Dear Parents and Guardians,

Happy November, Jennie Dean Families!! It’s hard to believe the first 9 weeks of the school year are already behind us.

Thank you to all parents who were able to join us for our parent/teacher conference days in October. I’d like to remind parents that if you need to sign your child out of school early to please come to the office, or call the office, before 3:30pm. After this time, we start our dismissal procedures, and students are boarding our buses.

Sometime this month, I will be welcoming my new son and going out on maternity leave. In my absence, retired principal, Jeff Abt, will take my place. He has many years of experience in Manassas City Public Schools as a teacher, school-based administrator, and central office administrator.

I will return in February. I wish you all a happy and safe winter!

Kara Mills
Principal
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

TO ALL VOLUNTEERS WHO WERE APPROVED FOR THE 2017/2018 SCHOOL YEAR

The Raptor Volunteer process requires that all approved volunteers be deactivated at the end of each school year. Persons wishing to volunteer for the upcoming new school year will need to reapply. Persons approved as Tier II volunteers, for the 2017/2018 school year, must reapply but will not need a new background check (background checks are valid for 3 years). When applying please remember to submit/check the event for which you will be volunteering. Moreover, if you are unable to visit a school location to submit your application and are completing your application from home, please be sure to note the school or schools in which you are requesting to volunteer. Without this information, the school does not see your application.

If you have any questions, please call the school at which you wish to volunteer.
Jennie Dean 571-377-6300
November 2018 – Wellness Theme

“Food Allergy Alert”

Food allergies are a very serious concern for both children and adults. A food allergy, or hypersensitivity, is a specific and reproducible abnormal immune reaction that occurs soon after exposure to a certain food. According to sources cited by the CDC, eight foods or food groups account for 90% of the serious allergic reactions in the United States: milk, eggs, fish, shellfish, wheat, soy, peanuts, and tree nuts. Allergic reactions to foods can vary unpredictably, from mild to severe, but all are potentially dangerous and life threatening. Persons with food allergies should always be taken seriously.

Symptoms of an allergic reaction may include swollen lips, tongue or eyes; itching, particularly the mouth or ears; a rash or hives; nausea or vomiting; diarrhea; nasal congestion or a runny nose; hoarseness or trouble swallowing; coughing, wheezing or difficulty breathing; dizziness; fainting; loss of consciousness; and/or mood changes or confusion. If untreated, symptoms may progress and can become life threatening.

It is estimated that in a typical classroom, at least one student is likely to be affected by a food allergy and this number is on the rise. Students with food allergies can stay safe at school, but it takes organization, preparation and education. Communication is the key!

If your child has a food allergy, please be sure to notify the school nurse and teacher. Include information about the symptoms he/she has experienced in the past. Be sure to have your doctor sign the orders for an emergency action plan on how to treat any suspected exposure incidents and provide any emergency medications (i.e. epinephrine, Benadryl®) your child may need. Allergic reactions can be unpredictable; here are some suggestions to help plan ahead:

- Frequently review your child’s allergies with him/her, so that he/she knows what he/she is allergic to, which foods can be eaten, and which foods are not safe for him/her to eat.
- Remind your child not to ever accept food from any other person and never to eat something if they do not know it is safe.

Teach your child to wash their hands with soap and water before and after eating.

Review with your child the signs of an allergic reaction to watch for and always make sure your child knows whom to tell when he/she is not feeling well.

Touch base with the school regularly to see how things are going and provide any updates to the school nurse.

Be sure the school has your emergency contact information and knows how to reach you at any time in case there are questions or concerns.

Provide safe snack foods for your child, if there is a food event at school that may pose a problem.

As children get older, teach them to read labels and recognize ingredients that may cause an allergic reaction.

- Office of Health Services

SCHOOLEGY

Schoology is the MCPS online learning system. This is a wonderful tool to communicate with families. It will also give you access to activities in the classroom. Parent Portal is the MCPS online gradebook. With access to it you will be able to see attendance, update information, and monitor grades.