

Bulldog Bulletin

Safety

This month's character trait is safety. Safety is when we are responsible for the well-being of ourselves, those around us, and our environment. You will hear a lot about safety this month as we celebrate Bus Safety Month & Fire Safety Month. You will also hear about the importance of not talking to strangers, and using safety as we learn and play at school.

Safety can be seen in many different ways here at Mitchell; from quiet walking feet in the hallway to keeping our hands to ourselves on the playground. We practice safety when we sit correctly in our seats rather than standing on chairs and tables. We even practice safety when we clean up after ourselves and throw trash away in the cafeteria. We are all responsible for the safety of our school

Campbell's for Education

We are collecting Campbell's Soup labels through the Campbell's for Education program. The school can redeem labels for playground equipment, audiovisual equipment, and teaching supplies. Please peel off your Campbell's labels and send them to school.

Specials Schedule for grades K-4

October 19 – C Day
October 20 – D Day
October 21 – E Day
October 22 – A Day
October 23 – B Day

School Calendar

October 15 – Ident-a-kid service offered to parents

October 16 – MSTA Day – Schools CLOSED

October 12-16 – National School Lunch Week; Food Service Workers' Appreciation

October 21 – 2 hour early dismissal at 1:30; **afternoon Pre-K students** attend from 9:00-1:30 and eat lunch at school.

November 30 – Makeup Day for Fall Photographs

Healthy Habits

Cold and flu season reminds us there are some healthy habits that will help prevent illness.

- **Wash, wash, wash.** The best way to prevent the spread of germs is to wash your hands with soap and water.
- **Rest.** Children need as much as 12 hours of sleep every day.
- **Stay home.** Any person who has a temperature of more than 100 degrees needs to stay home, rest, and be fever-free for 24 hours without Advil or Tylenol before returning to school.
- **Eat healthfully.** Choose fruits, vegetables, beans, and whole grains to boost your body's immune system.
- **Drink liquids.** Water is the best liquid to drink.

DID YOU KNOW?

- ❖ Parents/guardians may visit the classroom (including the playground) at the school's request or request to make a formal observation. Making an appointment with the school at least two school days in advance of an observation is not only a courtesy and a requirement by the Superintendent, but enables the parent/guardian to schedule the observation for the maximum benefit. Teachers cannot stop teaching to confer with the parents/guardians who stop by without an appointment. Parents/guardians may schedule up to two classroom observations of up to forty-five minutes in duration each grading period. Staff accompanies visitors to the classroom. Siblings should not attend. Teachers will be happy to discuss the observation at a mutually convenient time. Parents/guardians are welcome at any time to visit the cafeteria and eat lunch with their child.
- ❖ Absences from school are considered lawful only if they are accompanied by a medical note. This can be a doctor's note indicating an illness or a medical appointment. It would also be considered a medical absence if the school nurse sends a child home from school.
- ❖ School system policy states that students in elementary school with eight unlawful absences might be considered for retention.
- ❖ Regular, structured homework assignments are an extension of classroom instruction. Elementary students usually spend ten minutes on homework in first grade and up to an hour in fifth grade.
- ❖ Elementary school students may not possess cell phones at school.
- ❖ Valuable items (including games and toys) and large sums of money should not be brought to school. We do not take responsibility for valuables brought to school.
- ❖ Fifth graders choose their music class: band, chorus or orchestra. Fifth graders cannot change their musical preference during the year.
- ❖ The goal of Charles County Public Schools is to provide a quality educational program for all students in an environment that is conducive to learning. There are times, however, when an individual may have a concern. The first step in resolving a concern is to address it with the teacher or staff member who is most closely and directly involved. Please contact the school and schedule an appointment.
- ❖ Please remember that children under the age of 18 may not transport medication to and from school. Only adults may transport medication. This includes prescription medications, pain relievers (Advil/Tylenol), cough syrup, cough drops, and medicated lotions/creams. All medicated items must stay locked in our school Health Room.

The Charles County Public School System does not discriminate on the basis of race, color, religion, national origin, sex, age or disability in its programs, activities or employment practices. For inquiries, please contact Keith Grier, Title IX Coordinator, or Pat Vaira, Section 504 Coordinator (students), or Keith Hettel, Section 504 Coordinator (employees/adults), at Charles County Public Schools, Jesse L. Starkey Administration Building. P.O. Box 2770, La Plata, MD 20646. 301-932-6610/301-870-3814. For special accommodations, call 301-934-7230 or TDD 1-800-735-2258 two weeks prior to the event.