

# ALGONKIAN ELEMENTARY

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website: <http://www.lcps.org/algonkian>

Principal: Mr. Brian Blubaugh

Assistant Principal: Ms. Karen Shields

Bookkeeper: Mrs. Eileen Veselick

Attendance Secretary: Mrs. Gail Farrar

Volume 1, Issue 1

September 2014



## EVENTS CALENDAR 2014

### September

- 1 Labor Day Holiday – School Closed
- 2 First Day of School
- 5 Newsletters posted
- 5 PBIS Rollout to students
- 8 First day of FUTURA
- 9 PTA meeting 7:00 PM
- 12 Bingo
- 22 Picture Day
- 26 Walk-A-Thon

### October

- 1 Parent Portal for report cards opens
- 2 Interims sent home
- 6-11 Book Fair
- 7 PTA Meeting 7:00 PM
- 17 PTA Monster Mash
- 13 Columbus Day Holiday – School Closed
- 31 Book Character Parade

### Assistance Notice

If, due to a disability, you need assistance to enable you to participate meaningfully in any of our school programs, please contact Ms. Karen Shields, Assistant Principal, at 571-434-3240 at least five working days prior to the activity.

## Letter from the Principal

Dear Algonkian Families,

The staff and I would like to welcome you to the 2014-2015 school year! I really appreciate the warm welcome that everyone has given me and I feel very fortunate to be a part of the Algonkian Family. The teachers have worked extremely hard preparing for the upcoming year and I am confident in their abilities to teach all students at various levels. Our theme this year is: **Happy! Learning is Fun!** 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!"** Students will work on expectations in the hallways, classroom and cafeteria. You will be seeing 'Golden Tickets' everywhere!

I would like to welcome our new staff members to the Algonkian family. Katie Scott-4<sup>th</sup> grade, Jennifer Zisk- 4<sup>th</sup> grade, Eileen Biegel-5<sup>th</sup> grade, Carinne Mills-5<sup>th</sup> grade, Virginia Guynn-Reading Specialist, Alex Cadang-Resource, Deirdre Deker-Resource, Christa Gettler- Resource, Margie Lazo-Resource, Curtis Montgomery-Head-Custodian, Tiffany Ash-Custodian, Katrina Panagides-Assistant, Randy Dixon-Assistant, Natascha Hunter-Assistant, and Merrillie Albrecht-ELL.

Our focus for instruction this year is going to be: "Making best practices, better!" We continue to form our instruction 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.

Teachers will continue to provide lessons that differentiate to reach all types of learners. We will pre-assess students to find out what they know and to help lead our instruction. Teachers will use the principles of "The Fundamental Five" to ensure students are engaged in the learning process.

I will also bring my experience to our PBIS plans at Algonkian. I hope to build on the foundation already set at Algonkian. I want all families to share in the common language of PBIS at our school. You will see awards earned through our PBIS pillars of Respect, Responsibility, and Relationships. I look forward to a great year at Algonkian!

Sincerely,  
Brian Blubaugh

# Algonkian Counseling

## *Professional School Counselors*

### *Help Students Reach Their Potential!*



Ms. Ryan is excited as always to be here at Algonkian, and enjoys being a part of our wonderful Algonkian Family!

**Our Algonkian School Counseling program is applying for national recognition as a  
Recognized ASCA Model Program (RAMP)!**

Algonkian's RAMP application is the culmination of three years documentation of our comprehensive school counseling program that aligns with the nationally accepted and recognized ASCA (American School Counseling Association) National Model.

**Interested in finding out more about RAMP? Click on the following link:**

<http://www.ascanationalmodel.org/Ascanationalmodel/media/ANM-templates/ANMExecSumm.pdf>

**School Counseling Webpage** <http://www.lcps.org/page/40388>

**Counselor's Corner bulletin board (by the front office):** Check out helpful information for parents and students and updates on our Chess Club!

**Guidance Lessons:** Ms. Ryan will continue running guidance lessons twice a month and lessons begin the 2nd week of school.

**School Counseling Groups:** Group information will come home with your child from their first guidance lesson.

**Individual Counseling:** Please contact Ms. Ryan at any time over this school year!

Ms. Ryan is also now on twitter to share information over the school year.



<https://twitter.com/TheresaRyanLCPS>

[Theresa.Ryan@lcps.org](mailto:Theresa.Ryan@lcps.org)

Direct line: (571) 434-3242

**School Counseling Advisory Committee** - This advisory council is 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 October 23<sup>rd</sup> and March 26<sup>th</sup> @ 2:50pm in Ms. Ryan's classroom (room 30)**

Please email Ms. Ryan at [Theresa.Ryan@lcps.org](mailto:Theresa.Ryan@lcps.org) if you are interested in joining this committee!



# ***Start Good Habits!***

## **Take time to chat!**

Set aside time each day to talk with your child about their day! Often the best time to really connect and hear more than "fine" is right before bedtime. :)

## **Encourage Good Study Habits!**

Set aside a consistent homework time and spot for your child, keep school supplies handy to reduce the need to look for them and get distracted. Not only will your child feel proud, but teaching is one of the best ways to help children retain new learning!

## **Recognize Success!**

Ever argued with your child about cleaning their room, or completing homework? Make a deal that if they clean their room or start a healthy habit for one month you will help them redecorate/reward them! A month of repetition can cement the new healthy habit, and your child will be motivated by having their success recognized! **Try to use rewards that involve focused attention from a parent instead of food or toys.**

## **2014-2015 CHESS CLUB**

1<sup>st</sup> Chess Club Meeting

October 7<sup>th</sup>

2:45-3:45 in the Cafeteria



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

Visit our Chess Club webpage <http://www.lcps.org/page/40419>, for dates and more information!

Here is a direct link to our online Chess Club Permission Slip:

Remember students need a **NEW** permission slip for every club date!

<http://www.lcps.org/page/40421>

Please email, or call Ms. Ryan to help with this activity.

Ms. Ryan: [theresa.ryan@lcps.org](mailto:theresa.ryan@lcps.org)

571-434-3240



Follow Algonkian on Twitter @ ALG\_lcps

twitter

# Algonkian Elementary



## Bobcats PuRRR!

(Positive Behavior Intervention and Support)

Algonkian's PBIS framework is based on The 3 R's

**Respect**

**Responsibility**

**Relationships**

Research has shown that modeling, and reinforcing positive social behavior are important steps of a student's educational experience. Proactively teaching behavioral expectations and rewarding students for following them is a much more effective approach than waiting for misbehavior to occur before responding. The purpose of school-wide PBIS is to establish a climate in which appropriate behavior is the norm.

When a staff member catches a student doing an exceptional job with one or more of the 3 R's he/she receives a "Golden Ticket". His or her name will be put into a weekly drawing to receive special recognition! Here is an example of our new tear away Golden Tickets! Students can now take each ticket they earn home with them to share with family!

ALGONKIAN ELEMENTARY	 YOU WERE CAUGHT BEING A <b>PuRRRING BOBCAT!</b>  WAY TO GO! RESPECT, RESPONSIBILITY, RELATIONSHIPS
STUDENT NAME:	
TEACHER:	
GIVEN BY:	

Check out PBIS on our webpage: <http://lcps.org/domain/13641>

**When students feel safe, respected, and connected to learning, fun happens naturally!**

From the Assistant Principal's Office

Ms. Karen Shields

Time for a Coffee Break

**When: Third Friday of each Month**

**Where: Algonkian Cafeteria**

**Time: 8:30-9:30am**

This year, Algonkian is excited to offer a monthly coffee break to all our Special Education parents.

Coffee breaks will consist of a book club, meetings with Special Educators, and trainings, all while fostering and encouraging our thriving Special Education community.

For our first Algonkian Coffee Break book, we will be reading, Getting to Yes: How to Negotiate Agreement without Giving In, written by Roger Fisher, William Ury & Bruce Patton.

We hope that you have an opportunity to join us. For further information or to sign-up for our email reminders, please contact Sarah Kimberly at [slkimberly@gmail.com](mailto:slkimberly@gmail.com).

## Tech news from our TRT

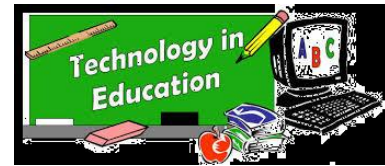
### Pauline Burkett

Welcome to a new school year! Mrs. Burkett and Mrs. Brown are HAPPY to be returning to Algonkian and working with all of the HAPPY students!

The Algonkian Elementary twelve member Technology Task Force Team (TTF) started 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 2014-2015:

Sadie Geary	Mauricio Milan
Coran Goss	Daniel Pappalardo
Jessica Hartung	Keiran Phillips
Kassidy Juliane	Sam Shumaker
Tristin Koerner	Cala Tenhaeff
Isaiah Lemmond	Trisha Thatai



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 a Loudoun County's technology refresh this summer. We received 90 new laptop computers for classroom checkout! With the additional resources we have created a second computer lab using the old laptops, allowing additional availability for teachers to schedule one to one computing time for a whole class for projects, I-Ready, and Reflex.

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](mailto:Pauline.burkett@lcps.org) so that I can keep Algonkian's web pages up to date. Thank you! Let's have a HAPPY year!



Visit us at <http://www.lcps.org/algonkian>

## School Improvement Plan

School Improvement Plan (SIP) has been developed for Algonkian Elementary by staff and our leadership team. 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 Brian Blubaugh at 571-434-3240.

### Parent Liaison

**Susan R. Smith**

Email: [susan.r.smith@lcps.org](mailto:susan.r.smith@lcps.org)

Welcome Bobcat families! I hope everyone had a nice relaxing summer. My mission as a Parent Liaison is to make sure that students and their families have the best possible educational experience. I am here to provide resources from various County organizations as well as information on resources from private organizations. I will publish these resources once a month in our school newsletter and they will be available in the turning file in the foyer of the school. My office hours are Tuesday, Wednesdays and Thursdays from 11 a.m. to 3 p.m. I can also be reached anytime through email at [Susan.R.Smith@lcps.org](mailto:Susan.R.Smith@lcps.org). I look forward to another wonderful year serving our Bobcat families!

### Health Clinic News

**Clinic Specialist**  
**Peggy Franzen**



Welcome back Parents and Students! The Health Office would like to remind you that the weather is still plenty hot and the sun is still plenty bright. That said, I would ask that you make sure the kiddos have sunscreen on before school and a water bottle for hydration through the day. Please remember that the students will go outside for recess and appropriate footwear improves their safety.

Thank You!

Peggy Franzen-- Health Office.

### Lines from the Library Ms. Devinney



Welcome back!

The fall Book Fair will be held Oct. 6<sup>th</sup> to 10<sup>th</sup>. We will need volunteers to help set up afterschool on Thursday Oct. 2<sup>nd</sup> and of course volunteers during the Fair. Family Night will be Friday Oct. 17<sup>th</sup> with Monster Mash.

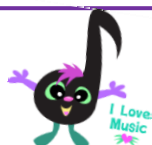
You and your students can access the Algonkian Library catalog from home, from the Algonkian school website click on Library, click on "click here to access Algonkian Online catalog".

From the catalog your students can access the online resources provided by the county. If you need a copy of the login names and passwords please ask your student, the kids know most of them! I will send home a brochure this month. This page is also accessible from the Library home page, in the list of link on the left "Online Resources". These are paid subscriptions provided to you and your students by Loudoun County Public Schools.



## Music

Ms. Alicia Smith



Welcome back! I am thrilled to be returning to 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.

Each grade level will be involved in some type of performance this year. Please make sure to add the following dates to your calendars now:

Tues. Nov. 11	Veteran's Day Assembly 1:15 (features 2 <sup>nd</sup> & 4 <sup>th</sup> grades)
Thurs. Nov. 20	1 <sup>st</sup> Grade Musical 9:00 performance
Thurs. Dec. 11	5 <sup>th</sup> Grade Musical 1:15 & 6:30 performances
Thurs. Apr. 23	3 <sup>rd</sup> Grade Musical 1:15 & 6:30 performances

Since we use the microphones for all of the performances and several assemblies throughout the year, I go through many AA and AAA batteries. If you are able to, could you please send a pack of AA or AAA batteries to the music room? I would greatly appreciate any donations! I'm looking forward to having a fun and exciting year with you and your children!!

## Art

Ms. Caryn Michael



## Algonkian's Creative World of Art

**HELLO BOBCATS!!!!** I am so excited to be back for another creatively awesome year of ART! Here is some information I would like to share with you concerning Art Shows and Donations.

### Art Shows Information:

There will also be several art exhibit/installations throughout the year here at Algonkian. Keep an eye out for further dates and information in future newsletters. This year we will be having two Arts Nights where the art and music come together to bring you a musical and art show all crammed into one fantastic night of entertainment. 5<sup>th</sup> Grade Art Show/ Musical—Thursday, December 11 @ 1:15 & 6:30  
3<sup>rd</sup> Grade Art Show/ Musical- Thursday, April 23 @ 1:15 & 6:30

### Donations:

In the art room we love to express ourselves and be creative; and doing that sometimes involves making a mess. In the art room we use baby wipes as a fast and disinfecting way to clean up. Since it is the beginning of the year the art room baby wipe storage is low. The students and I would greatly appreciate any baby wipe donations. Also, any other art supply donations would be greatly appreciated.

## September Elementary School Lunch Menu

<http://www.lcps.org/Page/68454>

# PE News

## Joe Terango and Kristen Barker Physical Education Teachers

We are excited and looking forward to working with your child in 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:

### 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Grades

- PE Rules and Regulations
- Playground Safety
- Spatial Awareness
- Locomotor and Non-Locomotor Assessment

### 4<sup>th</sup> 5<sup>th</sup> Grades

- PE Rules and Regulations
- Playground Safety
- Games for Recess Unit
- Fitness Gram Introduction and Assessment

## Welcome to SEARCH!

It's back to school time and time for another wonderful year in SEARCH. If you, like many parents, have questions about the Loudoun County Public Schools' gifted program at this time, please read the LCPS Gifted Education online brochure for a brief overview of gifted services in Loudoun County schools: <http://lcps.org/cms/lib4/VA01000195/Centricity/Domain/49/LCPS-GINPamphlet-word.pdf>

You will also want to explore the full LCPS Gifted Education website: <http://www.lcps.org/Page/617> Most, if not all, of your questions about the gifted education programs can be answered by looking through the website, where you can find information about identification, curriculum, and other learning opportunities for students.

EVERY child in grades K-3 will participate in a SEARCH lesson every other week. SEARCH teachers offer the students the opportunity to stimulate curiosity, practice problem solving strategies, participate in cooperative learning activities, and to use higher level thinking skills. During the lessons the primary classroom teacher makes observations to gain insight into the students' various skills, strengths, and learning styles. Both teachers work cooperatively to recognize and develop the potential for excellence in each student.

I am at Algonkian Elementary School every Tuesday and Thursday. Please do not hesitate to email any questions you might have. I am looking forward to a great school year!

Patty Peterson  
Gifted Education Resource Teacher  
[patty.peterson@lcps.org](mailto:patty.peterson@lcps.org)



## Algonkian PTA updates

Mr. Blubaugh would like to thank Mrs. Fontaine and all the PTA for giving him such a warm welcome!

Thanks to the PTA for helping us improve the outside of our school with new mulch, trimming and flowers.

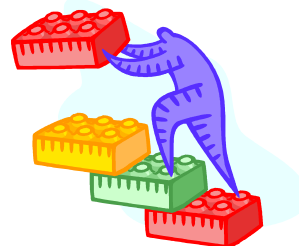
Thank you to Mrs. McKay for taking the time to organize parent and student support for putting together our first day packets. Our parents and student Bobcats were amazing – I believe it was done in record time. Thank you!!!

**Don't forget that Bingo is September 12<sup>th</sup> and the walk-a thon is September 26<sup>th</sup>.**

We encourage everyone to join the PTA!

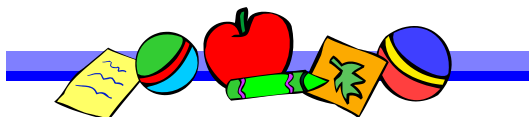
## FUTURA BEGINS NEXT WEEK!!!

- **Mondays:** Algonkian Fourth Grade
- **Tuesdays:** Algonkian Fifth Grade
- **Wednesdays:** Lowes Island Fifth Grade
- **Thursdays:** Lowes Island Fourth Grade



**What to bring on the first day of class:** *(No backpacks please!)*

1. A snack
2. A bagged lunch or you may purchase a lunch from the cafeteria. If you are from Lowes Island, you will use your Lowes Island account.
3. An empty water bottle with cap. *(Needed for a project)*
4. **Boys only:** box of tissues **Girls only:** baby wipes or paper towels



## BACK TO SCHOOL NIGHT FOR FUTURA

**Thursday, October 2, 2014 – 6:00 PM – 7:00 PM**  
**At Algonkian Elementary in Room 31**

**Or**

**Friday, October 3, 2014 – 9:00 AM – 10:00 AM**  
**At Algonkian Elementary in Room 31**

## LCPS Health Clinic Reminders

Our school's health clinic specialist is Peggy Franzen. She works in the health office each day from 7:15 until 3:15. 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. Health office 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 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 health office. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the health office 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 Health Office 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 health office. 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.
- 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 3<sup>rd</sup>, 7<sup>th</sup>, and 10<sup>th</sup> 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 page 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.

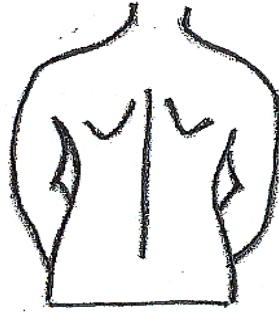
If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

### 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

### Normal View from Back

Shoulder blades and spine appear straight



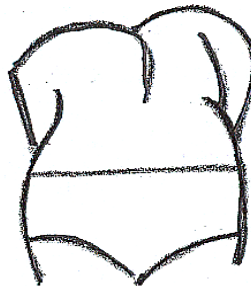
### Abnormal View from Back

The spine curves abnormally to the side



### Abnormal View Bending Forward

Shoulders and/or hips appear uneven



### Symptoms

- Backache or low back pain
- Fatigue
- Maybe none

### 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 evaluate



# Bobcat Walk Information Sheet September 26, 2014



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**What is the  
Bobcat Walk?**

The Bobcat Walk is a Walk-A-Thon that serves as the Algonkian PTA's primary fundraising event of the year. Algonkian students walk a track for pledges promised by the participant's sponsors. A lap is approx. ¼ of a mile.

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**When is the  
Bobcat Walk?**

**Friday, September 26, 2014** - following dismissal from school. The walk will start at approximately 3pm and conclude at 4pm. Parent/guardian must pick up the student at the conclusion of the walk. NO transportation will be provided. All CASA students will be taken to CASA following the event.

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**Bobcat Walk Goal**

The purpose of the Bobcat Walk is to raise money to promote education and enrichment programs for the students of Algonkian Elementary School paid for by PTA. **Our goal is raise AT LEAST \$12,000!!!**

Not only do you support education and enrichment, it promotes physical fitness!

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**Signature REQUIRED!**

A PARENT/GUARDIAN'S SIGNATURE ON THE PERMISSION SLIP IS REQUIRED TO PARTICIPATE.

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**PRE-Registration!**

Return your completed pledge sheet and money collected by **Monday, September 22<sup>nd</sup>** and receive **1 FREE LAP** towards your lap total.

PLUS – There will be a special surprise for the class with the most donations turned in by Monday, September 22<sup>nd</sup>!

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**Who can participate?**

All Algonkian Elementary School students!!!

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**Who can make  
pledges?**

Ask family, neighbors and friends to sponsor the student participating. All students must have collected pledges to participate in the Bobcat Walk. **Shoot for \$50!** 5 sponsors x \$10!

**CONTINUING THIS YEAR** – we can collect credit card donations via our special website – [www.bobcatwalk.com](http://www.bobcatwalk.com)

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**When are pledges due?**

Final pledge sheets and all money collected **MUST** be turned in prior to the event (September 26, 2014) or child will not be allowed to participate.

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[www.bobcatwalk.com](http://www.bobcatwalk.com)