

Piney Ridge Elementary School

January 2025 Newsletter



Happy New Year Piney Ridge families!

We are approaching the halfway point of the school year. The second marking period ends January 24th. Report cards will be distributed January 31st. During the month of January, students will participate in CCPS mid-year assessments for ELA and Math. These assessments give teachers valuable information about students' progress at the midpoint of the year.

Students in grade 2 will also take the Cognitive Abilities Test (CogAT) in January. This is a thinking skills test which is part of the universal screening for gifted and talented identification. The purpose of the test is to provide school personnel and parent with information related to their child's cognitive abilities compared to other children of the same age group. Parents of second grade students will receive more information about this test in the coming days.

Lastly, as we return from the holiday break and begin a new calendar year, it is a good time to review some general information about inclement weather announcements, outdoor recess, parent drop-off and pick-up procedures, and lost & found. Please check out these sections of the newsletter.

We wish our students, families, and staff a great 2025!

John Code, Principal
Morgan Pratt, Asst. Principal

Notice of Non-Discrimination

The Board of Education of Carroll County does not engage in discrimination that is unlawful or contrary to Maryland State Department of Education guidance on the basis of age, color, genetic information, marital status, mental or physical disability, ancestry or national origin, race, religion, sex, sexual orientation, gender identity, or gender expression. The Board of Education of Carroll County is firmly committed to creating equal employment and educational opportunities for all persons by providing an environment that supports optimal academic achievement and productive work and is free from any form of unlawful discrimination, including access to school facilities, educational programs, and extracurricular activities. The following person has been designated to handle inquiries regarding the non-discrimination policies:

Director of Human Resources 125 North Court Street Westminster, MD 21157 (410) 751-3070.

IMPORTANT DATES

- 1/2- Return from Winter Break
- 1/6- PTA- Word Play Assembly
- 1/7- PTA- Jersey Mike's Fundraiser
- 1/9 - PTA meeting @ 7pm in the media center or virtually
- 1/20- Schools Closed - Martin Luther King Jr. Holiday
- 1/27- Schools Closed
- 1/28 - Chick Fil-A Spirit Day
- PTA- Family Fitness Night- Date TBD

SAVE THE DATE: 2/27 at 6 PM & 2/28 at 6PM - ScreenStrong Presentations ([click here for more info](#))

Nurse's Nook

New Year Reminders

- Now is a good time to schedule for spring wellness checkups.
- Well Visits-It is extremely important to maintain regular Well Visit appointments and vaccinations for children. Preventable illness from not seeking medical attention can turn into chronic health problems down the road.
- Eye Exams-Students may experience an increase in eyestrain or vision changes due to the increase in screen time.
- Dental Exams- Dental cavities may become a bigger issue if left untreated.

Please call your providers to schedule these appointments for a healthier child.

- If you received a notice that your child failed Vision or Hearing at school, please be sure to follow up with care and submit the results to the Nurse.
- Students need to be fever free for 24 hours without the use of Tylenol or Advil to return to school. This may mean a longer recovery at home. School Work can be requested to be picked up in the office or sent home with a neighbor. Please do not send your child to school if they have vomited or had diarrhea in night or morning before school

Students in older grades: It is advised that students keep a pair of extra sweatpants/leggings in child's back pack or locker in case of unexpected messes. The nurse does not keep these items on hand.



Piney Ridge Elementary School



everychild. one voice.®

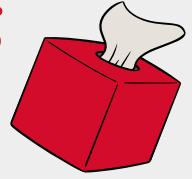
Nextrex Recycling Program- Bring in your plastic bags and help Piney Ridge earn a free bench! We are over halfway to our goal of collecting 1000 lbs.

Lend a Paw- If you are interested in volunteering in any way (big or small) reach out to preptapres@gmail.com.

LEARN MORE



SPECIAL REQUEST FOR OUR SPECIALS TEACHERS



Our specials teachers (Media, Art, Music, Gym, Health) are in need of Tissue Donations with Cold and Flu season approaching. Donations can be brought to the front office.

Thank you!

INCLEMENT WEATHER INFORMATION

In the event that inclement weather results in a change to the school schedule, an announcement will be made by CCPS in a variety of ways. This would be communicated through the CCPS website, School Messenger emails and/or calls, and local radio or television stations. More information about CCPS inclement weather procedures can be found [HERE](#).

OUTDOOR RECESS REMINDERS

All students receive a 30-minute recess period each day. Weather permitting, all students will go outside for their recess period daily. If the “feels like” temperature is below 32 degrees or there is active precipitation, then recess will take place indoors. If the playground and field have wet or muddy conditions, recess may take place on the blacktop instead. There may be conditions which force recess to be indoors such as snow, ice, or mud covering the blacktop area. We ask parents to dress their children appropriately for the weather, with the assumption that they will be going outside during recess. Students may also spend time outside at the bus top, walking into or out of the building during arrival and dismissal, or classroom learning activities that take place outside.

LOST & FOUND INFORMATION

Piney Ridge Elementary has a “lost and found” area in the cafeteria where we place unclaimed items. Over time, the lost and found grows and eventually overflows with items. When this happens, the school donates or disposes of the items. The school provides opportunities for students to search for any items prior to their disposal. We encourage families to label items such as coats, jackets, and lunch boxes with the student name so that it can assist us with reuniting the items with the student. If your child reports that they are missing an item, please encourage them to check the lost and found.

CAR RIDER DROP-OFF AND PICK-UP PROCEDURES

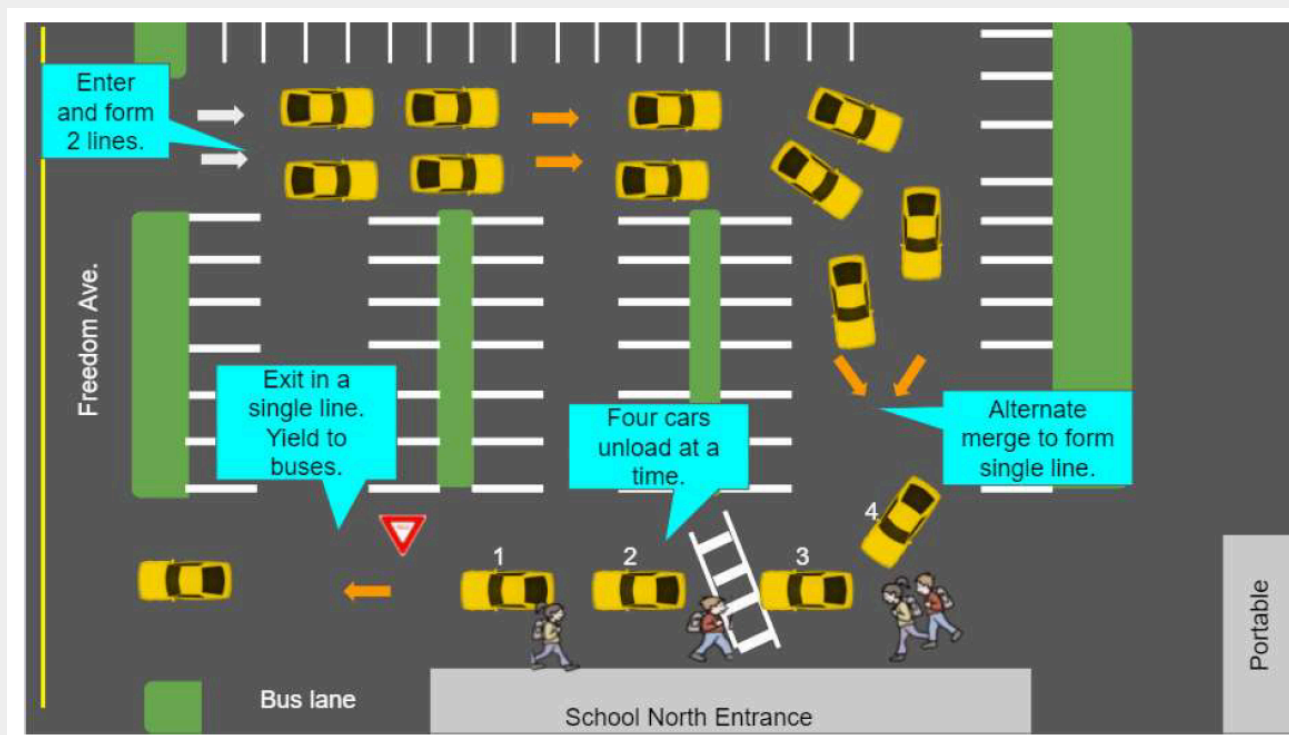
AM Drop-Off

- . Arrive no earlier than 8:45 AM.
- . Vehicles enter through the northernmost entrance to the parking lot and form two parallel lines.
 - o Do not “skip the line” by dropping students off in other areas of the parking lot.
 - o Prior to reaching the drop-off area, the lines will merge into a single line of vehicles.
- . 4 Cars will pull up to the drop-off area. 2 cars will stop past the crosswalk, 2 will remain behind the crosswalk.
 - o Students exit vehicles and enter the north door of the building.
 - o Parents remain inside the vehicle if possible.
 - o Children should have backpack and other belongings ready so that they can exit the vehicle promptly.
 - o If a child exits the passenger side door, he/she is to cross in front of their own vehicle.
 - o Refrain from long “good-bye” routines while in the drop-off area.
- . After dropping off, vehicles exit in a single file line toward Freedom Ave. Yield to buses in the bus lane.
- . Students who arrive after 9:10 AM are to be signed in at the main office. Students who are not in their classrooms by 9:15 AM are marked tardy.

PM Pick-Up

The traffic pattern is the same as AM Drop-Off.

- . Dismissal begins at 3:45 PM.
- . Parents/family members must have ID ready and prepared to show to staff. After verifying ID, the staff member will call into the building to for your child to come to the door.
- . If a child needs to enter a passenger side door, he/she is to cross in front of their own vehicle.
- . Please ensure students’ seat belts are buckled prior to driving away. Yield to buses in the bus lane.
- . Any child who is not picked up by 4:10 PM will be sent to the office to be signed out by a parent.



OUTSTANDING TEACHER AWARD NOMINATIONS



The Carroll County Chamber of Commerce Foundation and the Carroll County Public School System are seeking nominations for the annual Outstanding Teacher Awards. The deadline for nominations is Wednesday, January 8, 2025.

The Outstanding Teacher Awards recognize the teachers of the Carroll County Public School System who represent excellence in the profession. Any full-time teacher, including specialists and resource teachers, in the Carroll County Public School System is eligible for nomination. Carroll County Teacher of the Year winners are not eligible to be finalists. In addition, school counselors are not eligible for nomination under Maryland State Teacher of the Year eligibility requirements.

Any parent, student, fellow teacher, supervisor, school administrator, or community member may submit a nomination. Please click on the link below to access the online nomination form:

[Award Nominations](#)

Nominators are urged to nominate teacher(s) who exemplify the very best of the education profession and explain why their nominee deserves this recognition. Each nominated teacher will be notified of the nomination and asked to complete a brief biographical form.

PLEASE NOTE THAT ANY TEACHER WHO DOES NOT COMPLETE THE FORM WILL NOT BE CONSIDERED FOR AN AWARD OR RECOGNIZED AS AN OUTSTANDING TEACHER.

The nominated teachers will be recognized during the Chamber's awards program on Wednesday, March 19, 2025, when eight finalists will be named. These eight teachers will be eligible for the Carroll County Teacher of the Year Award presented by Carroll County Public Schools.

For more information, contact the Communications Office at publicinfo@carrollk12.org or 410-751-3020.

INCLUSIVITY AT PRE

Check out the resources below for activities to try
with your child!

25

HEAVY WORK ACTIVITIES FOR HOME

Heavy work can have a calming effect or alert and orienting effect based on what your child is craving. It allows your child to get adequate proprioceptive input that will help them focus and increases self-regulation.

1 || PUSH A FILLED LAUNDRY BASKET

Make sure the laundry basket is heavy enough that actually requires some work for your child to push it, but not too heavy that they struggle to push it. You can make it into a race or obstacle course. Some items you could fill it with are books, stuffed animals (this works great for younger kids), or any other random items from around your house or classroom.

2 || CRASHING

Children who crave proprioceptive input can often be found "crashing" into things. Whether rubbing on the walls down the hallway at school or literally jumping off furniture or beds. Providing some controlled crashing experiences will help give them the input they are craving in a safe way. Bean bags, piling up blankets and pillows, or making a huge ball pit out of a small swimming pool can work.

3 || JUMPING

Something as simple as jumping can be great proprioceptive input. Small trampolines (or large) are great for this. Jump rope or jumping on a pogo stick are also great options.

4 || WHEELBARROW WALKING

The child balances on their hands while you hold their ankles up off the ground. Then have them walk on their hands while you keep holding their ankles. You may need to hold at the knees or waist if your child needs more support with this. As they get better, add races, obstacle courses or sprints while wheelbarrow walking.

5 || CLEAN THE HOUSE

Pushing a vacuum, broom, or mop are great heavy work activities that require no additional tools or set-up. Simply helping out around the house is a perfect solution for heavy work at home.

25

HEAVY WORK ACTIVITIES FOR HOME

6 || PUSH A GROCERY CART

You do need to pay close attention and teach your child to be aware of their surroundings for this one. But this is a great heavy work activity that they won't even realize is beneficial for them. Older children can push a regularly sized cart.

7 || CARRY GROCERIES

After pushing the grocery cart, come home and have them help you carry groceries inside.

8 || WASHING WINDOWS

Use a spray bottle to spray down the window (awesome heavy work for the hands!) and then use a washcloth to wipe the window clean.

9 || KNEAD DOUGH OR PLAYDOUGH

This is a great heavy work for the fingers and hands. You can use homemade playdough or have your child help you knead bread if you make it by hand.

10 || CHEW GUM OR CRUNCHY FOODS

Chewing gum or crunchy foods is like a mini workout for the mouth! Your mouth is full of proprioceptive receptors. So chewing gum or having crunchy foods as a snack or break time is a great option that all the kids can enjoy together.

11 || SIP WATER FROM A STRAW

Seriously, again, so simple! The act of sucking through a straw is again another great proprioceptive activity with the mouth. If you have a child who has some oral sensitivities for gravitates towards putting things in their mouth all the time, this is a great one.

12 || PULL A CHILD OR FRIEND IN A SHEET

Use a large bed sheet, or even a fitted sheet and pull away. Have races or see how far they can pull in 10 seconds.

25

HEAVY WORK ACTIVITIES FOR HOME

13 || TAKE OUT THE TRASH

Housework and chores can be amazing heavy work opportunities. Don't pass up the opportunity for taking out the trash. Emptying smaller trash cans into large trash bags, carrying the bags to the trash can or dumpster or pulling the cans out to the street for pickup are all great options.

14 || SCRUB SURFACES WITH A BRUSH OR SPONGE

Cleaning on the chalkboard or whiteboard, wiping down a table, or scrubbing off a dirty surface all give great proprioceptive input through the upper body.

15 || HELP WITH YARD WORK

Moving dirt with a shovel, filling up a wheelbarrow and moving dirt or rocks, or digging in the soil are all great options.

16 || PUSH A FRIEND IN A WHEELBARROW

This is a great activity for working on balance and pushing a heavier object.

17 || PULL A WAGON

Put your little red wagon to work with this activity. Pull a friend or some of their favorite stuffed animals, baby dolls, or toys for a walk.

18 || PILLOW FIGHTS

I feel like some will want a disclaimer on this one, so yes, please make sure your child is supervised and don't let it get out of hand. But a good fun pillow fight is a great way to get quick bursts on input.

19 || PLAYING IN A SANDBOX WITH DAMP SAND

If you live near a beach, go dig in the wet sand with a shovel or with hands.

25

HEAVY WORK ACTIVITIES FOR HOME

20 || SWIMMING

Swimming is great for heavy work since they have to work against the water in order to move.

21 || BATHE THE DOG OR PET

If you have a pet, make sure to include washing that pet, especially dogs as part of your child's routine. This is great tactile and proprioceptive input with the fingers and arms.

22 || WASH THE CAR

Get the water hose, buckets, and don't forget actually pushing against the car to wash it. This is such a great heavy work activity, plus it's FUN!

23 || SHOVELING SNOW

If you live in an area that gets decent snow accumulations, shoveling the sidewalk or driveway is amazing some heavy work.

24 || WATER PLANTS WITH A WATERING CAN

Filling up a watering can and carrying it to water plants is another awesome heavy work activity. Plus it will get your child outside if they are watering plants in the garden or flower boxes.

25 || RIDING A BIKE

The simple act of riding a bike is a great heavy work activity. For older children, you can take them to a mountain bike trail or on longer bike rides to provide a little more input.

40 Sensory Focused CALM DOWN IDEAS

- Blow Bubbles
- Blow Pinwheels
- Blow Over Cards
- Drink a Milkshake
- Make a Bubble Tray
- Squeeze a Stress Ball
- Play with Slime
- Jump on a Cushion
- Have a Pillow Fight
- Crab Crawl
- Slither Like a Snake
- Jump On the Trampoline
- Swing on a Tire Swing
- Squeeze Your Hands Together
- Wrap Yourself in a Blanket
- Do a Maze
- Solve a Look and Find
- Rub a Piece of Fabric
- Smell A Flower
- Smell Scented Playdough
- Roll Playdough in Your Hands
- Smash Paper Cups
- Knock over Bowling Pins
- Throw a Soft Ball
- Kick a Beach Ball
- Go for a Walk
- Take a Drink
- Get a Backrub
- Hide in a Box
- Eat a Crunchy Snack
- Hum a Song
- Look at a Kaleidoscope
- Take 5 Deep Breaths
- Close Your Eyes
- Listen to an Audio Book
- Have Someone Hug You Tight
- Yoga Poses
- Go to a Quiet Space

January

2025

Piney Ridge

Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY Breakfast

Condiments:
• Syrup
• Cream
• Cheese
• Jelly
Margarine

Milk
• Nonfat Milk • Low Fat Milk • Nonfat Chocolate Milk



New Year's Day

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

6

7

8

9

10

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

13

14

15

16

17

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

20

21

22

23

24



Martin Luther King, Jr Holiday

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

27

28

29

30

31



Schools Closed

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Hot Breakfast Entree
Variety of Breakfast Breads
Variety of Cereal
100% Fruit Juice
Variety of Fruit

Breakfast Entree Options: Bacon Scramble Pizza , Mini Blueberry Pancakes , Mini Maple Pancakes , Pancake and Sausage on a Stick , Mini Blueberry Wa es , Mini Maple Wa es , Yogurt Smoothie - Peach , Yogurt Smoothie - Strawberry Banana

Assorted Breakfast Cereals: Apple Cinnamon Cheerios , Cheerios , Cinnamon Toast Crunch , Cocoa Pu s , Rice Chex , Trix

All menus are subject to change. We make it our priority to serve the menu as planned, but sometimes situations arise where we need to make substitutions. We will make every attempt to substitute similar products when they are available. We appreciate your understanding.

This institution is an equal opportunity provider. Layout & Design © Nutrislice, Inc. Printed on

12/18/2024 at 2:21 pm .



January

2025

Piney Ridge Elementary Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Milk
• Nonfat Milk • Low Fat Milk • Nonfat Chocolate Milk



New Year's Day

Entree
• Macaroni and Cheese
• Soft Pretzel Rod
• Hot Dog Corn
• Dog Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Cheese Pizza
• Pepperoni Pizza
• Chicken Patty on a Roll Grab and Go Combo
Featured
Sides
Fruit and Vegetable Bar

6

7

8

9

10

Entree
• Classic Cheese Pizza
• Orange Chicken
• over Rice Crispy Chicken Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Sandwiches
• Popcorn Chicken with Dinner Roll Crispy
• Chicken Salad Grab and Go
Featured
Sides
Fruit and Vegetable Bar

Entree
• Grilled Cheese Sandwich
• Cheeseburger on a Roll Crispy Chicken Salad
Featured
Sides
Fruit and Vegetable Bar

Entree
• Pizzas Crunchers Chicken and Broccoli Alfredo
• with Garlic Knot Crispy Chicken Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Cheese Pizza
• Pepperoni Pizza
• Cheesesteak
• Sub Crispy Chicken Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

13

14

15

16

17

Entree Choices
• Homestyle Chicken
• Tenders with Buttermilk
• Chicken & Cheese Quesadilla
• Southwest Chicken Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• French Toast Sticks with Sausage
• Potatoes Ham and Cheese
• Southwest Chicken Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Popcorn Chicken with Dinner Roll
• Sweet and Sour Chicken over Fried
• Southwest Chicken Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Chicken Nuggets with Bread
• Lasagna with Garlic Knot
• Southwest Chicken Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Cheese Pizza
• Pepperoni Pizza
• Corn Dog Nuggets
• Southwest Chicken Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

20

21

22

23

24



Martin Luther King, Jr Holiday

Entree
• Pizzas Crunchers Beef
• Chili with Beans with Cornbread Chicken
• Ceasar Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Grilled Cheese
• Sandwich Chicken
• Patty on a Roll Chicken Ceasar Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Macaroni and Cheese with Soft Pretzel
• Hamburger on a Roll
• Cheeseburger on a Roll
• Chicken Ceasar Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Stuffed Crust Cheese
• Pizza Stuffed Crust
• Pepperoni Pizza
• BBQ Sandwich
• Chicken Ceasar Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

27

28

29

30

31



Schools Closed

Entree
• French Toast Sticks with Sausage Patty
• Mini Pizza
• Beef Salad Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Chicken and Vegetable Dinner
• Popcorn Chicken with Dinner Roll
• Roast Beef
• Chef Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Pizzas with Chicken Egg Roll
• Pizzas
• Roll Chef Salad
• Grab and Go Combo
Featured
Sides
Fruit and Beans
Vegetable Bar

Entree
• Cheese
• Pizza over Rice
• Chicken Patty on a Roll
• Chef Salad Grab and Go
Featured
Sides
Fruit and Beans
Vegetable Bar