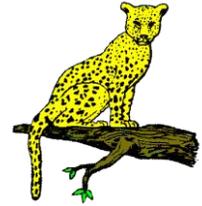


Lincoln Elementary School Newsletter

September
2016
Issue 1

18048 Lincoln Road
Purcellville, VA 20132
Mr. Dave Michener, Principal
540-751-2430
540-751-2431 (Absentee Line)
<http://www.lcps.org/lincoln>



Principal's Corner

Dear Parents,

Thank you to the Lincoln students, staff, PTO, and families for an excellent start to the school year! Thank you to the PTO for the staff lunches and also for the welcome signs for the new students! Thank you also to Erin Everline and Abernethy and Spencer for the mulch and flowers for our landscaping! We wish a special welcome our new students and families!

I encourage you to continue to read at home with your child every day during the school year! One of my current favorite books is The Most Magnificent Thing by Ashley Spires. This is an excellent book for all grade levels about the importance of being persistent to solve a problem.

The Lincoln staff and I look forward to working with you and your child this year! I appreciate your support as we begin the school year. We are having a great first week and we look forward to working together each day for each child. We thank the PTO for all of their support! Our next PTO meeting is Wednesday, September 7 at 8:00 a.m. All parents are invited to attend! We also look forward to seeing parents at our Back to School Night on Tuesday, September 13th at 7:00 p.m. Please contact me at (540) 751-2430 if you have any questions.

Sincerely,

Dave Michener

Upcoming Events

- 9/5 Labor Day Holiday No School
- 9/6-9/9 Family Life Preview at LCPS Admin. Building
10:00 a.m. - 8:00 p.m.
- 9/7 PTO Meeting 8:00 a.m.
- 9/8 Lock Down Drill 10:00 a.m.
- 9/9 Students and Staff Wear Red, White, and Blue
- 9/13 Back to School Night K-5 7:00 p.m.
Parents Only Please
- 9/15 Lock Down Drill 10:00 a.m.
- 9/16 Pride Day Students Wear Green and Yellow
- 9/16 Constitution Day
- 9/19 Tennis Club 2:50-4:00 p.m.
- 9/20 Parent Reading Information Night with Michelle Anderson 6:30 p.m. Grades K-2
- 9/21 Join Scouting Night 6:00- 8:30 p.m.
- 9/22 Fall Picture Day
- 9/26 Tennis Club 2:50-4:00 p.m.
- 9/30 Spirit Day Number Day
- 9/30 Lincoln PTO Event at Otium Cellars
5:00-9:00 p.m.
- 10/3 Tennis Club 2:50-4:00 p.m.
- 10/10 Columbus Day Holiday No School

Transportation Change Reminder

If there is a change in your child's transportation, please call the front office by 1:45 p.m. You may also send in a note signed by a parent with a transportation change. If you have a change with a kindergarten transportation situation, please call the office by 9:00 a.m.

Note: If, due to a disability, you need assistance to enable you to participate meaningfully in the activities of Lincoln Elementary School, please contact Dave Michener at 540-751-2430 at least **FIVE WORKING DAYS** prior to the activity.

MSACC Seeks Delegates

The Loudoun County School Board is seeking one parent delegate from each school for the Minority Student Achievement Advisory Committee (MSAAC). **The next MSAAC meeting is planned for Wednesday, September 21 at 7:00 p.m. at the Loudoun County Public School administration building.** For information about how to become a delegate from your school, call the office of the Assistant Superintendent for Instruction at 571- 252-1300 or the Office of Instructional Services at 571-252-1060.

Summer Photo and Art

Please bring in a family photo from a summer trip to help decorate Mr. Michener's office! Your child may also draw a picture from a trip or illustrate a hobby. We will display these items in the office.

Family Life Education Preview

The Family Life Education Parent Preview offers an opportunity to review the FLE curriculum guides for each grade level and preview the audio-visual materials purchased specifically for the FLE program. There is no formal showing. Parents may come any time during the times listed below and spend as much time as they need to preview the material. FLE Specialists will be available to answer questions.

LCPS Administration Building
21000 Education Court
Ashburn, Virginia 20148

September 6th-9th, 2016
10:00 AM to 8:00 PM

Happy September Birthday to...

				
1	Emily		13	Domina
2	Max		15	Kendall
2	Tirzah		16	Hudson
3	Joanna		16	Andrew
4	Ethan		17	Colden
4	Mrs. Dillon		18	McKenna
7	Brooke		22	Mrs. English
11	Carter		23	Mrs. Mendez
12	Christian		23	Evelyn
12	Emme		26	Marissa
			29	Olivia
			30	Hayden

Welcome to all Parents & Children of Lincoln!

Your PTO is excited for the school year.

The PTO is open to all parents and each of you is a member just by being a parent at Lincoln. Our meetings are once a month, usually at school in the morning and sometimes in the evening, and are open to all. We do not charge a dues to join and we welcome participation on your part. The primary goals of the PTO are to raise money to purchase enrichment supplies and programs for the children, provide after school enrichment opportunities and support our teachers.

Our goal is to provide after school enrichment programs that are 4 pronged; they will be based on STEM, agriculture, the arts, including music and drama and get moving themes. There should be something for everyone. We will continue with a special spirit day once a month to reflect different themes as well as a Lincoln pride day once a month where you can wear your school colors.

We will be family oriented and come together for our annual Spaghetti Dinner, Reading Under the Stars, and the PTO Auction fundraiser. We will have new options for Lincoln spiritwear to show our school pride. We will have a great Science Fair in March.

We will continue to have an online app based student and family directory - which is a real life saver and very helpful. This app is free to all our parents and costs are covered by the PTO.

We would love some help and are currently looking for a chairperson for the Science Fair, which is a very short term obligation, as well as a secretary for the PTO board, a year-long commitment. Please reach out if you are interested in either area. We ask for volunteers routinely throughout the year to help pull off the many events that happen to support our children.

Thank you for all that you do and we look forward to a wonderful year!

In Partnership,

Cara Orenzuk
PTO President-- caraorenzuk@gmail.com



Reminders from the School Health Clinic

Our school's health clinic specialist/registered nurse is Kathleen Oliver. She works in the health office each day from 7:30 a.m. until 2:50 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. 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 ParentVUE 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.

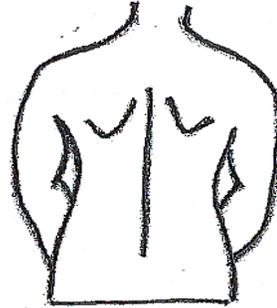
If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

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

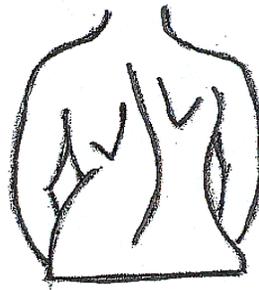
Normal View from Back

Shoulder blades and spine appear straight



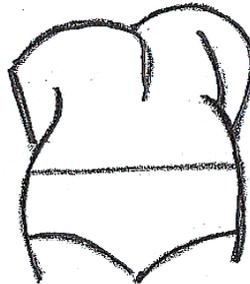
Abnormal View from Back

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 evaluated.

The Lincoln Elementary School administration and staff are dedicated to continuous school improvement. A formal School Improvement Plan has been developed by staff. The plan is reviewed on an ongoing basis. A copy is available in the school office as well as on our school website. You may also call us at 540-751-2430 to have a copy sent home with your child. We welcome your input.