



LGPS CARDINAL CONNECTION

Sunday, September 8, 2024

Principal Message

Cardinal Families,

Please take a moment to read the following to help you plan out communications and visits with you child's teacher this month.

- We will not be rescheduling Back to School Night, however, in about two weeks we WILL be meeting for parent - teacher conferences
- Interim reports will be provided to parents on the evenings of Parent/Teacher Conferences and can serve as a guide for family conversations about academic progress.

-Mr. Finger

Home Resources

Parent/Teacher Conferences

Families can expect to receive communication with directions on how to sign up for conferences this week.

Conferences will be...

- **Thur, Sep 19 - 2:30 - 6:00**
- **Fri, Sep 20 - 8:00 - 12:00**

Families can expect to receive updated information about your child's:

- Academics
- Acclamation & Behavior
- School Attendance

Families can expect to receive their child interim report and discuss your child's start to the school year, recent assessments, and plans to support your child's growth this school year.

School Picture Day

Tuesday, Sep 17th

Dress your best for Picture Day & Start with Hello Week. Scroll down in the newsletter for more details.

Upcoming dates:

- 9/11 - Patriots Day
- 9/13 - Kona Ice Day - [CLICK HERE to order online or pay it forward](#)
- 9/16 - 9/20 - Sandy Hook Promise - Start with Hello Week
- 9/17 - Constitution Day
- 9/17 - SAVE THE DATE - School Picture Day -Scroll Down for more details
- 9/19 - 2 Hour Early Dismissal - All dismissal times and bus drop off times will be 2 hours earlier than usual on this day.
- 9/19 - Parent Teacher Conferences 2:30 - 6:00 - 2 hr early release day.
- 9/20 - Parent Teacher Conferences 8:00 - 12:00 - No School for Students



Mon. - "H" "Here"

Be Here

Wear Cardinal gear

Tues. - "E" "Everyone"

Everyone Matters

Dress your best.

Wed. - "L L" Li'ho

Learn Language & Lend a Hand.

Wear green/Start with Hello Shirt

Thurs. - "O" "Oh the places you can go, when you start with hello"

Oh come join the high flyers & make friends

Wear your travel gear/or hot air balloon shirt.

**Sept. 16 - 19
Monday - Thursday**



**Ending Social Isolation
One Hello at a Time!**

TODAY'S MOMENTS are TOMORROW'S MEMORIES!



**BACKGROUNDS MAY VARY
- MORE CHOICES ONLINE!**



1

Build Your Own

You can select multiple backgrounds & build your package.

MUST PURCHASE ONLINE TO SELECT MULTIPLE BACKGROUNDS!

LOCUST GROVE PRIMARY SCHOOL

Picture Day is

September 17, 2024

0037696IN

order code for online purchases
(password expires 24 hrs. after picture day)

CLICK TO ORDER



THIS IS A PREPAY EVENT. PAYMENT IS DUE ON PICTURE DAY. *Este es un evento prepagado. Pago se debe entregar el dia de las fotos.*

BARKSDALE SCHOOL PORTRAITS | WWW.BARKSDALEPHOTO.COM
PICTURES WITH CLASS by Barksdale | WWW.PICTURESWITHCLASS.COM

QUESTIONS? 1.800.220.7667

What to expect on picture day

1. When an order is placed online, the parent/guardian will receive a camera pass via email. This can either be printed or texted to the student and brought to picture day. The photographer will photograph the printed camera pass along with the student.
2. If a student is not able to print their camera pass, that is not a problem. We will match up the student to their order manually in the production process.
3. A parent may order from the flyer up until 24 hours after picture day. After 24 hours, the online ordering access may close. This will allow our imaging team to "Pull" all orders submitted and match them with the students photographed.
4. When pictures are returned to school, all students that purchased pictures will receive their prepaid package. Any student that was photographed but did not order a package, will receive a "Proof" (PX) of their picture that was taken on picture day.

All proof packages offer parents a second opportunity to order prints.

All orders sent to personal addresses are subject to shipping and handling costs of up to \$8.50 and will be shipped directly to home.

SCHOOL NURSE-LETTER

From the nurse

As I've mentioned before, my goal as a school nurse is to not only be there for our students when they are hurt or sick but to also be a positive healthy influence! To help with this, I like to be involved with all the kids and be present in the school. A couple things that will be starting in the month of September are monthly health challenges and hand washing clinics in each classroom! Please help me by encouraging healthy habits at home. Consistency is key! I encourage you to have conversations with your students about these challenges and clinics. Also, by asking your student to try and teach you something pertaining to them, is a great learning tool as well! The past 2 years, we have seen the benefits of proper hand washing related to the spread of illness in our students.

-Nurse Sam

Hand washing Clinic Dates!

- September 9
 - Ms Hamilton
- September 10
 - Ms Ryan
- September 11
 - Ms Dominguez
- September 12
 - Ms Field
- September 13
 - Ms Mitchell
- September 16
 - Ms Hertenstein
- September 17
 - Ms Kerr
- September 18
 - Ms Mehling
- September 23
 - De Hoyos
- September 24
 - TBD
- September 25
 - TBD
- September 26
 - Ms Rogers
- September 30
 - Ms Checklick

Monthly Health Challenge

Please be on the lookout for our first monthly health challenge in your child's red folder! For the month of September, we will be focusing on drinking more water, with pictures of water glasses on the back of the form! Our students should be getting a minimum of 5 cups per day! Please help your student(s) by hanging these on the fridge, or somewhere they will be reminded daily. Students who complete and turn these forms back in after the end of the month, will earn a prize from me! Remember, these challenges are taking place to teach our kids good, healthy habits that hopefully will carry with them through life!



The importance of water hydration

Did you know: (share these with your students!)

- water helps the body digest food to help avoid stomach aches
- water helps move waste out of our bodies
- water keeps us hydrated and headaches at bay
- every time we breathe, we breathe out water
- water helps us think and have more energy
- water helps our skin to be soft and healthy!
- our bodies are made up of 75% water!?



If your student struggles to consume water throughout the day, consider using low calorie/no sugar, water enhancers! They come in powder and liquid form and can often be found in the grocery store aisle with other drink mixes.

live
HEALTHY

This month:

- Fruits and Veggies month
- National childhood obesity awareness month
- National yoga month
- the 17th is "get ready for flu" day
- September 19-23: National Farm Safety and Health Week
- September 20: National Concussion Awareness Day
- the 24th is National family health and fitness day!

Reminders

- **Please send in a change of clothes with your student(s).** Accidents happen, and not just the bathroom kind. If your child does come home with a change of clothes from the clinic, please wash and return them so they can be used again for others (with the exception of underwear).
- **Pink slips follow students to and from the clinic.** They are my way of communicating home to parents that a child was seen in the clinic. Please note serious visits will warrant a call home as well. If you have any questions please feel free to reach out.

contact me

Samantha Labanowski, LPN
School Nurse



slabanowski@ocss-va.org



540.661.4420
option 3





**KONA ICE
PRE-PAY**

TAKING ONLINE ORDERS NOW!

CUSTOMER.KONA-ICE.COM

LGPS KONA DAY FUNDRAISER!
**CLASS THAT BUYS THE MOST KONAS (ONLINE PREPAY) WINS A FREE
KONA ICE PARTY AT A LATER DATE DURING THE SCHOOL YEAR.**
ORDER DEADLINE: 9/12 @ 10:00 PM.

SEPTEMBER 13

EVENT CODE:

K1022581761

KONA ICE OF CULPEPER/LOCUST GROVE/WARRENTON
540.935.4705 | culpeper@kona-ice.com | www.kona-ice.com



Unsure? Call the LGPS school nurse

540-661-4420 x 4010



SEE YOU IN CLASS

Runny nose or a mild cough but
no other symptoms

Temperature below 100.4 and no
fever reducing medicine in the
last 24 hours

No throwing up or diarrhea in the
last 24 hours



BEST TO STAY HOME

Fever of 100.4 or higher in the
last 24 hours, with or without
fever reducing medicine

Persistent Cough

Vomiting or diarrhea

Instructions from a doctor to
isolate from others

Heading to school! What should I know?

**By coming to school every day
they're not sick, your child is:**

**Building positive habits and a solid
foundation for success**

**Staying engaged in learning and on
track for graduation**

Gaining valuable social skills

**Less likely to feel stressed and
anxious**

**Supporting the success of all
students**

My Child is staying home. What should I do next?

**Notify the school by phone or
email at 540-661-4415
lindahopkins@ocss-va.org**

**If possible let us know before
9:30am on the day of the absence**

**Repeat this checklist every
morning.**

**We hope to see your student in
class soon!!**

¿No estás seguro? Llama a las enfermeras de la escuela.

540-661-4420 x 4010



TE VEO EN CLASES

Secreción nasal o tos leve pero sin otros síntomas

Temperatura inferior a 100,4 y sin medicamentos para reducir la fiebre en las últimas 24 horas.

Sin vómitos ni diarrea en las últimas 24 horas.

**¿De camino a la escuela!
¿Qué debo saber?**

Al venir a la escuela todos los días y no estar enfermo, su hijo:

Desarrollar hábitos positivos y una base sólida para el éxito

Mantenerse comprometido con el aprendizaje y encaminado hacia la graduación

Adquirir valiosas habilidades sociales

Es menos probable que se sienta estresado y ansioso.

Apoyando el éxito de todos

LO MEJOR ES QUEDARSE EN CASA

Fiebre de 100.4 o más en las últimas 24 horas, con o sin medicamento para reducir la fiebre.

Tos persistente

Vómitos o diarrea

Instrucciones de un médico para aislarse de los demás.

**Mi hijo se queda en casa.
¿Qué debería hacer después?**

**Notifique a la escuela por teléfono o correo electrónico al 540-661-4415
lindahopkins@ocss-va.org**

Si es posible, avísenos antes de las 9:30 a. m. del día de la ausencia.

Repita esta lista de verificación todas las mañanas.

¡Esperamos ver a su estudiante en clase pronto!