



# ALLSTAR NEWS



December 2016



Heather Miller, Principal  
Traci Comstock, Assistant Principal  
540 869-1657  
540 869-5342 fax

Armel Elementary School  
2239 Front Royal Pike  
Winchester, VA 22602  
aes.frederick.k12.va.us



www.facebook.com/armelementaryschool

## Chorus Concert

Join the All Star Chorus on Tuesday, December 6 at 7:00 p.m. for their winter concert. We will be performing an assortment of winter songs that describe all of the things we love about the season. We can't wait to sing for you!



## Principal Thoughts

December has arrived and we are quickly approaching the end of the first semester of the school year. Our teachers, staff & students have been hard at work since August. We are proud of their efforts and the growth that each student has made!

As you may be aware, Frederick County Public Schools has proposed a renovation and addition to Armel Elementary School. This will allow us to provide an engaging, updated learning environment for our students as well as give us additional classroom space to serve the many new students that will join us due to area housing growth. A community information meeting will be held on Dec. 12th at 6:00 p.m. in the AES cafeteria. We invite you to join us to learn about the project, which is planned to begin this spring. We hope to see you there!

Have a wonderful holiday season with your family.  
*Mrs. Miller and Mrs. Comstock*

## December Dates

5	Chipotle Night—Jamestown Fundraiser 5-8 pm
6	Fourth and Fifth Grade Chorus Holiday Concert 2:30 & 7 p.m.
12	Armel Addition and Renovation Community Information Meeting 6-8 pm
13	Just Say No Club 8:00 am
22-Jan. 3	No School Winter Break - Office closed
Jan. 4	School Reopens

Our students do go outside for recess unless the weather is severe. Please make sure your children come to school with warm jackets, gloves, and hats. Labeling coats with names will also help keep them out of our lost and found.



## Time for Coats

## Armel Elementary School Addition/ Renovation Public Information Meeting

Frederick County Public Schools is hosting a public information meeting on Monday, December 12, 2016, regarding the Armel Elementary School addition/renovation that is anticipated to open in the fall of 2018. The meeting will be held in the Armel Elementary School cafeteria beginning at 6:00 p.m. Representatives from the school division and the architectural firm designing the addition/renovation will provide an overview of the project, seek community input on the design, and respond to questions. If you have questions about the Armel Elementary School Addition/Renovation Information Meeting, please contact FCPS Coordinator of Planning and Development, Wayne Lee, at 540-662-3888.

### 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 life long learner and upstanding citizen.

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

# The Giving Tree

The Armel SCA and PTO will sponsor The Giving Tree in support of The Salvation Army. Armel SCA and Armel PTO are accepting Giving Tree Donations Monday, December 5th - Friday, December 16th. Please donate your new or gently used winter hats, gloves, scarves, and coats for the Salvation Army.



Items can be dropped off at the Giving Tree until December 16th in the school lobby.

Thank you for your support!

## Health Hints Ann Stine, RN

### ATTENTION FIFTH GRADE PARENTS:

All sixth grade students are required to have a tetanus, diphtheria, pertussis (Tdap) booster vaccine prior to entry into middle school next fall, if at least five years has passed since the last vaccination.

**In order for your child to enter sixth grade in August, you will need to provide the vaccination documentation to your child's 2016-17 elementary school or 2017-18 middle school prior to the opening of school.**

Please see your pediatrician or local health department for updating your child's immunizations.

Feel free to call me at 540-869-1657 regarding any questions that you may have regarding your child's immunizations or if you need any further assistance with this matter.



## 2016 Speak Up Survey

Frederick County Public Schools is participating in the 2016 Speak Up survey and encouraging parents, students, educators and community members to complete the brief, anonymous survey before the December 16 deadline. The primary goal of the survey is to collect information on key educational issues, particularly concerning digital learning and the use of technology in schools. The survey is available online at <http://bit.ly/SU16survey> or through the Speak Up Survey link on the school division's homepage.

## Just 20 Minutes

Work, dinner, laundry, boy scouts, dance class, soccer... it is next to impossible to fit everything into one day. Nevertheless, it is critical that 20 minutes of reading be part of your child's schedule for many reasons. Research proves that being read to will improve both listening comprehension and expand vocabulary. Children who are reading to themselves will get the practice necessary to apply the strategies being taught in class. Let's do everything we can to encourage students to be life long readers and learners. Here are some ideas which may help you get those critical 20 minutes in each day.

- *Keep books in the car*
- *Keep books by the bed*
- *Have a set time for your child to read quietly to themselves*
- *Listen to stories online*
- *Read while you are waiting in doctor's offices or restaurants*
- *Limit television and computer time*
- *Weekly trips to the library so that there are a variety of books from which to choose.*

Jackie Smeigh  
Literacy Coach

**The SCA will be selling holiday  
pencil-grams  
December 19th -21st  
each morning from 8:45-9 a.m.  
Only 25¢  
Support your school and  
surprise a friend!**

## 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 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 at school.

### 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](http://www.frederick.k12.va.us), under School/Weather information. Please review it before bad weather arrives.





# Caring

Synonyms: giving, concerned, attentive, thoughtful, considerate, understanding, compassionate, helpfulness, generosity, unselfishness.

## 5 Ways to Instill Compassion in Children

- **Live and model compassion. (children always are watching)**
- **Connect with compassionate people . (neighbors, friends, faith communities)**
- **Talk about compassion, why it's important to you and to them.**
- **Explore compassion. (talk about examples of it in media, newspapers, TV shows, books, etc.)**
- **Volunteer and get your family involved.**

From Psychology Today blog: posted July 28, 2014.

## **Bully Prevention Tip for the month**

The final lesson with third grade was about cyber-bullying. With so many children having access to technology and with that communication with others it is important for parents to do all they can to protect their children while online. Pacer.org is a great website providing many tools about bully prevention. They suggest three things parents can do: 1) Talk about cyber-bullying with your child. 2) Set tech user rules. 3) Know what your child is doing online.

## **How to counteract negative influences**

The American Psychological Association states that although there are a lot of negative influences in the world around your children, there are some things you can do to counteract those influences. In their article, "What Makes Kids Care, Teaching Gentleness in a Violent World," there are four suggestions:

1. **Give them books that present caring actions.**
2. **Limit TV viewing of violent programs.**
3. **Research the movies your children want to see to check how violence is portrayed.**
4. **Help your children learn about famous people who show caring acts towards others.**

**You can read the full article by going to the American Psychological Association website and click publications and databases (type Caring in the search box).**

**The actual link is: <http://www.apa.org/helpcenter/kids-care.aspx>**

## **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