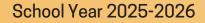


WELCOME TO KINDERGARTEN





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WELCOME TO KINDERGARTEN

Kindergarten is an exciting time of new beginnings and of learning new things each and every day. In Virginia Beach City Public Schools, our primary focus is on teaching and assessing the skills our students need to thrive. Some of the skills you will see in your child's kindergarten classroom include:

- Developing awareness of sounds and letters in words (such as clapping syllables and naming/ writing letters).
- Defining problems and developing questions; generating ideas and unique solutions.
- Asking how and why questions and having students defend their answers and explain their thinking.
- Listening attentively and communicating ideas.
- Collaborating to solve a problem and develop a product.
- Searching for and using information from print and pictures to comprehend text.

C

- Retelling a story and identifying facts.
- Identifying and discussing characters, setting and events of a story.
- Using technology to leverage learning experiences.
- Writing and illustrating stories about learning experiences.
- Exploring numbers, quantities and relationships through problem-solving and reasoning.
- Self-managing, responsible decision making and becoming more socially aware while working with partners, in a group and individually.



Our kindergarten program is developmental; lessons and activities are designed to meet the needs of students based on their individual stages of development. The kindergarten program integrates the teaching of language arts, mathematics, science, social studies and health through a language-rich curriculum.

VBCPS recognizes that a child's first and most important teacher is his/her parents/guardians*; therefore, parental involvement in the learning process is highly valued. You will receive ongoing communication regarding your child's progress through a variety of methods such as notes, emails, phone calls, ParentVUE, conferences, progress reports and report cards.

Again, welcome to kindergarten and the beginning of your child's academic career with VBCPS! Should you have any additional questions about the kindergarten program, please contact the Department of Teaching and Learning at (757) 263-1070.

*VBCPS recognizes that students may be living with or under the custody of adults other than their biological parents. VBCPS strives to be inclusive of our students' many family arrangements. For simplicity in reading this Handbook, the terms "parents" or "guardians" will refer to those adults who have responsibility for the care and control of a student.

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How do I find out what school my child/children will attend?

If you are planning on relocating to Virginia Beach or recently moved to the area, you can find your assigned elementary, middle or high school by visiting our School Locator/Map Center – found on **vbschools.com**, under *Families, Registration, School Locator*.

You may also call the Office of Facilities Services at (757) 263-1055 or email *vbschzones@vbschools.com*.

The office staff in every school is able to assist you with registering your child for kindergarten and answering questions you may have about your child's school. Elementary school office hours are from 7:30 a.m. to 4 p.m., Monday-Friday. During the summer months, office hours may vary.

Have a question about shared housing, child custody or residency?

This information can be found by reading School Board Regulation 5-10.1 available on **vbschools.com**.

Where do I register my child for school?

Registration for all students is conducted at the assigned home school based on your current Virginia Beach address.

What do I bring to register my child?

- Two proofs of residence/address (lease agreement/mortgage statement and current gas, electric or water bills)
- Certified birth certificate
- Physical examination report (Virginia Form MCH-213G or similar physical form from your provider dated within 12 months prior to starting kindergarten)
- Current immunization records (verified on Virginia Form MCH-213G, public health department form or an immunization document from a qualified physician or licensed nurse practitioner)
- Two current emergency contact phone numbers







VIRGINIA REQUIRED IMMUNIZATIONS

DТар	A minimum of four properly spaced doses, with one dose administered on or after the child's fourth birthday.
Polio	A minimum of four properly spaced doses, with one dose administered on or after the child's fourth birthday.
Measles, Mumps, Rubella requirements	A minimum of two properly spaced measles, mumps, and one rubella (usually administered in the combination vaccine MMR). The first dose must be administered at age 12 months <u>or older</u> and the second dose prior to kindergarten.
Hepatitis B	A minimum of three properly spaced doses. The last dose must be completed after 24 weeks of age.
Varicella (Chickenpox)	Two properly spaced doses. The <u>first</u> dose must be administered at age 12 months <u>or older</u> . Acceptable evidence of disease and/or immunity to chicken pox can be accepted after review by the school nurse.
Hepatitis A	A minimum of two properly spaced doses. The first dose must be administered at age 12 months or older.

A student whose immunizations are incomplete may be admitted conditionally, if the student provides documentary proof at the time of enrollment of having received at least one dose of the required immunization(s) accompanied by a schedule from their healthcare provider for completion of the remaining required dosage(s). At the time of enrollment, ALL immunizations must be as current and as up-to-date as possible. Enrollment and attendance can be delayed if compliance with immunization requirements is not met.

Questions regarding immunization requirements may be directed to your school nurse or to the Student Health Services Office at (757) 263-2025.

Immunization Clinics

(Call for an appointment)

Virginia Beach Department of Public Health 4452 Corporation Lane , Virginia Beach, VA 23462 (757) 518-2700

MILITARY FAMILIES

Hampton Roads Appointment Center: (866) 645-4584

Boone Branch Health Clinic

Joint Expeditionary Base Little Creek - Ft. Story 1035 Nider Boulevard, Suite 100, Virginia Beach, VA 23459 (757) 953-8262

Oceana Branch Health Clinic

Naval Air Station Oceana 1550 Tomcat Boulevard, Suite 150, Virginia Beach, VA 23460 (757) 953-3805

> Please have medical records, immunization records, military ID cards and Virginia Form MCH-213G (Commonwealth of Virginia School Entrance Health Form) with you.

WHAT PARENTS NEED TO KNOW

Breakfast/Lunches

The Office of Food Services offers healthy, nutritious meals for breakfast and lunch every day. Information on menus, pricing, and nutrition is included in the Elementary School Parent/ Student Handbook distributed during the beginning of the school year and is posted on **vbschools.com**. Free and Reduced Meal Applications should be submitted as soon as possible to ensure that award letters are received before the start of school. Meal applications can be submitted online at **www.schoolcafe.com**.

Course Information

The Department of Teaching and Learning's *Kindergarten Parent/Student Course Guide* is available online at **vbschools.com** and provides insight into the instructional program and learning expectations for your child. The course guide highlights grade-level content and the Virginia Standards of Learning (SOL).

Medication/Special Care Needs

All medication, prescribed (in original labeled container) and over-the-counter (in new sealed container), should be taken to school by parents, guardians or an adult designee. The following authorization forms completed by a physician, nurse practitioner, physician's assistant, or dentist are acceptable for medication administration in school and include the parent's signature: Request for Administration of Medication in Hampton Roads Schools, Virginia Asthma Action Plan, or Life-Threatening Allergy Management Plan, and must be provided with the ordered medication. Forms can be obtained on **vbschools.com**, under Families. Health Services for Students, Health Forms. Contact your child's school for guidelines on administering medicine to children.

Parents are asked to contact the school nurse if a child has any special nursing care needs

that must be provided during school hours. Examples of this include catheterization, blood sugar checking, seizure precautions and other medical needs.

The nurse will facilitate and coordinate arrangements for meeting these needs, along with parent and physician collaboration and input.

Health Insurance

Health insurance is available for children of families who qualify based on income, through Family Access to Medical Insurance Security FAMIS. For more information or to determine eligibility, call 1(855) 242-8282 or visit **coverva.org**.



Out-of-Zone Attendance

The Virginia Beach School Board has established criteria for students to attend a school out-of-zone (a school other than the student's established attendance area). The criteria (School Board Regulation 5-14.1) to determine eligibility for attending an out-of-zone school, along with a Student Placement Request Form, are available in each school and **vbschools.com**. To apply for an out-of-zone transfer, a Student Placement Request Form must be completed annually. For additional information, please contact your school principal.

Toileting Expectations

Kindergarten students are expected to be able to take care of self-help tasks such as dressing, undressing, and toilet needs. It is essential that students can independently undo/redo clothing and properly clean themselves so they can fully access their education. School staff work with students and families to support developmental milestones but do not provide "potty training" and are not expected to assist with changing of undergarments. Families are encouraged to contact your child's school if additional resources and support are needed for toilet training.

TOILET TRAINING (10 TIPS FOR FAMILIES)

1. Establish a routine

First and foremost, a schedule and routine should be well established. If there is chaos, potty training will not work.

2. Rule out any medical needs

Before you start ANYTHING, please confirm that there are no medical needs for the child that may inhibit his/her ability to be toilet trained. Check with your pediatrician. Some children with health needs may not be ready to be potty trained for reasons out of your control.

3. Create a plan with every helper

Create a plan with everyone who will be helping. Everyone should be on board. You cannot toilet train unless everyone follows the plan. This is not fair to the child.

4. Consistency is key

CONSISTENCY is key! Once you decide to toilet train, you must commit. Set a plan for how long you are going to try it before you decide to take a break. You can't decide to not "toilet train" today because you are tired. You can't toilet train only if you have extra help or only in the afternoon. If you are going to do it, do it right.

5. Identify which skills you are going to target

Toilet training has many steps that must be mastered, and the task can be daunting. Your child will be expected to take their bottoms down, pull them up, button or zip as needed. Work on this first and then work on voiding in the toilet? There is no wrong way to do this, but it should be consistent. Once one step is mastered, go ahead and add more steps. As long as the child is making progress in a way that makes the most sense for him/her, that is progress. Eventually, you will get to the point of the child being able to do all the steps independently. The length of time this takes will be different for every child. continued on next page.

6. Set up the room

The bathroom is a classroom for this purpose, and it should be a supportive learning environment. If you are toilet training, you should add visuals prompts in the room. The bathroom should be ready to support all of the child's needs.

- Post a visual schedule near the toilet that the child can reference when going to the bathroom.
- Have a visual card handy that adults will be able to use to point to.
- Provide a hand washing visual to help cut down on the verbal prompts while in the restroom.

7. Use tools as needed

To communicate with the child while toilet training, use as little verbal prompting as possible. Verbal prompts can become too overstimulating for children. Use visual prompts with the child to cut down on discussion.

8. Give the child a voice, but direct visits according to schedule

Provide the child with an opportunity to communicate the need to use the restroom. Provide a visual cue to communicate the need to go to the bathroom. Some children, whether they are verbal or not, may forget that they can ask. Give them a "bathroom" card that can be used. If they ask, respect it. Take them to the restroom. At first it may be annoying while they are learning when to go or not, but if you don't respect their voice, they will give up on asking, and toilet training will not be successful.

At home set a goal for six toilet sits per day. At first, trips will be short (as little as one to two minutes per time) with one longer trip each day to work on bowel movements. Get an unbreakable sand timer or other kind of timer to set to help the child know when the toilet sit can end. The child should be able to get up immediately if he/she urinates or has a bowel movement. Do not wait for children to tell you they need to use the bathroom or to say "yes" when asked if they need to go. Tell them it is time for a toilet trip based on the scheduled visits.

Make toilet trips part of your everyday life. Plan trips around your usual routine. Stick with the same times of the day or the same daily activities.

Use the same simple words, signs or pictures during each trip. This helps a child learn toileting language.

9. Data

Collect data to determine the child's progress. It is important to track progress to see if he/she is making progress or not. Depending on the child, it may take time to make progress. If you do not see progress in a month, you may consider stopping the toilet training and revisiting it in a few months. Be sure, though, that you are being consistent and following the plan.

10. Continue to work on skills

Work on these skills outside of the bathroom. Are children able to sequence the steps to going to the bathroom? Do they understand what is expected of them? Review these skills before scheduled times to go to the restroom.

Books about potty training

- Super Pooper! by Monika Sloan
- I'm a Potty Superhero: Get Ready for Big Girl Pants! by Cottage Door Press
- Potty Superhero: Get Ready for Big Boy Pants! by Parragon Books
- How Do You Know You Need to Go? by Wendy Hayden
- It Hurts When I Poop! A Story for Children Who are Scared to Use the Potty by Howard J. Bennett, M.D.





PREPARING FOR THE FIRST DAY OF SCHOOL



Did you know that there are many simple ways you can help prepare your child for kindergarten? Simple things like listening to stories and rhymes, talking to your child about his/her interests or identifying letters and numbers on street signs, storefronts and even license plates make a big difference. Working with your child on sharing, taking turns, listening and following directions will help him/her with the transition into school.

Our elementary school principals and kindergarten teachers offer these additional helpful tips to ensure your child starts kindergarten strong:

- ✓ Help your child identify and write his or her full name.
- ✓ Help your child to communicate his or her full name, address, phone number and guardian's full name.
- Help your child practice identifying basic colors like red, yellow, orange, green, blue, purple, brown, black and pink.
- Read to your child for 10-15 minutes daily. Pause while reading and ask questions about the story.
- ✓ Listen to educational music songs in the car or at home.
- Encourage your child to perform self-care tasks independently, to include toileting, hand washing, zipping, buttoning, shoe tying and opening packages at mealtimes.
- Talk to your child about how you use reading, writing and math at your job or at home.
- ✓ Ask your child to help you with simple household chores (e.g., cleaning up messes, sorting items into categories, measuring).

We encourage parents to write their child's name on all personal items, including his/her book bag, coat, hat, and gloves. If your child will be riding the bus, it is recommended that he/she rides the bus on the first day to familiarize him/her with the routine. Did you know that having your child practice sitting properly in the car will prepare him/her for riding the bus?



READING WITH YOUR CHILD

Reading aloud is one of the most important experiences you can provide your child, as it increases vocabulary, builds story understanding and encourages a love of reading. Four and five-year-olds enjoy listening to all kinds of literature. Stories read to them should be short with attractive illustrations.

SCHOOL TRANSPORTATION

School Bus Route Bus Stops are centralized, predetermined locations based on a school's student population. Bus and bus stop information for all students, including kindergarten students, will be available, via Parent Portal, prior to the start of each school year. Students who reside or receive daycare inside the kindergartener's school's "Non-Transportation Zone" will not be provided bus transportation. Bus transportation is provided to and from school for VBCPS students and is based on each school's transportation zone. All students residing in areas eligible for transportation who request bus service will be assigned to bus stops. Bus routes, bus stops, and pick-up times will be posted to each student's ParentVue account. Answers to common transportation FAQs can be found on **vbschools.com**.

As a parent, you can help ensure our students arrive to and from school safely each day. Be sure your child arrives at the bus stop five minutes before the bus is scheduled to arrive and remind your child to stand at least five giant steps (10 feet) away from the curb and line up away from the bus. Families are encouraged to have a responsible person waiting with children at the bus stop. Please consider

sharing "watch" responsibilities with a neighbor, so your child has an adult overseeing safety at the bus stops. If possible, use the buddy system and have your child travel in a group or with fellow students. Bus drivers do their best to keep a timely schedule. Sometimes the bus may be early or late due to breakdowns, substitute drivers, traffic problems or other unforeseen circumstances. If a bus is late. please be patient. To help parents feel secure about their child's trip on the school bus, Zūm App for Parents, "Ride Zum" is available to all parents and may be downloaded from the **vbschools.com** website under transportation. The app gives real-time bus location information and sends notifications when the bus enters a user-defined geographic area around the stop. Please visit vbschools.com to learn more. Calls may be made to the Transportation Services Office at (757) 263-1545 with additional questions. All parents must fill out a Transportation Registration Request Form during the time they register their child, and thereafter, annually by the last day of school.



Help your child practice the following school bus safety tips:

- Children should never run in front of or behind the school bus to pick up something that he or she dropped or forgot.
- Children should never run after the school bus if it has already left the bus stop.
- Make sure your child does not step onto the bus until it has completely stopped.
- Remind your child to take firm hold of the handrail after the bus stops and the door opens.
- Children should never push another student while getting on or off the bus.
- ✓ All students riding the bus should go directly to a seat, and quietly sit facing forward. This allows the bus driver to concentrate on driving safely.
- Students should never place any part of their body through the bus window.
- ✓ Make sure your child is aware of the Danger Zone and is always within sight of the bus driver. The Danger Zone is a 10-foot-wide area on all sides of a school bus — an area where children are in the most danger of being hit. Children should be taught to stay 10 feet away from the school bus and to never go behind it.





Will your kindergartner be walking to school instead?

If possible, use the buddy system and have your child travel with a group. Parents are welcome to organize a "group walk" so that students who walk to school could meet at a certain time and place and walk together in a large group. If you would like to help organize such a group, please call or visit the school office. When walking with your kindergartner:

- Always walk on the sidewalk, or if there isn't one, on the road facing traffic.
- Only cross streets at corners or crosswalks.
- Look left, then right, then left again before stepping into the road.
- Run away if a stranger approaches and immediately report the incident to an adult.

Whenever possible, please try to get the license plate number of any suspicious vehicle in your neighborhood – particularly during the morning pick-up and afternoon delivery times. Please report this information to the police and the school.



KINDERGARTEN SCHOOLS

GROUP A "ELEMENTARY SCHOOLS

Arrowhead Bayside Birdneck Centerville Christopher Farms College Park John B. Dey Fairfield Glenwood Holland Landstown Luxford Lynnhaven Ocean Lakes Pembroke Providence Red Mill Rosemont Shelton Park Thalia Three Oaks Trantwood Windsor Woods

GROUP B'ELEMENTARY SCHOOLS

Alanton Brookwood Cooke Corporate Landing Creeds **Diamond Springs** Green Run Hermitage Indian Lakes Kempsville **Kempsville Meadows** King's Grant Kingston Linkhorn Park Malibu New Castle

North Landing Parkway Pembroke Meadows Point O'View Princess Anne Rosemont Forest Salem Seatack Strawbridge Tallwood Thoroughgood White Oaks Windsor Oaks Woodstock

Check with your school for kindergarten school hours.

Notification Process of School Emergencies, Closings or Cancellations

Should there be a school emergency, delay, closing or cancellation due to inclement weather, or any other condition that may affect the safety of our students, parents will be notified via phone and/or email, using the *AlertNow* parent notification system. An official notice will also be posted on *vbschools.com*.

Parents are automatically subscribed to *AlertNow*, which uses the contact information parents supply to their child's school.

If you do not have access to **vbschools.com**, call (757) 263-1000 for the most current information on school openings or closings.

STAYING CONNECTED WITH YOUR SCHOOL

VBCPS encourages parents and families to play an active role in their child's academic career — starting in kindergarten! There are many ways you can stay connected, from participating in back-to-school and orientation programs, to arranging a meeting at the school to monitor your child's progress or calling or emailing your child's teachers.

AlertNow, a rapid notification system, is used by every school to contact parents about important school information and events, testing schedules, report card distribution, open houses, delayed buses, field trips, emergency situations and more. Messages can be delivered to your home phone, cell phone and/or e-mail.

Plus, all parents have access to the **VBCPS Parent Portal**, an online tool that allows you to monitor your child's progress in school. The VBCPS Parent Portal can be accessed from the home page of every school's website.

Parents are encouraged to sign up for *SchoolCafé*, an online school meal service app where parents can make cafeteria payments, view school menus, and apply for Free & Reduced Meal benefits.

Family Connection is a resource intended to link Virginia Beach families to classes, training, resources and other opportunities to help with all facets of parenting. Visit the *Family and Community Engagement* page on **vbschools.com** and check out the calendar of events updated on a regular basis.

Did you know that VBCPS has its own news blog? **The Core**, **www.vbcpsblogs.com/core**, delivers the latest information, stories and pictures from the schools as well as provides a more in-depth look into the day-to-day work of students, partners, volunteers and staff. Readers can subscribe to **The Core** to get email updates when new stories are available.

For even more news about Virginia Beach City Public Schools





Follow us on X (formerly Twitter) @VBSchools







ELEMENTARY SCHOOL DIRECTORY

Alanton	(757)648-2000	Malibu	(757) 648-3040
Arrowhead	(757)648-2040	New Castle	(757) 648-3080
Bayside	(757)648-2080	North Landing	(757)648-3160
Birdneck	(757)648-2120	Ocean Lakes	(757) 648-3200
Brookwood	(757)648-2160	Parkway	(757) 648-3280
Centerville	(757)648-2200	Pembroke	(757) 648-3320
Christopher Farms	(757)648-2240	Pembroke Meadows	(757) 648-3360
College Park	(757) 648-2280	Point O'View	(757) 648-3440
Cooke	(757)648-2320	Princess Anne	(757) 648-3480
Corporate Landing	(757) 648-2360	Providence	(757) 648-3520
Creeds	(757)648-2400	Red Mill	(757) 648-3560
Diamond Springs	(757)648-4240	Rosemont	(757) 648-3600
Fairfield	(757)648-2480	Rosemont Forest	(757) 648-3640
Glenwood	(757)648-2520	Salem	(757) 648-3680
Green Run	(757)648-2560	Seatack	(757) 648-3720
Hermitage	(757)648-2600	Shelton Park	(757) 648-3760
Holland	(757)648-2640	Strawbridge	(757) 648-3800
Indian Lakes	(757) 648-2680	Tallwood	(757) 648-3840
John B. Dey	(757)648-2440	Thalia	(757) 648-3880
Kempsville	(757)648-2720	Thoroughgood	(757) 648-3920
Kempsville Meadows	(757) 648-2760	Three Oaks	(757) 648-3960
King's Grant	(757)648-2800	Trantwood	(757) 648-4000
Kingston	(757)648-2840	White Oaks	(757) 648-4040
Landstown	(757)648-2880	Windsor Oaks	(757) 648-4120
Linkhorn Park	(757) 648-2920	Windsor Woods	(757) 648-4160
Luxford	(757) 648-2960	Woodstock	(757) 648-4200
Lynnhaven	(757)648-3000		

Donald E. Robertson Jr., Ph.D., Superintendent Virginia Beach City Public Schools 2512 George Mason Drive, Virginia Beach, VA 23456-0038

Produced by the Department of Communications and Community Engagement for the Department of School Leadership. For further information, please call (757) 263-1088.

Notice of Non-Discrimination Policy

Virginia Beach City Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation/gender identity, pregnancy, childbirth or related medical condition, disability, marital status, age, genetic information or military status in its programs and activities, employment, or enrollment and provides equal access to the Boy or Girl Scouts and other designated youth groups. School Board policies and regulations (including but not limited to, Policies 2-33, 4-4, 5-4, 5-7, 5-19, 5-20, 5-31, 5-44, 6-7, 6-33, 7-48, 7-49, 7-57 and Regulations 2-33.1, 4-4.1, 4-4.2, 4-4.3, 5-7.1, 5-44.1, 5-44.2, 7-11.1 and 7-57.1) provide equal access to courses, programs, enrollment, counseling services, physical education and athletic, vocational education, instructional materials, extracurricular activities, and employment.

Title IX Notice: Complaints or concerns regarding discrimination on the basis of sex or sexual harassment should be addressed to the Title IX Coordinator, at the VBCPS Office of Student Leadership, 641 Carriage Hill Road, Suite 200, Virginia Beach, 23452, (757) 263-2020, *Robin.Reese@vbschools.com* (student complaints) or the VBCPS Department of School Leadership, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456, (757) 263-1088, *Robert.Wnukowski@vbschools.com* (employee complaints). Additional information regarding Virginia Beach City Public Schools' policies regarding discrimination on the basis of sex and sexual harassment, as well as the procedures for filing a formal complaint and related grievance processes, can be found in School Board Policies 5-31 and 5-44 and School Board Regulations 5-44.1 and 5-44.2 (students), School Board Policy 4-4 and School Board Regulation 4-4.3 (employees) and on the School Division's website at Diversity, Equity and Inclusion/Title IX. Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Executive Director of Student Support Services at (757) 263-1980, Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452. Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452.

The School Division is committed to providing educational environments that are free of discrimination, harassment, and bullying. Students, staff, parents/legal guardians who have concerns about discrimination, harassment, or bullying should contact the school administration at their school. Promptly reporting concerns will allow the school to take appropriate actions to investigate and resolve issues. School Board Policy 5-7 addresses non-discrimination and anti-harassment, Policy 5-44 addresses sexual harassment and discrimination based on sex or gender. Policy 5-36 and its supporting regulations address other forms of harassment.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write the Department of School Leadership, Virginia Beach City Public Schools, 2512 George Mason Drive, P.O. Box 6038, Virginia Beach, VA 23456-0038. Telephone (757) 263-1088 (voice); fax (757) 263-1260; (757) 263-1240 (TDD) or email DeptofSchoolLeadership@vbschools.com.

vbschools.com your virtual link to Hampton Roads' largest school system



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