



ALLSTAR NEWS



January 2017



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Principal Thoughts

Happy New Year! I hope everyone had a restful winter break. Our students have come a long way since August and we are proud of the progress that each and every All Star has made so far! We want to thank each of our Armel families for your ongoing support. We know that students are most successful when home and school work together as a team. We also ask for your continued support at home by ensuring that homework is completed each night. In addition, please remember to review your child's folder each evening to help support school-to-home communications. Together, we can help our students to make further progress and growth during the second semester of the school year!

January Dates

4	School Reopens
6	Spelling Bee 9:30 a.m. (Snow Date: Jan. 9th)
10	Just Say No Club 8 a.m. PTO Meeting 6:30 p.m.
12	Report Cards Issued
16	No School—Martin Luther King Day
30	No School—Professional Development Day

School Board Takes Action to Address Overcrowding and Enrollment Growth

The Frederick County School Board adopted a revised Capital Improvement Plan (CIP) on December 6. The top three priorities on the CIP are construction of a fourth high school, the Armel Elementary School addition/renovation, and the construction of a 12th Elementary School. Each of these priorities is needed to address current overcrowding, future enrollment growth due to residential development, and to provide the space needed to facilitate engaging instruction that is most effective in preparing students for the future. The Board also has asked the Board of Supervisors to provide the funding needed to proceed with the construction of the new schools and the addition/renovation at Armel so they can be completed over the next 2-3 years. At its meeting on December 14, the Board of Supervisors voiced concerns about the three projects and took no action which will result in the projects being delayed and likely increase the cost of the projects due to construction inflation. Any delay will also result in the School Board having to consider less favorable options to address enrollment growth in the short-term such as attendance zone changes and using additional modular classrooms. Additional information on the School Board's Capital Improvement Plan and each of the plan's top priorities is available at <http://bit.ly/2h3SYe6>. Students, parents and FCPS staff members are encouraged to share their perspectives on these important projects with members of the School Board and Board of Supervisors.

Fourth High School Information Meeting

A public information meeting on the construction of Frederick County's fourth high school will be held at 6 p.m. on Wednesday, January 4 at Admiral Richard E. Byrd Middle School. Representatives from the school division and the architectural firm designing the school will provide an overview of the project and seek community input. Information on the project is available at <http://bit.ly/2g6Hulq>.

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
Educate

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

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.



Credit Card Payment System

MySchoolBucks is Frederick County Public School's online payment portal. Parents are able to view current account balances, review recent purchases, receive low balance alerts, and setup recurring payments on a weekly or monthly basis if desired. VISA and MasterCard accepted 24 hours a day. In order to register, you will need your student's ID number which can be found on report cards or progress reports. The 9-digit student ID number is the 5-digit PIN number used in the cafeteria with the number 7000 at the beginning. Please call the office, 540-869-1657, if you need assistance.

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 the 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 Nurse Ann 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.



Share your views on key educational issues, particularly concerning digital learning and the use of technology in schools. Please take the survey:

<http://bit.ly/SU16survey>



Absences from school....



If your child is sick, please call the school at 540 869-1657. If your child has doctor or dentist appointments, please remember to bring a note from the doctor or dentist when your child returns to school.

January 17-20

No Name Calling Week Dress Up Days

Jan. 17	Name Calling Makes us Blue wear blue
Jan. 18	Teasing Hurts on the Inside wear your shirt inside out
Jan. 19	Red-y to Take a Stand Against Name Calling
Jan. 20	Everyone is on the Same Team wear your favorite jersey

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



INTEGRITY

Guiding words: Consistency, constancy, honor
Guiding thought: Sticking to what you know is right

Integrity is a difficult character trait for children to understand. So in keeping with the above “guiding thought” of sticking to what you know is right, I thought about things commonly reported to me that students do that are “wrong”. To support your efforts in helping your children learn about integrity, I thought some tips on cheating, manners, and stealing might be worth thinking about. As always, if you ever have any questions please feel free to call Ms. DeZarn or me at Armel during school hours.

Kim Riley

Due to advances in technology, cheating is becoming easier and easier. Therefore it is important to focus on this topic as early as possible. Some ideas to try:

- Most of the time there will be denial, don't let them off the hook easily and continue talking.
- Focus on the guilt factor. Hopefully children will feel badly about their actions (sadly the more they cheat, the less guilt they feel).
- Define cheating clearly-what it is and what it isn't.
- Stress integrity-expectations are the same at home and for school.
- Have an honor code.
- Watch for cheating themes in shows and as a family discuss them.
- Observe your children while playing. If they cheat, stop the game and discuss.

Although frustrating, teaching good manners is well worth the effort. Here's some tips.

- Model good manners
- Be consistent across all settings (don't laugh at bad behavior one day and then reprimand your child the next).
- Before going to public places review expected manners.
- If misbehaving in public— follow up with a time out away from the setting, review the expectations, then return to let the child try again.
- Let your children know the more they prove to you they can show good manners, the more places you feel you can take them.
- Be specific, instead of saying “use your manners, state exactly what you need to see.

Even though children know stealing is wrong it can continue for many reasons.

- Acting impulsively
- Jealousy
- Revenge
- Getting attention

Keep these strategies in mind:

- Modeling is important (taking one grape at the grocery store sends mixed messages).
- Make sure child returns what was stolen and encourage apologizing.
- Don't humiliate the child by calling her/him a liar or bad person.
- Explain trust and reputation.
- Remain calm.

Monthly Bully Prevention Tip:
Bystanders (See bullying happening to others)

Talk to your child about strategies to do when they see hurtful behavior: refuse to join in, change the subject, tell the person to stop, be a friend to the target/victim, report it to an adult. Eliminate excuses and compliment your child for helping someone in a difficult situation.



The Great Kindness Challenge January 23-27th
Complete the challenges and turn in your paper to Mrs. Riley
by February 1st

See below for your copy of the challenges.

Print and check off as you do them!

Kids for Peace presents



We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!

Presented by
 Dignity Health.

Acts of Kindness Checklist

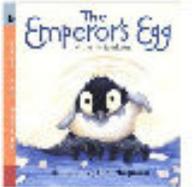
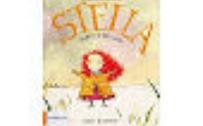
- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Pick up trash in your neighborhood
- Take a board game to play at a senior center
- Read a book to a younger child—
- Say "Thank you" to a police officer
- Entertain someone with a happy dance
- Help an elder cross the street
- Push someone on a swing
- Pick up trash at the water's edge
- Make a new friend
- Write a thank you note to your mail carrier
- Walk a dog (or cat!)
- Plant a tree
- Say "Hi" to a homeless person
- Learn to say "Thank you" in a new language
- Help clean up a park
- Say "Thank you" to a lifeguard
- Write a love note to your caretaker
- Paint a picture and give it to someone
- Host a lemonade stand and donate proceeds
- Recycle your trash
- Hug your sibling or friend
- Cut out 10 hearts and leave them on 10 cars
- Donate needed school supplies
- Thank a bus driver
- Leave a flower on someone's doorstep
- Donate something to an animal shelter
- Call your grandma or grandpa
- Walk or bike instead of driving
- Make a thank you card for your librarians
- Thank an elected official for their service
- Say "Good Morning" to 5 people
- Be kind to yourself and eat a healthy snack
- Deliver a special gift to a child in the hospital
- Draw a heart in the sand or dirt
- Send a card or gift to a military family
- Make a wish for a child in another country
- Donate food to a food bank
- Hold the door open for someone
- Write a happy message with sidewalk chalk
- Leave a painted rock on a friend's doorstep
- Make sack lunches for the homeless
- Compliment 5 people
- Make and display a "Kindness Matters" sign
- Call a radio station and wish them a nice day
- Sweep the sidewalk on your street
- Help plant a garden
- Create your own kind deed

Please visit our website to share your stories, photos and videos of kind deeds.

www.greatkindnesschallenge.org



Ms. Smeigh's Top Winter Picks

	<p>The Emperor's Egg is a sweet story about how the father penguin takes care of the egg for two months during the coldest part of winter in Antarctica .</p> <p>By Martin Jenkins</p>
	<p>Helen Lester is a former second grade teacher and author of several adorable children's books. Helen is well known for basing many of her characters' personalities on former students. Tacky the Penguin is a funny story about how an odd bird saves the day.</p>
	<p>This is the perfect book for wildlife lovers. Carl Sams and Jean Stoick are photojournalists who capture a variety of animals enjoying a snack on a winter day.</p>
	<p>Have you ever wondered what snowmen do while you are sleeping? Check out this fun book and make sure you take the time to enjoy the beautiful illustrations.</p> <p>By Caralyn Buehner</p>
	<p>This is the perfect book to have on hand right before the first big snowfall of the season. Lois Ehlert shows how you can create beautiful snowmen just by using common objects found around the house.</p>
	<p>The Snow Globe Family is a book about a family living inside of a snow globe, longing for the day when someone picks it up and gives it a shake.</p> <p>by Jane O'Connor</p>
	<p>Snow, Snow: Winter Poems for Children pairs the beautiful poetry of Jane Yolen with the gorgeous photography of Jason Stemple.</p>
	<p>Is there a scary creature lurking in the woods? Find out in The Gruffalo's Child by Julia Donaldson</p>
	<p>Sit back and let Stella teach you all about how to have a wonderful time playing in the snow.</p> <p>By Marie-Louise Gay</p>