administering the medication;
  - parent/guardian signature giving permission to administer medication and to contact physician, and physician’s signature.
  - LCPS will not accept parent/guardian amendments to a physician’s order, including any restriction of the principal’s designee (HCS/RN) from contacting the physician to clarify the medical order.
  - The “Authorization for Medication Administration” form should be used for physician’s orders. Copies of this form as well as other medical forms are available in the school office or at the LCPS website under Student Health Services.

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August 2013

Welcome Back Parents, Guardians, and Students:

The Minority Student Achievement Advisory Committee (MSAAC), in coordination with your school’s Parent Teacher Association (PTA) looks forward to a wonderful 2013-2014 school year. The MSAAC theme for the 2013-2014 year is “The P’s have it: Preparing Parents to be Proactive, Persistent, and Patient to Promote Positive and Purposeful Character.”

The MSAAC Subcommittee is dedicated to work in partnership with the Loudoun County Public Schools (LCPS), School Board Representatives, parents and community to ensure that our school community becomes culturally competent, and serve as the cornerstone to further the academic and social development of every student. We encourage the development of school cultures where every minority student is afforded the opportunity to achieve his or her full potential, feels welcome and is recognized as an integral member of the student body. Furthermore, we encourage Parents, Parent Delegates, LCPS Administration Teams, and LCPS School/Board Representatives to participate in full and join in on ways to assist minority students achieve their fullest and highest potential.

We are asking that every school in LCPS have at least one Primary Delegate and an Alternate to serve as the focal point for reaching into your local schools to identify gaps, disparities, and programs/resources to improve and advance the academic achievement for all students equally.

Monthly MSAAC meetings are held at the Loudoun County Public School Administration Building in the School Board Meeting Room on the 3rd Wednesday of each month, beginning at 7pm. Our first meeting is Wednesday, September 18th, 2013.

For questions, please contact the Outreach office directly at (571) 252-1460.

We look forward on having you participate with us towards making and being the difference in the lives of our future leaders.

Thanks much,
MSAAC Executive Board 2012-2014

//File: KAS

Clinic Corner  [continued from page 10]

- All prescription medication must be in the original pharmacy bottle with the proper label containing the student’s name, medication, dosage, and instructions for administration. Upon request, most pharmacies will provide an extra labeled bottle with the proper amount of medication for school. Please do not send more than a 60-day supply of medication.

- If the HCS/RN needs to administer non-prescription medication:
  - it must be provided by the parent/guardian in an original package with the name of the medication and instructions;
  - she must have a note from the parent regarding when and how much medication to administer;
  - she will only give the amount listed on the package for your child’s age and weight and for the recommended length of time the student should receive the medication unless she has doctor’s orders on the “Authorization for Medication Administration” form to dispense differently; and
  - she cannot administer medication that is not in its original container.

- For the HCS/RN to give acetaminophen (generic Tylenol) to your child, you must have completed the section on the emergency card that gives permission and sign it. Parents/guardians of elementary students will be contacted before any acetaminophen is given in order to assure that it has not been given at home. Because acetaminophen taken in large amounts over a period of time can cause liver damage, middle and high school students may only receive four doses of acetaminophen in a four-week period. Before a fifth dose is given, the parent/guardian will be contacted.

- Be sure to keep the “Emergency Information” updated so we can reach you if your child is ill or injured. This can easily be done on-line through the Parent Information Management System (PIMS) on the LCPS website.

- All 3rd, 7th, and 10th grade students and students new to LCPS will be screened for vision and hearing during the first 60 days of school. Kindergarten students who did not have distance vision screening or hearing tests within two months of the beginning of school will also be screened.

- The Commonwealth of Virginia requires that school divisions provide information on scoliosis to parents of students in grades 5-10. The scoliosis flyer on the next two pages is provided by the school at the beginning of each school year.
Scoliosis
Curvature of the Spine

Scoliosis is an abnormal curving of the spine from side to side often described as an "S" curve. It affects 2% of Americans, mostly adolescents.

Cause
- The cause is unknown in most cases.
- Girls are affected more often than boys.
- Untreated, severe scoliosis can lead to lung and heart damage, back problems, and distressing cosmetic changes.

Normal Spine
Has a slight outward curve in the upper back and an inward curve at the waist.

If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

Signs
- One shoulder higher than the other
- Scapula (shoulder blade) on one side of the body is higher or more prominent
- One-sided fullness at the waist
- One hip higher than the other
- Unequal rib prominence

How to Check Your Child’s Spine
- Stand behind the child.
- Ask child to stand with feet together and bend forward to touch the toes.
- Check that the shoulders and the top of the hips are at the same height, the head is centered, and the rib cage is symmetrical. Note that the waist is even and that the body does not lean to one side.
- It may be helpful to run your hands along the spine to detect any abnormalities.
- Ask the child to stand up, turn around to face you, and to bend down again.
- Repeat the assessment.
- If any lateral curvature is noted, your child needs further evaluation.

What should be done if any of the signs and symptoms are present?

Contact your primary care physician for an appointment to have your child’s back evaluated.
**Escoliosis**

**Curvatura Vertebral**

*Escoliosis* es una curvatura anormal de la espina dorsal que parece la forma "S" y se extiende de lado a lado. Afecta 2% de Americanos, mayormente adolescentes.

**Causa**
- La causa no es conocida en la gran mayoría de casos.
- Niñas más que niños son afectadas.
- Si no se trata, escoliosis severa puede provocar daño a los pulmones y el corazón, puede causar problemas de la espalda, y cambios drásticos a la postura.

**Espinal dorsal normal**

Tiene una leve curvatura hacia afuera en la parte de arriba de la espalda y otra hacia adentro en la cintura.

Si la escoliosis es detectada lo antes posible, se puede comenzar tratamiento así evitando que se convierta en una discapacidad física o emocional.

**Señal**
- Un hombro más alto que el otro
- Escápula (omóplato) en un lado del cuerpo es más alto o más prominente
- El área de la cintura se ve más redondo/lleno
- Una cadera más alta que la otra
- Desproporción de costilla (sobresalida)

**Ilustración Normal de la Espalda**

Omóplatos y espina parecen rectos

**Ilustración Normal de la Espina**

Curva anormal hacia un lado

**Ilustración Anormal de la Espina**

Curva anormal hacia un lado

**Ilustración Anormal Dobladado hacia delante**

Desigualdad de hombros y/o caderas

**Síntomas**
- Dolor de espalda/baja
- Fatiga
- Quizás ninguno

**Cómo checar la Espalda de su hijo/a**
- Párese detrás de su hijo/a.
- Pidale que se pare con pies juntos y se doble hacia adelante tocando sus pies.
- Verifique que ambos hombros y caderas estén al mismo nivel/altura, la cabeza en el centro, y las costillas se vean simétricas. Verifique que la cintura parezca simétrica y el cuerpo no se incline hacia un lado.
- El palpar la espina de arriba hacia abajo quizás puede detectar anormalidades.
- Pidale que se pare recto frente a frente a usted y nuevamente se doble.
- Repita los pasos arriba.
- Si nota curvatura lateral su hijo/a necesita una evaluación médica.

**¿Qué debo hacer si encuentro algún síntoma o señal?**

Comuníquese con su pediatra o médico para acertar una cita para la evaluación de la espalda de su hijo/a.