



LGPS CARDINAL CONNECTION

Sunday, October 6, 2024

Principal Message

Cardinal Families,

Next week, we are excited to celebrate the OCPS Stronger Together Spirit Week! Each day will have a special theme, and I encourage everyone to participate. Please refer to the flyer below in the newsletter for more details about the week's events.

I also want to take a moment to emphasize the importance of regular daily attendance. Every day your child is at school is an opportunity for growth, both academically and socially. Even a few missed days can create gaps in learning, so let's continue to work together to ensure that all students are present and engaged as much as possible. Thank you for your continued support in making our school a thriving community.

-Mr. Finger

Home Resources

Reading

Before reading a book, take a "picture walk" through the pages with your child. Look at the illustrations together and talk about what might be happening in the story. Ask your child to predict new or interesting words they might encounter. This activity builds curiosity, boosts vocabulary, and helps set the stage for better comprehension when they read the story!

Math

Count steps, toys, or snacks with your child. Ask questions like, "How many more to make 10, 30, 50, 100 (depending on age and skills level)?" to build their number skills in a fun way.

Sleep & Learning

A good night's sleep is essential for our Cardinal students to be ready to learn and thrive! Children aged 5-8 need about 10-11 hours of sleep each night. Be sure to get a healthy amount of those zzzz's in.

- 10/7 - 10/11 - Anti Bullying Week
- 10/10 - End of First Quarter of the School Year
- 10/10 - PTA Boo Gram Fundraiser Starts (Deadline 10/24 - Delivery on 10/31)
- 10/10 - LGPS Crunch Day - All students will bite in to an apple together during lunch.
- 10/11 - Student Holiday - Teacher Workday
- 10/14 - Student Holiday - Teacher Professional Development Day
- 10/17 - The National "Great Shakeout" - Earthquake Drill
- 10/18 - Report Cards Go Home With Students

Upcoming dates:





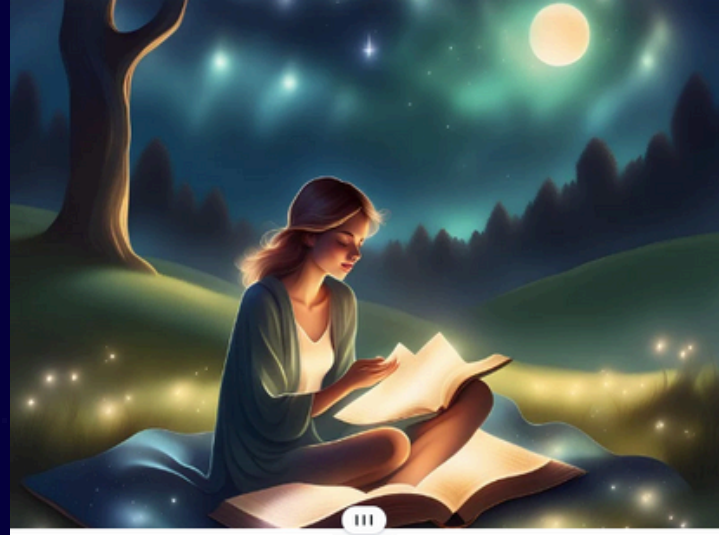
LGPS Families!

Please join us Thursday Oct. 10 between
6:30PM and 7:30PM for a night of

“Reading Under The Stars!”

A wonderful opportunity to support the
love of reading in our students!

Bring a cozy blanket, flashlights, and special book. We
will also have books for students and families to read.



¡Familias LGPS!

Únase a nosotros el jueves 10 de octubre
entre las 6:30 p. m. y las 7:30 p. m. para
una noche de

“¡Leyendo bajo las estrellas!”

¡Una maravillosa oportunidad para
apoyar el amor por la lectura en
nuestros estudiantes!

Traiga una manta acogedora, linternas y un libro
especial. También tendremos libros para que los
estudiantes y las familias lean.



STRONGER TOGETHER

OCPS SPIRIT WEEK



10/7- Don't Hide Your Kindness:
Wear Camo

10/8- Give Bullying the Boot:
Wear Boots



10/9- Hats off to Kindness:
Wear Hats

10/10- Team Up For Kindness:
Wear Jerseys



10/11- Friday- (No School) Come
together for a Cause: Wear Pink
to the OCHS Football Game



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

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!!

Please use this guidance to help you decide if we should see you in class or if your child should stay home.

We want you to get better when needed but need you in school as often as possible.



¿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 los estudiantes

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!



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.



Ayude a su niño a tener éxito en la escuela: desarrolle el hábito de la buena asistencia escolar desde los primeros años

¿SABÍA USTED?

- A partir de preescolar y kinder, demasiadas ausencias pueden hacer que los niños se retrasen en la escuela.
- Faltar un 10%, o aproximadamente 2 días al mes durante el transcurso de un año escolar, puede dificultar el aprendizaje de la lectura.
- Los estudiantes aún pueden quedarse atrás si faltan solo uno o dos días cada pocas semanas.
- Llegar tarde a la escuela puede provocar una baja asistencia escolar.
- Las ausencias y tardanzas pueden afectar a toda el aula si el docente tiene que retrasar el aprendizaje para ayudar a los niños a ponerse al día.

Asistir a la escuela con regularidad ayuda a los niños a sentirse mejor con la escuela y con ellos mismos. Comience a desarrollar este hábito en el preescolar para que aprendan de inmediato que es importante ir a la escuela a tiempo, todos los días. Con el tiempo, la buena asistencia escolar será una habilidad que les ayudará a tener éxito en la escuela secundaria y la universidad.

LO QUE PUEDE HACER

- Establezca una rutina regular para la hora de dormir y una rutina matutina.
- Elija y disponga la ropa y empaque las mochilas la noche anterior.
- Mantenga a su niño saludable y asegúrese de que haya recibido las vacunas necesarias.
- Presente a su niño a sus docentes y compañeros de clase antes de que comience la escuela.
- Desarrolle planes de contingencia para llegar a la escuela si surge algo. Llame a un familiar, vecino u otro padre.
- Trate de programar las citas médicas y los viajes largos para cuando no haya clases en la escuela.
- Si su niño parece tener ansiedad por ir a la escuela, hable con los docentes, los consejeros escolares y otros padres para que le aconsejen cómo hacer que su niño se sienta cómodo y emocionado por el aprendizaje.
- Si le preocupa que su hijo pueda tener una enfermedad contagiosa, pida consejo a su escuela o proveedor de atención médica.
- Si su niño debe quedarse en casa debido a una enfermedad, pídale a los docentes recursos didácticos e ideas para seguir aprendiendo en casa.

¿Cuándo se convierten las ausencias en un problema?



Nota: Estos números se basan en un año escolar de 180 días.

**SAFETY
FIRST**

Be Responsible

- **On-time**
 - Please be at the bus stop at least 5 minutes before your scheduled pickup time
 - We can only pick up students who are physically at the bus stop
 - If you are not at the bus stop, we will not wait for you
 - Be sure to have all of your items with you
 - Please be sure you are visible to the driver
- **Save Snacks for Later**
 - Please refrain from chewing gum and eating food on the bus
 - With the exception of water, please refrain from consuming drinks on the bus
- **Keep the Bus Clean**
 - Keeping our buses clean is a high priority
 - Please pick up trash and place it in the trash can in the front of the bus

Use Respect

- **To the driver, attendant, and other students**
 - Follow directions given by the driver and bus attendant
 - Ask questions if you do not understand directions
 - Be considerate of the other students when sharing space
 - Keep your belongings in your space
- **Use kind words**
 - Use appropriate language
 - Use your words to solve problems
 - Use please and thank you
 - Give compliments when possible
 - Use a positive attitude when talking with others
- **Use headphones with electronic devices**
 - Keep your personal devices to yourself
 - Please refrain from sharing photo and video memories on the bus

Stay Safe

- **Stay in your seat**
 - Sit in your assigned seat assigned by the driver
 - Switching seats is not allowed
 - No standing up while the bus is moving
 - Sit seat-to-seat and back-to-back
- **Use inside voice**
 - Refrain from screaming and yelling
 - Talk to the people next to you
- **Respect other riders' personal space**
 - Throwing objects on a bus is not allowed
 - Keep hands and feet to yourself
 - Touching other students or their property is not allowed
- **Support safe driving**
 - Keep the aisle clear
 - Distracting the driver is not safe

