



ALLSTAR NEWS



September 2016



Armel Elementary School
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September

2	NO SCHOOL-Professional Staff Development Day
5	NO SCHOOL-Labor Day
7	Jogging Club 8 a.m.-8:45 a.m.
9	PTO BINGO Night 6-8 p.m.
13	PTO Meeting 6:30 p.m. in the library
14	Jogging Club 8 a.m.-8:45 a.m.
21	Jogging Club 8 a.m.-8:45 a.m.
28	Jogging Club 8 a.m.-8:45 a.m.

FCPS Rapid Communication System Text Messages

The Frederick County Public Schools' Rapid Communication System includes a SMS text message function. In order to receive text messages sent through the FCPS Rapid Communication System, parents must have the phone number of the device on which they want to receive text alerts included on their child's student record. In addition, they must opt-in to receiving the text messages if they have not done so previously. To opt-in, text "Yes" to 67587 from the device on which you want to receive text messages. Once the opt-in process has been completed, you will receive a confirmation text message. The FCPS Rapid Communication System is used to contact parents in a variety of situations ranging from severe weather and power outages to other emergencies that may cause a school to evacuate, relocate or lockdown. The system also is utilized to inform parents when schools are closed, opening late or closing early due to inclement weather. Individual schools also utilize the system to communicate information to their school communities.

Welcome Back!

We would like to welcome all new and returning All Stars and families to Armel Elementary! The first few days of school have been busy, but enjoyable, as students and staff begin the year together. As we look ahead to the year, please know that your partnership, presence, and support are always welcomed and encouraged. You are an integral part of the educational puzzle for you children.

We look forward to working with you and your child(ren) this school year and are excited to be a part of our students' success!

Mrs. Miller

Intervention and Enrichment Time

This year, each of our students will receive instruction targeted to meet his/her needs during a special block. Grade levels will flexibly regroup students within classes to provide re-teaching, intervention, and enrichment on previously taught concepts in order to meet the needs of all of our learners. We look forward to seeing all of the growth our students will make as a result of this time!

If you have any questions, please feel free to contact your child's teacher or the front office.



Armel Spirit Wear on sale September 12th - 23rd

Head Lice-It Happens!

If you have any questions about the treatment of head lice, please call Nurse Ann. If your child has a case of head lice please notify Nurse Ann so their classroom can be evaluated. 540-869-1657



You're Invited to the Bright Futures Food Drive and Community Fair

Bright Futures-Frederick County is hosting a Non-Perishable Food Drive and Community Fair on Saturday, September 24 from 11 a.m.-3 p.m. at the Bright Futures Distribution Center located at 178 Indian Hollow Road (just off Route 522 N). Admission is free with the donation of non-perishable, child-friendly food items (no glass containers). The event will include lots of family activities, vendor displays, food and music. All of the food collected will support the Bright Futures-Frederick County Food Pack Program which provides food for FCPS students whose families experience food insecurity on the weekends. Approximately 300 students are currently being served through the program. For more information, contact Nancy Mango at 540-667-2490.

PTO BINGO Night September 9th 6-8 p.m.

Staff, students and parents are all invited to share in the fun, food and BINGO!



ICE CREAM

Ice cream will be sold in the cafeteria EVERY FRIDAY, beginning September 9th.

Students who would like to purchase ice cream will need to bring in **75¢ (exact change)** on Fridays. Students must give the money to their teacher in the morning, and ice cream will be distributed to them during their lunch period.



Armel Spirit Fridays



Show your Armel Spirit every Friday by wearing red, yellow or blue or an Armel shirt. The class with the most spirit will have the honor of keeping the Armel Spirit stick!

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

Corner on School Counseling

Frederick County Schools provide school counselors at all K-12 schools. The role of school counselors is to support students academically, personally, and socially, as well as introducing students to life skills which will help them be successful in school and in future careers.

Mrs. Kim Riley and Ms. Lori DeZarn provide school counseling services at Armel Elementary School. For the 2016-2017 school year, Mrs. Riley will work with students in Kindergarten through third grade as well as fifth grade. Ms. DeZarn will work with students in fourth grade. Below is a list of the three main categories of services provided to students with a brief description following:

Classroom Guidance: Students in all classes are taught lessons focusing on mental health SOLs or, as applicable, national school counseling standards as provided by The American School Counseling Association. Two main components are Talk it Out (conflict resolution program adopted by Frederick County) and Anti-Bullying.

Small Group Counseling: When students have needs that are more personal and can't be addressed in class, students, parents and staff may refer a child for a small group. Small groups include topics such as family changes (divorce), bereavement, self-esteem, friendship, and anger management. Groups typically meet for 6-8 weeks and are usually held during lunch once a week. Other topics are offered when needs are identified by parents and/or teachers. Small groups are confidential and always positive in nature to provide the support the students need.

Individual Counseling: Periodically through the school year, students may need support in an even smaller setting. Individual counseling is provided to any student with personal or social needs that hinder the child's success at school. Individual counseling is also confidential, though children are encouraged to share discussions with parents and guardians.

How can a child be seen by the school counselor?

Parents can call the school counselor at 869-1657 to refer their child.

Teachers and students also may refer for either small groups or individual counseling.

Why is school counseling confidential?

Students need to know they have someone they can speak with. In order for students to trust the school counselor with feelings and problems, conversations are kept confidential.

If my child sees the school counselor can I speak with the school counselor?

Of course! Though a school counselor won't share specifics, general themes can be shared as well as ideas to help. If you have any questions for Mrs. Riley or Ms. DeZarn, please call the school. We will be glad to speak with you any time!

Character in Focus: **Citizenship**

Defining good character: knowing what is right and good, wanting what is right and good and doing what is right and good. When we say someone has good character, we are saying that they stick to a set of behaviors and beliefs that our culture and community desire and expect to see. Good character is needed to help us live together peacefully.

Each month Armel Elementary focuses on a specific character trait. Announcements are given focusing on that trait and what that trait looks like at school, on the bus, and on the playground. Information on the traits will also be posted in the school newsletters each month so you can join us and try some of the activities provided.

For the month of September we focus on citizenship. During the first two weeks of school, teachers have already modeled, and explained how basic citizenship works in their classrooms by explaining class rules, teaching the three anchor rules-Respectful, Responsible, and Safe- and coaching how to follow those rules in the hallways, the bathrooms, the cafeteria, and the playground. We hope you will join us and model good citizenship as well as practice good citizenship! For starters try one of the following activities!

FAMILY FOCUS ACTIVITIES:

- ◆ Practice "thank you" or "excuse me" while at restaurants.
- ◆ Take a walk around the neighborhood, look for ways to help your neighbors and offer to help.
- ◆ Volunteer in the community: offer to help the SPCA, donate old toys, clothes, etc. to a charity.
- ◆ Do a neighborhood cleanup day and pick up trash.