



ALLSTAR NEWS



February 2017



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Principal Thoughts

We hope everyone has enjoyed our mild winter so far. Our staff has appreciated having plenty of time to provide instruction for each of our students as well as the opportunities to witness the growth that our students make each and every day. However, we know that winter is not over and anticipate that there may still be inclement weather. Please be sure to plan ahead for delayed openings and early dismissals if you have not yet done so. Additionally, classes will continue to go outside each day for recess (weather permitting), so please be sure that your child comes to school dressed for outdoor play, including coats, gloves, hats, etc.. As always, thank your for your support each day.

February Dates

13	PTO Meeting 6:30 pm
13-17	Random Acts of Kindness Week (Encourage your child to surprise others with kindness all week)
14	"Love Your Book Day" (Snow date Feb. 15th)
17	No School—Professional Development Day
20	No School—President's Day
22	Pink Shirt Day—Wear a pink shirt to show support to end bullying. Parent Night at Admiral Byrd for Rising 6th Graders—6 pm

Congratulations!

Spelling Bee Winners
Ashlee Hudson First Place
John Shields Alternate

Students and staff of Armel are proud of all students who competed in the Armel Spelling Bee. Ashlee will represent Armel at the FCPS Spelling Bee at James Wood Middle School on February 9th at 7 pm. The snow date will be February 23rd. We wish her the best of luck!



March Dates

2	Read Across America—Apple Blossom Mall 5:30—7:30 pm
3	Armel PTO BINGO Night 6-8 pm
6-10	Kindergarten Registration 9-3 pm
8	Kindergarten Registration 5-7 pm A Spanish interpreter will be available.



Adm. Byrd Middle School has scheduled Parent Night for rising 6th grade students for February 22nd @ 6:00 p.m.

Armel Elementary is the recipient of a grant sponsored by Exxon Mobil Corporation. We would like to thank the Exxon Corporation and H.N. Funkhouser & Company for their support of our school and programs.

Armel's Mission:

Create an optimal learning environment which enables all students to achieve their fullest potential by providing quality education with the mutual support of educators, students, parents, peers, and the community.

Achieve We believe success is unique to each student and all students can achieve success.

Educate We believe we need to educate the whole child based on the needs of each individual so the student becomes a lifelong learner and up standing citizen.

Support We believe we need to support our school community academically, physically, socially, and emotionally.

Armel is hosting a "Love Your Book Day" on February 14th. The snow date will be February 15th. All students and staff are invited to dress as their favorite book character for the day! Please make sure your student is comfortable in their outfit and that he/she can go about the daily routine of learning. Don't forget sneakers if PE is scheduled for that day. Since this is a peaceful book-loving event, we ask that students leave toy weapons and masks at home. We can't wait to see all of our wonderful "characters"!



Armel's Exercise Tracker

The exercise tracker is now active. If your children are exercising at home and would like to participate by logging their hours, the tracker can be located on Armel's webpage under "Parents and Students".



Emergency Plan Reminders

In the event of an early closing due to inclement weather, your child will be sent home according to the current transportation form on file. If alternate transportation arrangements need to be made, please plan ahead and contact the school at (540) 869-1657.

Inclement Weather One-Hour Delay

During a one-hour delay, the morning buses will run one hour late and school will begin at 10 a.m.

Inclement Weather Two-Hour Delay

A two-hour delay may, at times, be announced. When this occurs, students will be picked up two hours later than usual and no breakfast will be served.

Information/Snow Emergency Routes

This information was distributed at the beginning of the school year. It can also be found on the FCPS website, www.frederick.k12.va.us, under School/Weather information. Please review it before bad weather arrives.

If a FCPS Alert-Now message is issued cancelling evening activities, please be advised this includes all activities scheduled at Armel Elementary. This includes Girl Scout Meetings, PTO, and any FCPR activity that meets at Armel as well as other FCPS buildings.



Kindergarten Registration

Kindergarten Registration for the 2017-18 school year will be held the week of **March 6-10**. Students may be registered from 9 a.m. - 3 p.m. Evening hours will be on Wednesday, March 8th from 5-7 p.m. An interpreter will be available that evening. Please share this information with neighbors who might not have a student currently enrolled in the school system.

Registration forms may be picked up ahead of time in the office.

SCA NEWS

The SCA will be participating in the Jump Rope for Heart fundraiser starting March 3rd. Students will collect donations for 3 weeks. The last day of the fundraiser will be March 24th. More information will be sent home with students who are interested in participating.



Photos

Please **DO NOT** take photos of any child other than your own when visiting our school. We have had multiple instances of parents wishing to take photos during lunch or other activities. Many of our families do not wish for their child's photo to be taken or posted on social media. For this reason, cameras (including those on cell phones) should not be used in our building without permission. Thank you for your understanding!



Field Day

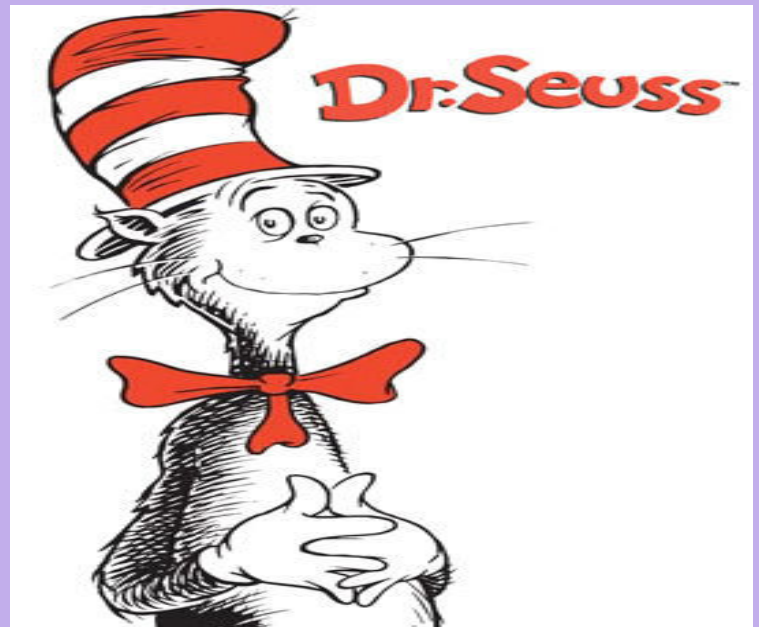
Our theme for this year's field day will be "Adventures of Summer". All grades will participate in field day on Tuesday, May 30 (rain date Wednesday, May 31). Volunteer information will be coming home in March.

We would appreciate any volunteers available for field day. All volunteers must be on the approved volunteer list. If you are not on this list and are considering volunteering for field day, please contact the office as soon as possible.



READ ACROSS AMERICA

Come to the Apple Blossom Mall
on March 2, 2017 and help us
celebrate Read Across America.
Activities will run between 5:30
and 7:30 p.m.



Nurse Ann Says:

1 CLEAN

Wash your hands often.

Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

2 COVER

Cover your cough.

Use a tissue to cover your mouth and nose when you cough or sneeze.

Don't have a tissue? Your sleeve will do.

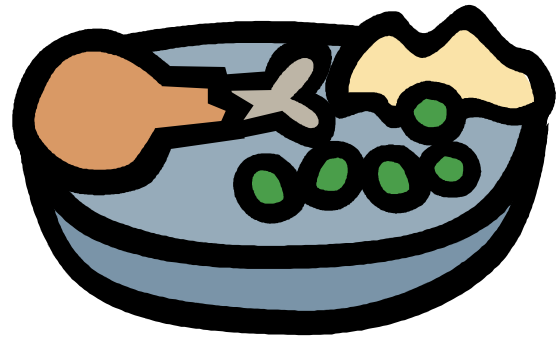
3 CONTAIN

Contain germs by steering clear of others who are sick.

If you do get sick, stay at home until you're well again, so you don't spread more germs.

Free Community Meals

Trinity Lutheran Church
810 Fairfax Street
Stephens City, VA
5:30-7:00 PM



February 22, 2017
March 22, 2017
April 26, 2017
May 24, 2017
June 28, 2017
July 26, 2017

August 23, 2017
September 27, 2017
October 25, 2017

PUBLIC NOTICE

NOTICE OF NON-DISCRIMINATION

Frederick County Public Schools does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following persons have been designated to handle inquiries regarding the non-discrimination process:

Title IX Coordinator
John Linaburg
Executive Director of Human Resources
1415 Amherst St.
Winchester VA 22601
540-662-3888

Section 504 Coordinator
Michele Sandy
Director of Special Services
1415 Amherst St.
Winchester VA 22601
540-662-3888

For further information on notice of non-discrimination, see list of OCR enforcement offices for the address and phone number of the office that serves your area, or call 1-800-421-3481



Empathy

Understanding, compassion, charity, sensitivity, concern

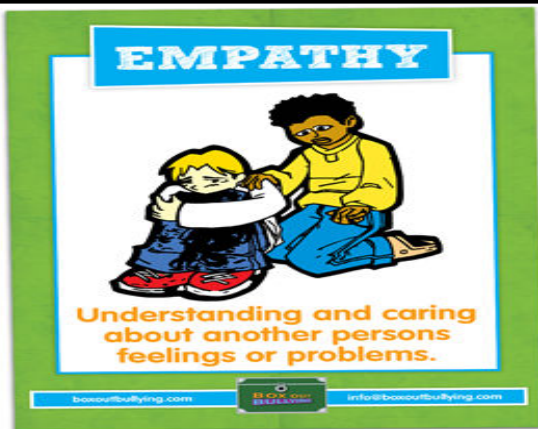
Definition:

Being able to “sense” or understand what another is feeling. Then show a caring response.

February Character Events!

February 13-17: Random Acts of Kindness Week (encourage your child to surprise others with kindness all week)

February 22th: Pink Shirt Day (wear a pink shirt) to show support for ending bullying.



Bully Prevention Tip

Self-Regulation is the ability to regulate one’s physical, emotional, and behavioral responses and is important when faced with bullying. Teach your child how to react when someone says/does mean things by staying calm. The ability to remain calm is very helpful and preventative for further hurtful experiences. When peers see someone getting upset easily, this can be tempting to others who want power.

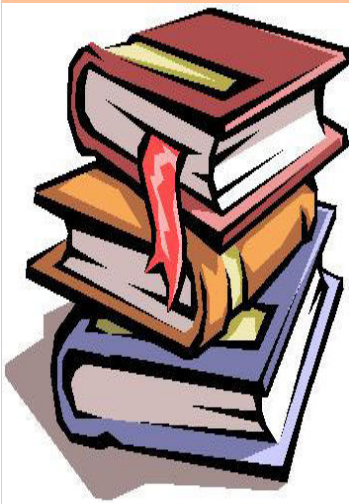
Tonia Caselman, Ph.D. who maintains a private practice specializing in children and adolescents states that how we teach something is as important as what we teach. She names some essentials for helping children grow in empathy:

- **Modeling:** model empathic behavior and responses
- **Reinforcement and Positive Trait Attribution:** give recognition and praise for small efforts of empathy, catch your children sharing, helping, verbally recognizing others’ feelings, and being kind; name the specific behavior and empathize that it is in their nature to do this (you are helpful, you are Kind, etc.)
- **Focus on Similarities:** empathy is heightened when children perceive similarities between themselves and others. Naming how others are similar to children helps children to connect.
- **Perspective Taking:** Imagining another’s point of view can be hard, so lots of practice helps. Take time when watching TV shows or movies, reading books together, friends, or seeing people in the store to ask your children how someone in the story, movie, tv show, friend or stranger may be feeling and why they might feel that way.

“You can’t understand another person until you walk a few miles in their moccasins.”

-Native American Proverb





PREPARE FOR BATTLE, READERS!

Students in grades 3-5 have the opportunity to participate in Armel's Battle of the Books! Over the next few months, they will be reading 10 exciting books from a required list. Seven students from each grade level will qualify to participate in a game style competition at the end of the year. Those students will be competing against each other AND a team of Armel's teachers!

Go forth All-Star Reading Battlers!

With book in hand, slay your competitors with your powerful knowledge!

2016-17 School Calendar Clarification- Last Day of School

The 2016-17 School Calendar adopted by the School Board on March 1, 2016, noted the last day of school would be determined based on the number of inclement weather days missed during the year. Seven inclement weather make-up days (June 5, 6, 7, 8, 9, 12 and 13) were identified in the calendar and will be used as necessary. This means the last day of school will fall somewhere between June 5 and June 13 depending on the number of days missed due to inclement weather throughout the year.

The Code of Virginia requires each school year to be a minimum of 180 days. June 2, 2017, was designated the 180th day of the 2016-17 school year in Frederick County provided there were no school closings. The first five identified make-up days (June 5, 6, 7, 8 and 9) will be used to make up the first five days of school missed due to inclement weather on a one-for-one basis. This means one make-up day will be added to the school calendar for each day of school missed during the year. The sixth and seventh identified make-up days (June 12 and 13) will be used to make up any school days missed in excess of the first five on a two-for-one basis as school divisions are only required to make up one day for every two days of school missed in excess of the first five. As of today, the last day of school is scheduled for June 5, 2017. Should additional days be missed, the last day of school will change according to the school calendar and scheduled make-up days.

The decision to identify all make-up days in the calendar and have them at the end of the year was made in order to protect holidays, spring break and professional development days in the school calendar. In the past, there have been times when these types of "no school" days have been changed to regular school days in order to make up for time missed due to inclement weather. Identifying the inclement weather make-up days and placing them at the end of the school year is done in many other school divisions and eliminates the need to alter the school calendar during the year.

Physical Education Reminder

Please make sure your children are prepared for physical education by wearing sneakers. Boots, sandals, etc. are not appropriate footwear for participating in PE class. Students may pack sneakers in their backpack to change into before class.



NURSE ANN REMINDER

Please make sure your child eats a healthy breakfast before arriving at school. Eating a healthy, nutritious morning meal truly sets the stage for how children will arrive at school ready to learn. If your child cannot eat breakfast at home, they are able to purchase breakfast at school for \$1.40 per meal.

