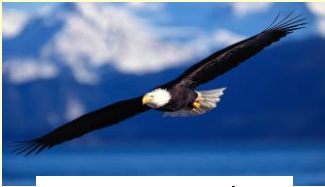




August 2014

Jennifer Rule, Principal  
Nahid Haidari, Assistant Principal



Soaring to New Heights!

## Up Coming events for August 2014:

**Aug. 22 - Placement  
letters mailed**

**Aug. 27 - Kindergarten  
Orientation 6:00 - 7:00**

**Aug. 28 - Back to School  
Night**

6:30 PM - 1<sup>st</sup>, 2nd grade

7:30 PM - 3rd-5th grade

These two events are to provide parents with important procedural information in order to create a smooth / question free transition into the school year.

**Aug. 29 - Open House -  
8:30- 9:30 AM**

To allow students a chance to meet their teacher, see the classroom and deliver supplies that can be stored in their desk ahead of time.

**Sept. 2, 2014- First Day of  
School**

### Instructional Hours:

7:50 to 2:35 - Grades 1-5

### Kindergarten:

7:50 to 10:50 - AM K

11:35 to 2:35 - PM K

### Beginning of the Day:

7:35 - Buses arrive

7:50 - Instructional day begins  
Students arriving after 7:50 will be considered tardy

### End of the Day:

2:35 - Dismissal bell rings

2:45 - Buses leave

## A Message from the Principal... Mrs. Jennifer Rule

The staff and I would like to welcome you to the 2014-2015 school year. This is our 20<sup>th</sup> anniversary and the staff and I are looking forward to a terrific opening day. The teachers are working hard going over classroom and school procedures. We cannot wait to meet our parents who will join us at Back to School Night and students at our Open House. If you are not able to attend, the classroom teacher will contact you by phone. Please sign up for a parent/teacher conference at your earliest convenience.

We believe that the education of our children is the shared responsibility of the school and the home. Our aim is to provide an educational climate in which students can experience success in academic, social and emotional areas. Each child is encouraged to set goals and work towards their personal best. Parents are encouraged to visit the school, get to know the teachers and staff, and join other parents in volunteering as time permits. Parent volunteers provide a vital link in supporting the many programs offered at Potowmack.

This year our PTA is sponsoring a Walk-a-Thon to help celebrate our 20<sup>th</sup> year and to try to raise funds to bring more technology into our school. In addition, our PTA sponsors after school programs, which offer enrichment classes during the fall, winter and spring sessions. Courses include foreign languages, drama, arts and crafts, sports and robotics. The PTA is still looking for Chair persons to sponsor this program.

We are proud of the positive climate that has been established in our school through our Positive Behavior Intervention and Support (PBIS) program. Our focus is on respect, responsibility

and effort, along with student attendance, arriving to school on time and ready to learn. The classroom teachers should share this program with you at the Back to School Night. There is another copy of what this program entails in the newsletter.

We are continuing our efforts to go green. The Potowmack Elementary Parent/Student Handbook and newsletters are available to view on the Potowmack Elementary web site:

<http://www.lcps.org/potowmack>

If you would like to receive a printed copy of the school handbook or newsletters please notify Mrs. Wood or Ms. O'Sullivan in the front office.

In the school newsletter you will find important school wide information like list of upcoming events, student recognition, as well as other valuable school wide information. The newsletter is packed with important dates and school events that will help keep you informed and prepare you for each school month.

Regards, *Jennifer Rule*



### Potowmack Elementary

46465 Esterbrook Cir.  
Sterling, VA 20165

Phone:  
(571)434-3270

Absentee Line:  
(571)434-3271

Fax:  
(703)444-7526

E-mail:  
Jennifer.Rule@lcps.org

We're on the Web! <http://www.lcps.org/potowmack>

Follow us on Twitter at Potowmack\_ES



Pursuit of Excellence—  
Known for their strength in flight, bald eagles soar above the rest as one of the most majestic creatures in the sky. With power and balance they fly miles above the earth, catching warm air currents to lift them thousands of feet into the air. Keen vision gives the eagles the ability to see far-off challenges, soaring through each pursuit with great success. With you we soar to new heights.



## Welcome New Staff

- Nahid Haidari – Assistant Principal
- Christopher Gall – 5<sup>th</sup> Grade
- Erica Phillips – 5<sup>th</sup> Grade
- Meredith Murray – 5<sup>th</sup> Grade
- Devon Rupard – 2<sup>nd</sup> Grade
- Carol Kee – 1<sup>st</sup> Grade
- Caitlin McDermott – 1<sup>st</sup> Grade
- Robyn DiCarlo – 1<sup>st</sup> Grade
- Julie Rizalvo – TRT
- Denise Succolosky – ELL
- Merrilie Albrecht - ELL
- Wendy Young – SEARCH
- Stephen Shockley - PE
- Bryan Fay – Music
- Alex Caramanica - Music
- Kourtney Haake – Library Assistant
- Marlene Ubilla – ELL Assistant
- Lindsey Sayre – DARE officer

## Scholastic News

Potowmack students have been busy readers this summer! As of August 18<sup>th</sup>, students at Potowmack have logged over 1,479,733 minutes and are in 21<sup>st</sup> place in the worldwide competition. Our closest LCPS competitor, Ashburn Elementary, is in 27<sup>th</sup> place, so keep reading to make Potowmack the top school in Virginia. Remember that to earn your \$5 reward gift certificate for the fall book fair, students must log at least 1,000 minutes during July and August. Keep up the great work!

## FUTURA News

We are excited to announce that the FUTURA gifted program will be housed again at Potowmack this year for our identified 4th & 5th graders. Our students will be engaging in System Investigations and Interest Development Centers a portion of two days each week. We would like the parents of our FUTURA students to please join us at Potowmack on Thursday, **August, 28th** at **6:30** to meet Melanie Harrison and learn more about the program.

Melanie Harrison, FUTURA teacher

## Library News - Dr. Copeland

The Loudoun County Public Library 1 Book 1 Community program begins in September. This program is a tremendous opportunity for students and families because the public library will give away a free paperback copy of the book to every child or adult who comes to the library and asks for one (while supplies last), beginning on Tuesday September 16<sup>th</sup>. This year's book is Out of My Mind by Sharon Draper which is a novel that would be of interest for Potowmack students in the upper grades. It is a powerful novel written from the point of view of a highly intelligent girl with cerebral palsy. The book describes Melody's challenges at school and at home as she tries to cope with being trapped in a body that doesn't function the way she needs it to. The author of the book will do a presentation at Rust library in Leesburg on October 28<sup>th</sup> if you are interested. Please mark your calendars to get your free copy of Out of My Mind at the Cascades Library this September.

We're on the Web! <http://www.lcps.org/potowmack>

Follow us on Twitter at Potowmack\_ES



### Soaring Ahead....

September:

- ◆ 1 - Labor Day  
No School
- ◆ 2 - First Day of  
School
- ◆ 8- Spirit Wear  
Sales Begin
- ◆ 10 - PTA Meeting  
7:30 a.m.
- ◆ 17 - Scouting  
Night
- ◆ 19 - PTA Watch  
Dog Dad's Pizza  
Night
- ◆ 26 - Movie Night

# Dare to SOAR!!



## What is SOAR?

SOAR is the positive behavior program set up at Potowmack Elementary. Students will learn how to SOAR in various places within the school. The acronym SOAR stands for:

Re**S**pect  
Resp**O**nsibility  
**A**nd  
Effo**R**t

We encourage you to talk with your child about what they have learned. Maybe you too can learn how to SOAR at home. These three principles form the center of a school-wide effort to foster a positive learning environment and increase student achievement through positive reinforcement.

We're on the Web! <http://www.lcps.org/potowmack>

Follow us on [Twitter](#) at Potowmack\_ES



The Loudoun County School Board adopted the calendar for the 2014-2015 school year at its Tuesday, November 12th, meeting.

It should be noted that Loudoun County Public Schools (LCPS) cannot open before Labor Day in 2014 under state law.

Following is the adopted 2014-2015 school calendar:

**September 1:** Holiday (Labor Day)

**September 2:** First Day of School

**October 13:** Holiday (Columbus Day)

**October 31:** End of the Grading Period

**November 3-4:** Student Holidays (Planning/Records/Conference Days)

**November 26-28:** Holiday (Thanksgiving Break)

**December 22-January 2:** Winter Break (Classes Resume January 5)

**January 19:** Holiday (Martin Luther King Jr. Day)

**January 23:** End of Grading Period

**January 26:** Moveable Student Holiday\*(Planning/Records/Conference Day)

**February 16:** Holiday (Presidents' Day)

**March 27:** End of Grading Period

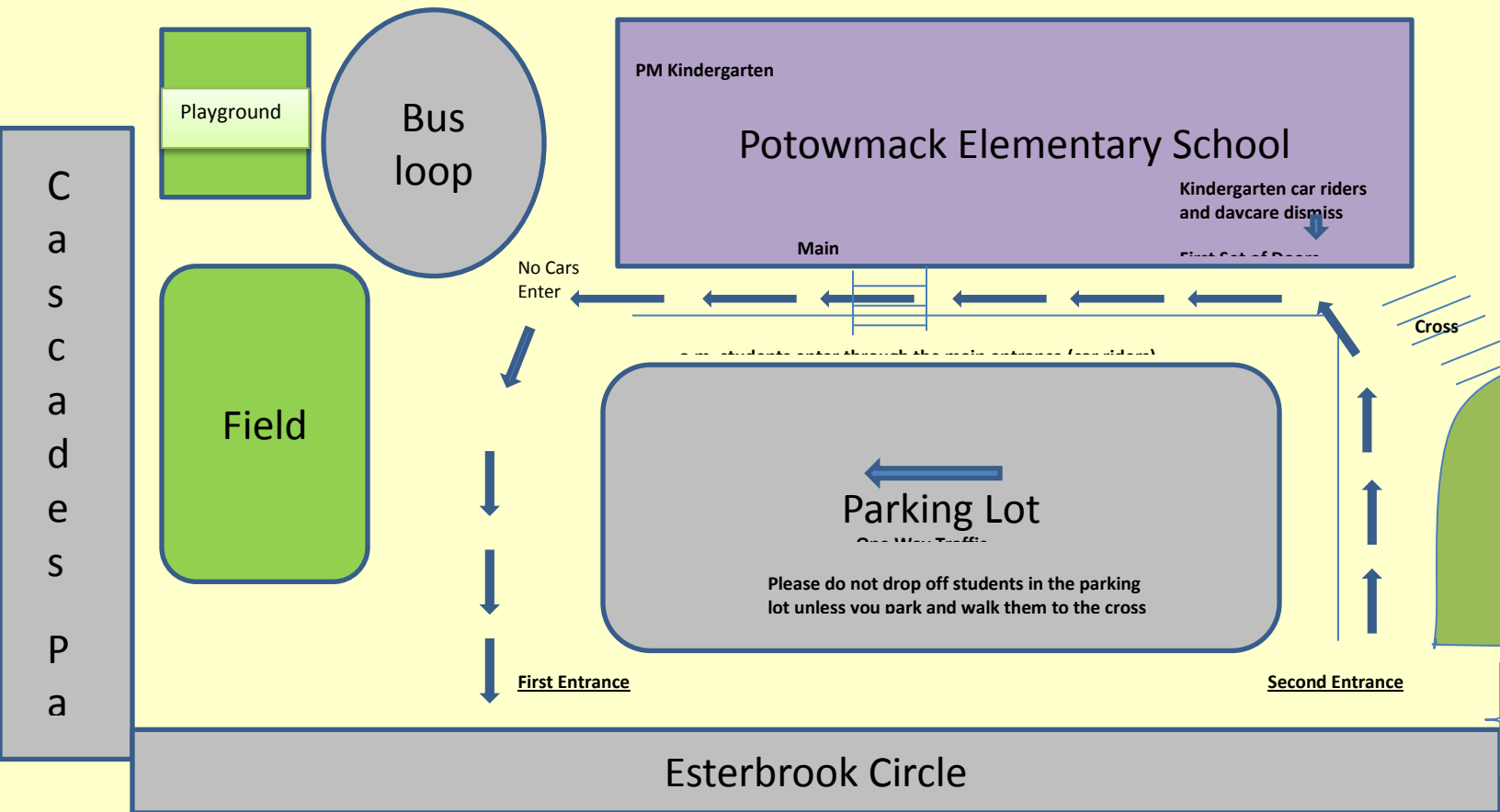
**March 30-April 3:** Holiday (Spring Break)

**April 6:** Student Holiday (Planning/Records/Conference Day)

**May 25:** Holiday (Memorial Day)

**June 16:** Last Day of School/End of Grading Period

\*NOTE: Parents with childcare or other weekday scheduling concerns – The date of the Moveable Planning/Records/Conference Day between first and second semesters may change if the school calendar must be changed due to school closings for inclement weather or other emergencies.



## Arrival and Dismissal Procedures...

Please help us to make a smooth arrival and dismissal by reviewing the following procedures if you are dropping off and picking up child/children.

1. Car drop off is in the front of the building. Pull all the way up in the circle to allow as many cars into the circle as possible. If you get here "first" please do not park along the circle... PULL ALL the way up to be courteous of other cars! We need to have as many cars pull forward so that traffic does not back up on Esterbrook Circle.
2. At arrival or dismissal you can park your car on the side parking lot of the building by the gym (right side) or in the front parking lot and walk across to drop off or pickup your child.
3. You can park along the curb that wraps around the gym side of the building.
4. If you cannot get into the parking lot in the pickup line because the line is full, please line up on Esterbrook Circle making a right hand turn into the school.
5. When cars leave in front of you, pull as far forward as you can.
6. NEVER get out of your car and leave it unattended in the car drop lane. This blocks all the traffic and is very frustrating to other parents.
7. Children should be able to exit or enter the car independently. Parents who have to assist their child/children should park and walk them across the crosswalk.



## PIMS

### Request Updates to Phone/Email Contact Info

The Parent Information Management System (**PIMS**) is an online tool that provides a convenient way for the primary parent/guardian of a student to manage changes to the phone and/or email information for the contacts in their child's record. When using **PIMS you can** review, at your convenience, the current contact information that exists for your child. If you need to update the current phone/email/emergency contact information, you can easily submit the update request online. **It's as Easy as: 1, 2, 3.**

1. Access the PIMS link from the LCPS Public Internet site. [www.lcps.org](http://www.lcps.org) . From the LCPS home screen, click on the PIMS link on the right-side under "Quick Links".
2. You will be guided through a series of screens where you will be prompted to enter some identifying information, assert your relationship to the student and then enter up-dated contact information.
3. Once the request has been submitted, your child's school will review the request before accepting.

**Note:** At this time only the parent/guardian listed as their child's First Contact will be able to request updates to phone numbers and emails for all contacts listed in their child's record, including the emergency contact. Parents may choose not to use the PIMS or may not have the means to do so. PIMS is simply a tool that will give those parents who so desire the ability to request changes to contact information online. This will not replace the hard-copy Emergency Card that is sent out to all families with requests for contact information updates — instead it is offered as a convenience *in addition* to the emergency card.



### Reminders from the School Health Clinic

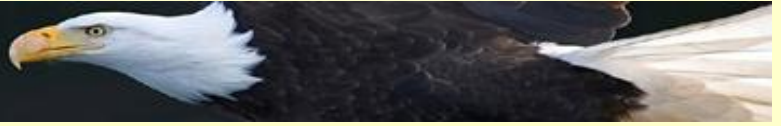
Our school's health clinic specialist/registered nurse is Kristin Bashore. She works in the clinic each day from 7:30 a.m. until 3:30 p.m. A health clinic specialist (HCS) works under the direction and supervision of a registered nurse (resource nurse). School staff can contact the school resource nurse 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.

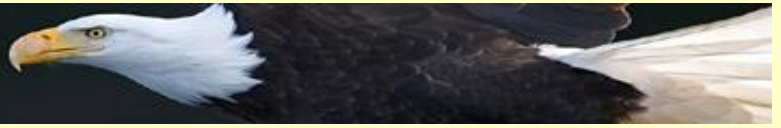


- A parent or guardian must deliver any medication (prescription or non-prescription) to the school office or clinic. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the clinic at the end of the year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



**Family Life Education  
Parent Preview  
2014-2015**

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 8-12, 2014**

**10:00 AM to 8:00 PM**

**Educación de Vida Familiar  
Avance para los Padres  
2014-2015**

El Avance para los Padres de la Educación de Vida Familiar ofrece una oportunidad para revisar las guías del currículo de FLE para cada nivel de grado y revisar los materiales audio-visuales comprados específicamente para el programa de FLE. No hay una demostración formal. Los padres pueden asistir a cualquier hora durante las horas mencionadas abajo y pueden quedarse todo el tiempo que necesiten para revisar el material. Los especialistas de FLE estarán disponibles a contestar preguntas.

**Edificio de Administración de LCPS**

**21000 Education Court  
Ashburn, Virginia 20148**

**8-12 de septiembre, 2014**

**10:00 de la mañana a 8:00 de la tarde**



## Parent Resource Center Fall 2014 Event Schedule

\*Unless otherwise indicated, events are held at the LCPS Admin Bldg., 21000 Education Court, Ashburn, 20148

Events cancelled when schools are closed or after school activities cancelled.

Call 571-252-2185 or go to [www.lcps.org/prc](http://www.lcps.org/prc) to register. Titles are linked to event flyers.

### [Coping Strategies for Anxious Kids: What Parents Need to Know](#)

Presented by Erin D. Berman, Ph.D., Clinical

Psychologist NIMH How to identify the anxious child and change anxious thinking

The science and biological roots of anxious children and current treatment options

Thursday, October 23 from 7-9 pm

Autism Series: [The Message of Behavior](#)

Identifying and Analyzing the Communication Function of

Behavior is Critical Thursday, October 30, 9-11 am

### [MANDT for Parents Series](#)

Three Sessions on Oct. 30, Nov. 6 and 13 from 6:30-8:30: Attendance required at all sessions Building Healthy Relationships, Communication and Conflict Resolution

Autism Series: [Adolescent Issues:](#)

#### [They DO Grow Up!](#)

Topics Include Hygiene, Socialization, Fears, Behavior, Health & More Thursday, November 6, 9-11 am

### [Positive Mealtime Strategies](#)

Causes and Strategies for Eating Challenges

Thursday, November 20, 9-11 am

## TRANSITION SERIES

\*Harper Park Middle School\*, 701 Potomac Station Dr. NE, Leesburg, 20175

### [Middle School Connection. Moving on from Elem to MS with an IEP](#)

Monday, December 1 from 6:30-8:00 pm

### [Kindergarten Connection. Moving on from ECSE to Kindergarten with an IEP](#)

Monday, December 8 from 6:30 - 8:00 pm

If due to a disability, you need assistance or an interpreter, call 571-252-2185 7 days before an event.

We're on the Web! <http://www.lcps.org/potowmack>

Follow us on [Twitter](#) at Potowmack\_ES



## Centro de Recursos para Padres

Horario de Eventos en Otoño 2014



\*A no ser que sea indicado, los eventos se llevarán a cabo en Edificio Admin. LCPS, 21000 Education Court, Ashburn, 20148

Los eventos se cancelarán con el cierre de escuelas y al cancelarse las actividades después de escuela. Llamar 571-252-2185, o [www.lcps.org/prc](http://www.lcps.org/prc) para inscripción. Títulos vinculados con la volante de eventos.

### Estrategias de Afrontamiento para Niños Ansiosos: Lo que los Padres deben Saber

Presentado por Erin D. Berman, Ph.D., Psicólogo Clínico NIMH

Como identificar a los niños ansiosos y cambiar el pensamiento ansioso

La ciencia y las raíces biológicas de niños ansiosos y opciones de tratamientos actuales Jueves, 23 de octubre de 7-9 pm

Series de Autismo: El Mensaje de Comportamiento  
Identificando y Analizando la Función de Comunicación de Comportamiento es Crítico Jueves, 30 de octubre, 9-11 am

### "MANDT" Series para Padres

Tres sesiones, Oct. 30, Nov. 6 y 13 de 6:30-8:30: Asistencia requerida para todas las sesiones Construyendo Relaciones Saludables, Resolución de Comunicación y Conflicto

Series de Autismo: Asuntos de la Adolescencia  
Los Tópicos Incluyen Higiene, Socialización, Temores, Comportamiento, Salud y Más Jueves, 6 de noviembre, 9-11 am

### Estrategias Positivas Para Las

Horas de las Comidas Las Causas y Estrategias para los Retos al Comer Jueves, 20 de noviembre, 9-11 am

### SERIES DE TRANSICIÓN

\*Harper Park Middle School, 701 Potomac Station Dr. NE, Leesburg, 20175

### Escuela Intermedia. Conexión. Pasando de la Escuela Primaria a la Intermedia con un IEP

Lunes, 1 de diciembre de 6:30-8:00 pm

### Conexión con Kinder. Pasando de " ECSE" a Kinder con un IEP

Lunes, 8 de diciembre de 6:30 - 8:00 p

Si debido a una discapacidad, necesita ayuda o a un intérprete, llamar al 571-252-2185 7 días previos al evento.

We're on the Web! <http://www.lcps.org/potowmack>

Follow us on [Twitter](#) at Potowmack\_ES



# POTOWMACK'S PTA INAUGURAL WALKATHON

*"Soaring Our Way to New Technology"*

**Friday, October 3, 2014**

*(Rain Date: October 8<sup>th</sup>)*

9 a.m. and 1 p.m. - *Potowmack's Outdoor Track*

## WALKING TODAY SO OUR KIDS CAN SOAR TOMORROW!

Supporting your school has never been this FUN and HEALTHY!

Please join us in making the Walk-A-Thon a successful, fun and community-spirited event! This is our primary fundraiser of the year. Money raised will go towards the purchase of new technology for our students and teachers.

### DONATE NOW!

[www.GoFundMe.com/PotowmackWalks](http://www.GoFundMe.com/PotowmackWalks)

**OUR GOAL is to raise \$20,000!**

We invite all family members and friends to come out and walk with us.

**WIN FABULOUS PRIZES**, including an iPad, Xbox, \$200 Walmart gift card and so many more. Raise \$50 - earn 1 raffle ticket; Raise \$100+ - earn 3 raffle tickets; Raise \$150+ - earn 4 raffle tickets. Top collecting class will win a pizza lunch party. Winners announced on October 8<sup>th</sup>.

Donation forms will be sent home with students. To volunteer, email [potowmackwalks@hotmail.com](mailto:potowmackwalks@hotmail.com).

- ❖ Fitness and Teamwork
- ❖ School Spirit
- ❖ Citizenship / PBIS
- ❖ Donate
- ❖ Have Fun
- ❖ Raffle Prizes
- ❖ Themed Laps
- ❖ Music
- ❖ and Much

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