

# The Tiger PAW

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PES Families,

As cooler weather approaches, please make sure your child is prepared for these temperatures. Teachers will continue to take their classes outside as long as weather permits.

Please make sure to label all of your child's belongings; lunch boxes, backpacks, jackets, coats, so we can return these items when found to the correct student.

Lastly, please make sure when visiting Plains to park in the appropriate spaces and not to park in the fire lanes. These areas are being patrolled.

Thank you and  
Happy Fall,



Mr. Kapuchuck

## SMENCILS ARE BACK!!!

We now have Dory, Halloween, Marvel Avengers, Teenage Mutant Ninja Turtles, Tsum Tsum, and regular Smencils! There are a variety of scents. They are \$1 each. Send money with your child to the office or stop by. More styles/scents to come throughout the year.

## 2016-2017 HOT SOX TEAM



Congratulations to the following students who made the Hot Sox jump rope team for 2016 - 2017:

Christopher Alvarenga, Angel Antuna, Kristian Beck, Aiden Causey, Deanna Chapman, Kalysta Clutteur, Malcolm Emswiler, Alex Holsinger, Gracie Jinkins, Haley Jinkins, Madison Jinkins,

Cimone Jones, Kaylie Lawrence, Hailey Luden, Autumn Messerley, Jesse Miller, Kenley Miller, Cal Mitchell, Katherine Molina, Nicole Moore, Ryan Payne, Timmy Phillips, Zoey Reedy, Brianna Rodrigues, Ariana Rose, Taylor Showalter, Havanna Smallwood, Emma Smith, Olivia Strickler, Kaleigha Swanson, Brianna Taylor, Landen Turner, Ruby Veurink and Anthony Yelaya

## GREAT NEWS FROM THE CLINIC

I want to share some exciting news with you. Plains Elementary has been chosen to be part of a program called FLUency. I will be getting Kinsa Smart Thermometers to share with each of our Plains families. (Usually they sell for around \$20) I know when you see them - you will agree they are awesome.

The free program that works with the thermometer on a smart phone is very useful. You can record medication given and symptoms for your whole family. Participation is voluntary but you do need a smart phone and the ability to download the app.

What is even more exciting is that the app has the ability to link the Plains community (no use of names - it defaults to anonymous) and a parent can record the temp and symptoms and when they go to the doctor if the child is diagnosed with strep, or pneumonia, flu....whatever - the parent can record that. Other parents OR the school nurse can log in to see what is "going around" and be more proactive in getting their child early care for symptoms, early treatment, theoretically shorten the span of an illness and get them well and back to school in a timely fashion so your child can have the best opportunity for learning. How awesome is that!?? There will be more info in the coming weeks. I hope to have the thermometers and logistics worked out in early October. I will send info in class

newsletters when I know more. I am so happy - I cannot wait to share these with all of you.

In order to be given one of these thermometers, you will need to attend an informational meeting and possess a smart phone capable of working with the thermometer.

On another note: It is a Plains Elementary policy that we follow recommendations from the CDC that students need to be fever free, diarrhea free and have had no vomiting (**without the use of medication to control these issues**) for a period of 24 hours, before returning to school. The goal is to keep everybody healthy and limit the spread of illness.

"Nurse Melissa"  
Melissa Lowe, LPN

## REMINDER: TRANSPORTATION CHANGES

As stated in the summer letter- A parental note from home is required when a child is to leave school in any manner other than his/her normal method. ***This includes your child riding a different bus, getting off the bus at a different stop, being picked up, going home with a friend or having a friend come home with him or her. Please note that the school office must have notification of any changes to your child's dismissal procedures by 2:00 p.m.*** Dismissal changes made after this time will be directed to the administration.

## GUIDANCE NEWS

Please remind your child(ren) to **WEAR ORANGE** on **Friday, October 21** to celebrate Unity Day (this is 2 days later

than the date advertised by public service announcements). We are unified as a school and with the community in our efforts to put a stop to bullying.

**Bullying prevention** is an ongoing topic, and throughout October students will receive extra information through guidance and morning announcements. All students in grade 1-5 will also complete a bullying survey.

Students and staff will receive an orange ribbon to wear or use as a bookmark with the following message: **“United We Stand Against Bullying.”** The outstretched hands on the orange ribbons are a reminder for students to “lend a hand to others.” In addition, with Ms. Guido’s help, students are placing their own handprint onto a large mural to create an illustration of a rainforest ecosystem, as another metaphor of our connections to each other and to the environment. Our mural will hopefully be completed by October 13 for Rainforest Exploration Night—or you may see a work in progress ☺.

Students in 4<sup>th</sup> and 5<sup>th</sup> grade were invited to submit an essay about the prevention of bullying. We are proud of **Asher Ryan**, whose essay was one of only eight from the whole county (including middle and high schools!) to be read for a radio broadcast. Way to go, Asher! Other students who submitted essays will read theirs during our Plains’ morning announcements. By all working together, we can bring an end to bullying!

Another exciting event happening in October is **Our Community Heroes Day** on October 19. Mrs. Vicki Barb has been working hard to make connections with fire & rescue, law enforcement and military personnel so that our students and staff can participate in another “field trip to the parking lot.” This event is an opportunity for our students to learn about Citizenship as they meet “Our Community Heroes” who keep us safe and work hard to make our community a better place.

**Abby Jessup**, a former Plains’ student, Broadway High School graduate (and daughter of 4<sup>th</sup> grade teacher Mrs. Debbie Jessup) visited Plains Elementary recently, wearing her new Coast Guard uniform. As she connected

with her former teachers and talked with students, she shared that all of the hard work of getting into the Coast Guard has been worth it. She loves what she is doing! We are proud of Abby and wish her well as she continues her training and as she works with search and rescue on the Florida coast.

### Needing Assistance?

If your family needs assistance for the holidays, there is information about what the Salvation Army offers on the guidance table (beside the library). The deadline for requesting information is this week. Also, if you need assistance with weekend foods for your children, please contact Betty Shenk, School Counselor at 896-8956 or [bshenk@rockingham.k12.va.us](mailto:bshenk@rockingham.k12.va.us).

### LIBRARY NEWS

We are busy preparing for our fall book fair here at Plains Elementary! The book fair will begin on November 3<sup>rd</sup> and run through November 11<sup>th</sup>. If you are interested in volunteering at this event, please see Mrs. Mawyer or Ms. B. in the library or send in a note with your child and we will gladly sign you up for a time based on your availability. Volunteering at the book fair is pretty easy and your children love to see you helping out at their school. We look forward to having your help!

If you are unable to help, we still hope to see you stop in with your child during the times the book fair is open. We will be open from 8:00 am – 2:30 pm on school days. We will also be open during parent/teacher conferences on Monday, November 7<sup>th</sup>, as well as during Art night on Thursday, November 10<sup>th</sup> from 6:00 pm – 7:30 pm.

We are also looking forward to welcoming your child’s “grand” person (grandparent, special family friend, Aunt/Uncle, etc.) during the book fair. They can have lunch with the student (school lunch cost for adults is \$3.00) and then bring them to shop at the book fair afterwards. Watch for invitations requesting RSVP’s to come home soon with your child. You can return the RSVP’s so that we can let the cafeteria know how many adults to expect.

If you can’t make it to the book fair, please check out our online book fair page. Orders will ship free to Plains. We will deliver the books to your child

unless you contact us to keep them a secret for birthday/Christmas gifts. You will also see a variety of book selections online that we may not have available at the book fair here at school. You may access the online book fair at this link: <http://www.scholastic.com/bf/plains elementaryschool5>

Students and staff are excited about the book fair, which not only gives your children the opportunity to purchase their own books to complete their home library but also helps us fund new books for the school library. We hope to see you at the book fair!

Mrs. Mawyer  
Librarian

### CAFETERIA NEWS

We have a lot going on in the cafeteria this fall. We celebrated World School Milk Day with a visit from Bessie the Cow and her herd. We emphasized the importance of farmers with Farm to School Day. October 10-14 is National School Lunch Week. Invitations were sent for this occasion. We hope to see lots of parents and or grandparents during that week. November 3-11 we will be running a promotion with the library with our “Invite Someone Grand” event. Again we hope to see lots of grandparents during that week.

Please check backpacks to be sure that your child/children turn in their lunch money when sent. All lunch money should have the student’s name on it so that it is credited to the right account. Charge notices will be sent the first day of each week by paper or e-mail. Please pay charges in a timely manner. If your child was full paying or reduced and became free, please remember that those charges are still your responsibility. If you think you qualify for free or reduced meals and have not filled out an application; please do so.

Pat Mongold,  
Cafeteria Manager

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