



School News

System adopts state heat acclimatization guidelines

Charles County Public Schools has adopted heat acclimatization guidelines that were recently outlined by the Maryland State Department of Education (MSDE) for student athletes. The guidelines outline safe methods to use during preseason practice periods to help build heat tolerance for student athletes, and their ability to exercise safely and effectively in warm to hot conditions to minimize their risks for a heat-related illness.

The guidelines primarily focus on fall sports, in which preseason practice periods begin in the summer, but apply to the fall, winter and spring sports seasons. They include equipment restrictions, outlined periods of rest, hydration awareness information and emergency action plan details.

The school system is holding a mandatory meeting for all head/assistant athletic coaches to discuss the guidelines at 6 p.m., Wednesday, July 11, at La Plata High School. Charles County Public Schools six high school athletic directors met to discuss the guidelines outlined by MSDE, and agreed to adopt the model policy. As part of the guidelines, coaches are required to take an online course before coaching in their season.

The approved guidelines apply to the preseason practice periods required prior to the first play date. Important components of the guidelines are listed below.

General Guidelines:

- One walk-through is permitted for student athletes on single practice days. A walk-through is a teaching opportunity in which students do not dress in protective or other sports-related equipment.
- Double practice days, which can begin no earlier than the sixth day of practice, must be followed by either a single practice day or a rest day. When a double practice day is followed by a rest day, another double practice day can be held after the rest day.
- All practices and walk-through sessions for athletes must be separated by three hours of continuous rest.
- If practices and walk-through sessions are

interrupted by inclement weather or heat restrictions, the practice can continue once conditions are deemed safe but total practice time should not exceed its limitations.

- On practice days one through five, teams are limited to one practice per day which cannot exceed three hours. One walk-through session can be held per day but must not exceed one hour in duration.
- On practice days six through 14, the total practice and walk-through time per day for student athletes should be limited to five hours, with no single session lasting longer than three hours in duration. Teams may also participate in full contact practice sessions with all protective equipment worn.
- The guidelines also include restrictions on the use of specific athletic equipment during the first five days of practice for football and field hockey players.

The guidelines also emphasize the importance of hydration awareness for student athletes. During all sporting events, including preseason practices, scrimmages and play dates, Charles County Public Schools student athletes are provided access to unlimited quantities of water to avoid dehydration. Student athletes are also educated on heat-related illness symptoms.

The guidelines outlined by MSDE and adopted by Charles County Public Schools were created by representatives from several state agencies, including the Department of Health and Mental Hygiene, the Maryland Public Secondary Schools Athletic Association (MPSSA) and the Maryland Athletic Trainers Association, as well as sports medicine physicians and local school system members. The Maryland General Assembly passed legislation earlier this year to address preseason heat acclimatization for student athletes. The statute requires that each local school system adopt preseason guidelines.

A copy of MSDE's model policy is posted on the Charles County Public Schools website, under the students section, at http://www2.ccboe.com/Model_Policy_for_Heat_Acclimatization_Guidelines1.pdf.



On the cover

Pictured at the top of the page are employees from the Charles County Public Schools transportation department. Pictured, from left, are: Linda Ivko, school bus instructor; Alfred "Tyrone" Johnson, school bus instructor; and Ruth "Ellen" Peed, transportation system operator.

24-hour information line

Charles County Public Schools posts school news, employee and student accomplishments, inclement weather closings and calendar information on a 24-hour information line. Call 301-934-7410 or 301-932-6656.

Airing on NewsBreak96

Airing this week on Comcast 96 and Verizon FiOS Channel 12 is a new episode of NewsBreak 96, a show produced by the communications department. The episode features student and staff plans for the summer, as well as highlights from the June Board of Education meeting. Episodes are available to view on the school system website at <http://www2.ccboe.com/publicinfo/channel96/vod/>.

School calendar

A partial calendar for the 2012-2013 school year is available on the school system website. Visit http://www2.ccboe.com/calendars/at_a_glance.cfm for a list of dates.

Follow us on Twitter

Did you now that CCPS maintains a Twitter page? Follow us on www.twitter.com/CCPS for system updates, news, facts and more. The site can be accessed from the internal network by selecting the "view for work-related purposes only" under the options area of the Websense page.

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Board of Education announces August 14 agenda

The Board of Education's next monthly meeting is Tuesday, August 14, at the Jesse L. Starkey Administration Building on Radio Station Road in La Plata. The public portion of the meeting begins at 11 a.m. and Public Forum is at 3:30 p.m. All Board meetings are televised live on Comcast Channel 96 and Verizon FiOS Channel 12, and rebroadcast throughout the week. Schedules for Channel 96 are available on the Charles County Public Schools website at www2.ccboc.com/publicinfo/channel96/schedule.cfm.



- Recurring resolutions: *American Education Week; American Freedom Week; African-American History Month; Career and Technical Education Month; National School Counseling Week; Read Across America; Women's History Month; Fine and Performing Arts Month; Month of the Young Child; National Student Leadership Week; Teacher Appreciation Week; Administrative Professionals Week; Child Nutrition Employee Appreciation Week; National Physical Education and Sport Week; Washington Post Distinguished Educational Leader; Washington Post Agnes Meyer Outstanding Teacher Award; Charles County Teacher of the Year; and Employees' Retirement*

Executive Session – 10 a.m.

Call to order – 11 a.m.

Pledge of Allegiance
Sheriff's update – Rex Coffey

Superintendent's update

Reports of officers/boards/committees

- Correspondence/Board member updates
- Education Association of Charles County update
- Student Board Member update
- Opening of schools
- CIP update
- FY 2014 CIP state and local CIP program
- Redistricting policies
- Staffing update

Unfinished business

New business and future agenda items

- New business
- Future agenda items

Public Forum – 3:30 p.m.

Action items

- Minutes
- Personnel

Adjournment



Personnel

Job Openings

Secretary to the Principal – Openings at General Smallwood and John Hanson middle schools, 12-month positions. Apply by July 11.

Administrative Assistants – Openings at North Point and Maurice J. McDonough high schools, 11-month positions. Three years of teaching experience is required. Apply by July 16.

Administrative Assistant – Henry E. Lackey High School, 11-month position. Three years of teaching experience is required. Apply by July 19.

Prekindergarten Instructional Assistant – Dr. Gustavus Brown Elementary School, 10-month position. Apply by July 16.

Food Service Substitutes – Locations to be determined, part-time positions. Apply by July 17.

Coordinator of Career Technology Education – Jesse L. Starkey Administration Building, 12-month position. Master's degree and

a minimum of five years teaching experience and three years in an administrative leadership role is required.

Pupil Personnel Worker – Location to be determined, 11-month position. Master's degree and three years teaching experience is required.

Instructional Specialist Minority Achievement – Jesse L. Starkey Administration Building, 12-month position. Master's degree and a minimum of five years experience is required.

Computer Applications Teachers – Openings at the middle-school level, 10-month positions.

Language Arts Teachers – Openings at the middle-school level, 10-month positions.

Instructional Resource Teacher – Jesse L. Starkey Administration Building, 11-month position. Master's degree and a minimum of five years experience is required.

School Counselors – Openings at the elementary-school level, 10-month positions.

Extra pay positions

Westlake High School has the following opening:

- Boys' soccer coach
Contact Dominic Zaccarelli, athletic director, 301-645-8857, to apply.

North Point High School has the following openings:

- Head pom squad coach
- Varsity volleyball coach
Contact Principal Kim Hill at 301-753-1759 to apply.

Staff Note

The Rehabilitation Center of Southern Maryland is looking for part-time certified and licensed athletic trainers to cover high school athletic practices and events in Charles County for the 2012-2013 school year. The expected work load is 15-20 hours per week, Monday through Friday, with some weekend hours. Call 301-870-7366 or visit www.rcsmd.com to apply.