Important Message

Dear Jennie Dean parents,

We are in the final stretch of the 2018–2019 school year!

This year has gone by very fast. We are very proud of the work teachers, staff and students have accomplished throughout the school year in all academic areas.

As we get closer to summer, I wanted to let you know summer school letters will be arriving home with your some of your children. This year, summer school will run from July 8th until July 26th. If you child has been recommended, you will see a letter and form coming home this week.

Just a reminder, we have field day coming up on June 6th and 7th. Students will be outside, so please remember to send them with sun screen on, sneakers and water.

Please remember to continue reading with your child every night at home! Have a wonderful last few weeks of the school year and a great summer!

Stacey LaFountain
Sped Teacher/Admin Intern
May 2019 – Wellness Theme
Getting Ready for “Back to School”

What? You must be thinking, “Wait a minute; schools are not yet out for summer break and this newsletter is about, “Back to School??!” That’s right; now is the time to plan to meet next year’s school health requirements for your child. The closer it gets to August and the start of a new school year, the harder it can be to get an appointment for your child to receive school-required physical examinations, immunizations, or health care plans. Here are some important facts about the health requirements.

Students enrolling in kindergarten or elementary school (K-6) for the first time are required to have a comprehensive physical examination before entering public school, per state law.

- The physical examination must have been performed in the year just before your child starts school and have all of the specified components/requirements.
- Documentation must be provided to the school before the child may start classes.
- Students must be adequately and age-appropriately immunized.
- Vaccination records must show that immunizations were given according to the Centers for Disease Control schedules and meet the requirements for age and spacing of doses.

**Tdap – Effective July 1, 2019, there is a change to this requirement. Before entering 7th grade**. the child must have proof of having received a Tdap. Beginning with School Year 2019-20, the state moved the enrollment requirement for Tdap vaccination from 6th to 7th grade. If your child’s immunization record was compliant for 6th grade, it should meet the requirement for 7th grade.

The schools have copies of the various forms you may need for your student. The information is available online, too. Here is the link to the Virginia Department of Health’s School Requirements website. The site has the printable list of Virginia Department of Health Immunization Requirements for School Enrollment (English and Spanish), related vaccine information, and the School Entrance Health Form.

For students wishing to participate in athletics, please check with the school about the need for an updated sports physical in accordance with the Virginia High School League Physical Examination Requirement.

If a student needs school staff to give medications or provide other health care procedures during the school day, here is the link to the Manassas City Public Schools’ site with the MCPSS forms that the school requires parents and prescribers to complete.

Please take a moment to review your child’s health records as you register them for the next school year. If your child needs a physical examination, immunizations, or health care planning, please make an appointment for your child to see his/her health care provider(s). Immunizations required for school attendance are also available at the Prince William Health District offices. For an appointment with the PWHD, call the Manassas Clinic at 703-792-6300 or the Woodbridge Clinic at 703-792-7300.

If you have questions about what you need to provide to the school for your child for next year or the dates when forms are due, please contact your child’s school. Please make sure that the school has the required documentation before the first day of school in August. This will allow the school time to process the information and make sure your child will be ready for going “Back to School.”

Office of Health Services

**SCHOOL PAYMENT SIMPLIFIED—**
MY SCHOOL BUCKS -COMING TO A SCHOOL NEAR YOU!!
Easily pay for school items and fees online with MySchoolBucks
Fast & Easy
Simple & Secure Make payments anytime

More information to come!!

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Non-Discrimination/Harassment Notice

The Manassas City Public School does not discriminate or tolerate harassment on the basis of sex, race, color, religion, disability, national origin, or, as applicable, age or veteran’s status in employment or in its educational programs and activities. Any student, school personnel, or employment applicant who believes that he/she has been subjected to prohibited harassment or other discrimination should report the alleged act immediately to his/her principal or to the compliance office listed below. Compliance Officers, MCPS, 8700 Centerville Rd, Suite 400, Manassas, VA, Billie Kay Wingfield 571-377-6025 (or) Suzanne Renegar 571-377-6043, bwingfield@mcpsva.org (or) srenegar@mcpsva.org
June 2019 - Wellness Theme
“Summertime”

Summertime is a great time to enjoy the outdoors, but please remember to pay attention to health and safety.

**Sun Safety:** According to the Centers for Disease Control (CDC), “Just a few serious sunburns can increase your child’s risk of skin cancer later in life.” Besides sunburns and skin cancer, the sun can also cause wrinkling and skin aging. Follow these suggestions from the CDC for sun protection for you and your children:

- **Seek shade:** Ultra violet (UV) rays are strongest and most harmful during midday, so seek the shade between 10 AM and 4 PM. A tree, an umbrella, or a pop-up tent will work. Use these options to prevent sunburn, not to seek relief afterwards. Be careful around surfaces that reflect the sun’s rays like water, snow, or concrete. Adults should use a sunscreen with a sun protection factor (SPF) of 15 or more and, for children, the recommendations is SPF 30 or higher. Apply it 30 minutes before going outside and reapply every 2 hours, especially after swimming, sweating or towel drying. Use it even on a cloudy day.

- **Cover up:** Wear clothing that covers your entire body and is loose fitting. Think long sleeves and pants or a maxi skirt. Wear a hat with a wide brim to protect your head, neck, and face. Wear sunglasses that protect from UVA and UVB rays, so be sure to check the label.

- **Avoid tanning beds:** UV from tanning beds can cause skin cancer and wrinkling. If you want to look like you have been in the sun, maybe try a sunless self-tanning product, but be sure to use a sunscreen when outside.

- **Drink plenty of water:** When outside, staying hydrated helps to avoid heat exhaustion and heat stroke.

**Health Reminders for Parents/Guardians:** Summer is also a great time to get some health care items checked off the “to-do” lists. Before heading off for summer fun, here are some reminders:

- **2018-19 Medication Pick-up:** Medications/medical supplies currently in the school clinics must be picked-up by a parent/guardian before summer vacation. Medications may only be sent home with students if the student has prior parent and provider consent on file to carry and self-administer the medicine (i.e. inhaler or EpiPen). Medications remaining in the clinic, after the last student day, June 13, 2019, will be disposed. If another adult is picking up for you, a note from you is required. Check with your nurse if you have a question.

- **2019-20 School Year Preparation:** For next school year, if your child will need to have a health care procedure performed, take medication routinely, or use a rescue medication such as an inhaler or an EpiPen, please pick up the appropriate consent form(s) from your child’s school or get one online. A newly completed form is required each new school year for each medication or procedure.

- **Physical Examinations:** Before a student may attend kindergarten/elementary school the first time, the school must have documentation of a current physical (within the past year). Student athletes need a Virginia High School League physical examination each year for sports participation.

- **Immunizations:** Documentary proof of adequate age-appropriate immunizations is required for attendance at school. Please note, the state’s requirement for proof of a Tdap vaccination (tetanus, diphtheria, and pertussis), prior to entry, changed. Effective July 1, 2019, the requirement changes from 6th to 7th grade.

Summer is a great time to get these tasks completed. Make your appointments now; the closer it gets to the start of new school year, the harder it is to get appointments for paperwork, vaccinations, and physical exams. Please bring completed forms and documentation to the school’s main office when completed and before the first day of the 2019-20 School Year. Thank you for helping us to help your child!

We hope you have a safe, healthy, and accident-free summer. Enjoy your summer break, and we look forward to seeing you next year.

---Office of Health Services