



# ALLSTAR NEWS



November 2016



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

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[www.facebook.com/armelementaryschool](http://www.facebook.com/armelementaryschool)



**NOVEMBER 18  
SCHOOL PICTURE  
RE-TAKE DAY**

## November Dates

1	Report Cards Issued
8	No School—Election Day
10	Kevin O'Malley Author Visit
14	Spirit Night at Chuck E Cheese 3-9 p.m.
15	Just Say No Club 8 a.m. PTO Meeting 6:30 p.m. (Library)
17	Pajama Day
18	Picture Make Up Day PTO Movie Night 6-8 p.m. "Finding Dory"
23-25	No School Thanksgiving Break
<b>December Dates</b>	
5	Chipotle Night - Jamestown Fundraiser 5-8 pm
6	All Star Chorus Holiday Concert 7-8 p.m.
12	Armel Addition and Renovation Community Information Meeting 6-8 p.m.

## Time for Coats

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.



**Daylight Saving Time ends Sunday, November 6th . Don't forget to set your clocks back one hour!**

### 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  
Support

*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.*

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

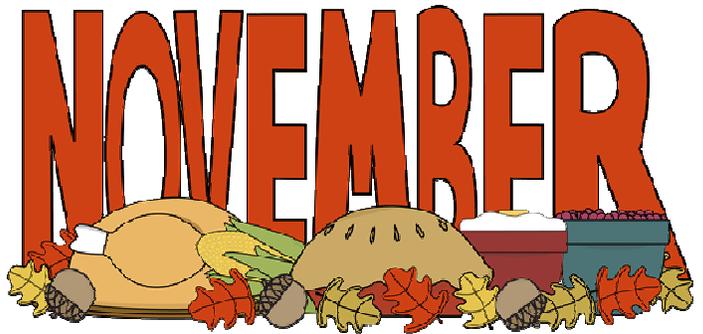
## Principal Thoughts

Dear Families,

November is traditionally a month to pause and reflect on all the things for which we are grateful. We at AES are thankful for the terrific students and families that make up our school community. We appreciate the time that our families invest both here at school and also at home. We value your support of your child's education each day, which could include helping in the classroom, chaperoning a field trip, helping out with homework at home, or many other ways. As a school, we are truly fortunate to work together with you to make a difference in the lives of our students.

Happy Thanksgiving!

*Mrs. Miller and Mrs. Comstock*





## Stay Healthy Through Cold and Flu Season

As we enter the cold and flu season, Frederick County Public Schools' Health Services Department is offering some tips that can help you and your children stay healthy.

### Get Vaccinated

Getting an influenza vaccination is the primary method for preventing the flu for individuals over 6 months of age. Flu shots are available at the local health department, private physicians, clinics and pharmacies.

### Keep Your Hands Clean

Hand hygiene is a general term that refers to a method of removing germs from the hands so they cannot be spread to anyone else. The two most common types of hand hygiene are hand washing with soap and water and using an alcohol-based hand rub. Hand sanitizer is available in all FCPS classrooms.

### Practice Good Respiratory Hygiene and Cough Etiquette

Cover your mouth and nose with a tissue when coughing or sneezing.

Promptly throw away tissues after they are used.

If a tissue is not available, cover your cough/sneeze with your elbow or sleeve, **not** your hand.

Wash your hands after coughing or sneezing.

### Stay Home if You're Sick

If you're sick, avoid contact with other people. Don't return to work, school, or other activities until you are fever-free for at least 24 hours without the use of fever-reducing medication.

### Keep Your Environment Clean

If taking care of yourself or a sick person at home, make sure that you clean and disinfect surfaces and objects (such as kitchen counters, bedside tables, children's toys, and surfaces in the bathroom) that may become contaminated with the influenza virus.

For additional information and resources, visit <http://www.vdh.virginia.gov/epidemiology/flu/>.

## 2016 Speak Up Survey Now Open

Frederick County Public Schools is participating in the 2016 Speak Up Survey and is encouraging parents, students, educators and community members to complete the brief, anonymous survey before the December 16 deadline.

The survey is available online at <http://bit.ly/SU16survey> or through the Speak Up Survey link on the school division's homepage or any of its individual school homepages. The survey, which will only take about 15 minutes to complete, consists of a series of multiple-choice questions as well as a few open-ended questions. The primary goal of the survey, which is administered each year by the non-profit organization Project Tomorrow and provided to Frederick County Public Schools at no cost, is to give education stakeholders the opportunity to share their viewpoints about key educational issues, particularly concerning digital learning and the use of technology. Participating schools and school districts are able to access their local results and use them to help guide decisions related to educational technology.

## Finding a book that "fits" like a glove.

Finding the perfect book for your budding reader can be overwhelming, especially when faced with numerous choices in stores and libraries. Research shows that reading books that are too difficult will not improve reading skills, it may in fact just turn your child off reading entirely. Here is a simple way of determining whether a picture book is a "just right" fit. Open the book to any page and ask your child to read it to you. Put up a finger for each word they have difficulty with. Check the table below to help you decide whether the book is a good independent choice.

WORDS MISSED	WHAT TO DO?
One Word	The book is a good fit.
Two Words	This book is a good fit.
Three Words	Read this book with your child. They may need you to support them by giving them prompts when they come to an unknown word.
Four Words	Difficult choice. If they have their heart set on reading it, partner read with a parent, brother or sister.
Five Words	Try a difference choice for independent reading..

Always remember that reading to your child is every bit as important as them reading independently. Those books that are just too challenging at this time, might make a perfect bedtime story. Some of my fondest childhood memories involve my sister and me curled up in bed listening to my mom read a chapter of The Hardy Boys. Happy Reading!

Jackie Smeigh  
Literacy Coach

## THE SCHOOL BOOKSTORE IS NOW OPEN!!

### BOOKSTORE HOURS

8:45AM - 9:05AM

**MONDAY 4th & 5th GRADES**

**WEDNESDAY 3rd GRADE**

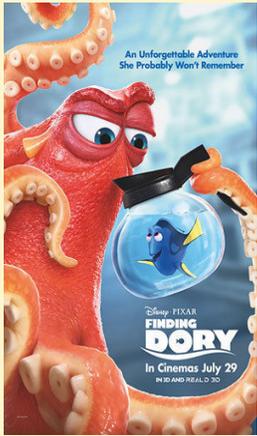
**FRIDAY 1st & 2nd GRADE**

We stock school supplies like pencil pouches, paper, folders, mechanical pencils, erasers, and lead.

Items range from 5 cents to \$3.00. We only accept cash, preferably \$5 or \$1 bills and change.

**We cannot accept \$20 bills or higher.**





Armel PTO Presents

## Family Movie Night

Friday, November 18th  
Armel Cafeteria

Admission is a non-perishable  
canned food for CCAP or a school  
supply for your teacher's  
classroom.

*Don't forget your sleeping bag  
and pillow!*

**PARENT OR GUARDIAN MUST ACCOMPANY  
CHILDREN DURING EVENT.**

## A note from the library:

We are so excited  
to have author  
and illustrator  
Kevin O'Malley  
visiting us on November 10th! Mr.  
O'Malley will meet with each of the  
grade levels to discuss writing and  
illustrating and share some of his  
great books. A big thank you the  
PTO to help us bring him to Armel.



## SCA Food Drive



The Armel SCA  
will sponsor a  
canned food  
drive to support  
the Salvation

Army for their holiday food drive This food drive  
is a great opportunity to help those in need in our  
community. Donation bins will be located in the  
lobby and classrooms. We will collect the food  
from November 7<sup>th</sup> to November 18<sup>th</sup>.

### Needed items:

Cans of Corn	Cans of Green Beans
Cans of Vegetables	Cans of Fruit
Cans of Tuna	Cans of Meat
Cans of Stews	Boxes of Instant Potatoes
Boxes of Pasta	Boxes of Spaghetti
Boxes of Bisquick	Boxes of Healthy Choice Cereals
Boxes of Crackers	Macaroni and Cheese
Bags of Rice	Plastic Jars of Jellies and Peanut Butter

And any other non-perishable items are accepted.

PLEASE NO GLASS CONTAINERS

**No School November 8th  
No School November 23rd-25th**



It was nice to have so many parents,  
grandparents, and siblings eat with us  
during National School Lunch Week.  
You are always welcome to come have  
lunch with your child. We do ask that you let us  
know the day before if at all possible, so that our  
cafeteria staff can prepare. You may either send a  
note or call the office.

**Armel PTO met their goal of  
raising over \$16,000 for  
Race for Education!  
As a thank you,  
we will have an  
EXTRA PAJAMA DAY!**



### 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



# Responsibility

**Guiding Words: Dependable, Reliable, Organized, Punctual, Planner, Perseveres, and Honoring Commitments.**

## **Building the Skills of Responsibility**

Elizabeth Crary, author of the book titled Pick Up Your Socks...and Other Skills Growing Children Need! states that responsibility doesn't automatically show up at a certain age. Instead, it is something that develops over time. Ms. Crary suggests four ideas:

- Decision Making (offer choices, ask for ideas)
- Problem solving (define problem, come up with ways to solve the problem, and evaluate ideas)
- Teach memory skills (and memory aides)
- Teach motivational skills (and offer external and internal rewards) and setting goals.

## **More Strategies**

- Model responsibility: children learn by watching you.
- Allow children to have responsibilities in the home (setting table, feeding pets, etc.)
- Do some jobs together like washing and drying dishes for example.
- Don't ask why when a child doesn't live up to responsibilities-instead, explain briefly how it affects all, then apply a logical consequence related to the incident.
- When giving responsibilities, offer choices.
- Watch how words are phrased: for example, instead of saying "if you clean your room you can...", say "when you finish cleaning your room you can..."

*Few things can help an individual more than to place responsibility on him, and to let him know that you trust him.*

Booker T. Washington

## **Monthly Bully Prevention Tip**

**Teasing:** The final Bully Prevention Activity for October involved the reading of a Julia Cook book titled Tease Monster. Teasing is a normal social exchange used by children and adults. Teasing becomes bullying when teasing is used to gain social status or intend to harm someone. Teach your child how to respond to teasing using laughter, body language, and sarcasm so your child can learn to tell the difference between good teasing and hurtful teasing. Teasing is okay when everyone is laughing and everyone understands it isn't meant to hurt.



**NORTHWESTERN  
REGIONAL  
EDUCATIONAL  
PROGRAMS**

**ARE YOU CONCERNED ABOUT YOUR  
PRESCHOOLER'S DEVELOPMENT?**

# CHILD FIND DAY

Free Preschool Screenings provided by our Early Childhood Special Education Staff



## WHO:

Preschoolers living in the Frederick County Public Schools or Winchester City Public Schools district boundaries who are 18 months to 5 years old.

## WHEN:

- November 4, 2016
- 9:00 A.M. – 3:00 P.M.
- Appointments preferred but walk-ins are welcome

## WHERE:

NREP at Senseny Road School  
1481 Senseny Road  
Winchester, VA 22602

## PURPOSE:

This is a free opportunity for parents who feel that their child is significantly delayed in one area of development (*motor, social, speech/language, reasoning, and hearing*) and may require specialized instruction to be screened. Information regarding child development and resources will be available.

Please call (540) 665-0103 to make an appointment!



**NORTHWESTERN  
REGIONAL  
EDUCATIONAL  
PROGRAMS**

**¿LE PREOCUPA EL  
DESARROLLO DE SU NIÑO?**

**Nuestro Programa de Educación Especial de la Temprana Edad Estará Evaluando a Niños Preescolares.**



## ¿Quién?

Niños de 18 meses a 5 años que vivan en el Condado de Frederick, la Ciudad de Winchester y alrededores.

## ¿Cuándo?

El 4 de Noviembre del 2016 de 9:00am a 3:00pm  
Preferible hacer cita o si no es posible presentarse ese día.

## ¿Dónde?

En NREP de la Escuela de Senseny Road  
1481 Senseny Road Winchester, VA 22602

## ¿Cuál es el Propósito?

El propósito es de darles una oportunidad gratis a aquellos padres que sientan que sus niños están atrasados en una o más áreas del desarrollo, sean las funciones de motricidad fina y gruesa, habla y lenguaje, razonamiento o audición; y pueda requerir instrucción especial para ser evaluado. Habrá información disponibles sobre el desarrollo del niño y sus recursos.

¡Para hacer una cita por favor llame al (540) 665-0103!