



LGPS CARDINAL CONNECTION

Sunday, March 8, 2025

Principal Message

Dear Families,

As we work together to foster a positive learning environment, I want to remind everyone of the importance of regular, disciplined attendance. Every day, each student contributes to our vibrant school community, and consistent attendance plays a vital role in their academic success.

Additionally, with daylight saving time "springing ahead" an hour this Saturday night, please consider how you will communicate any necessary adjustments in daily routines with your children. A brief discussion about the changes can help ease the transition and ensure everyone starts the week on the right foot. Thank you for your continued support and commitment to our students' growth.

- Mr. Finger

Home Resources

Learning begins and ends with our children's first and most important teacher; their family. We are so pleased to partner with you in your child learning and development.

Reading

Daylight Reading Boost

With daylight saving time in mind, try a "Spring Forward Reading Challenge."

Pick a short story or passage about time or change and have each family member read aloud. Use a timer to see how many words you can fluently read in one minute. Then, discuss how the extra daylight affects your daily routines. This quick, themed exercise helps build fluency while sparking conversation about the season's shift.

Math

Moving Forward Math Puzzle

Using daylight saving time, ask students: How many minutes are lost when clocks spring forward? Calculate the lost sleep in seconds, then apply multiplication or division. A seasonal exercise in time math.

Picture Day is Coming Save the Date

Families are invited to save the date for picture day. Picture day is scheduled for Friday, March 28th. We will be taking individual portraits and class photos.

- 3/10 - Safe House Project (part of Keeping your Child Safe Series) @ TEAC 5:00 - 6:30
- 3/14 - Final Day of 3rd Quarter
- 3/14 - Full Student School Day - No Longer a Student Holiday
- 3/17 - Student Holiday & Teacher Professional Development Day
- 3/18 - 3/21 - The Book Fair is coming to library
- 3/18 - 3/20 - Cardinal Cart Days
- 3/21 - Report Cards to go home with LGPS students
- 3/28 - Class and Individual Portrait Picture Day



Now
OPEN!


 ORANGE COUNTY PUBLIC SCHOOLS

KINDERGARTEN

Registration

Kindergarten registration for the 2025-26 school year will be held during March and April by appointment only.

To be eligible to enroll in kindergarten, your child **must be five on/before September 30, 2025.**



Click the image above to visit the OCPS Kindergarten registration site.



SCHOOL NURSE-LETTER

From the nurse

Hi families!

I'm happy to report that our illness rates and absences have gone down dramatically! I love seeing it and seeing our Cardinals healthy and present!

Encourage your students to continue to be healthy and get outside and enjoy the warming weather! Fresh air and exercise is so good for them!

-Nurse Sam

During March:

- Daylight Savings! 3/9
- National Nutrition Month
- National Sleep Awareness week 3/9-3/15
- No school - 3/17
- World Down Syndrome Day 3/21

Happy
St. Patrick's
Day

Clinic Donations

If you would like to donate clothes to the school clinic, we will take them and would greatly appreciate it! Pants sizes 5-12 (especially 6-8) and new underwear are always welcome!

Monthly Health Challenge

Every month I send out a new health challenge form for the students to participate with. Last month was focused on brushing our teeth but this month, we will be focusing on getting enough sleep with pictures of beds on the back of the form!

Please help your student(s) by hanging these on the fridge, or somewhere they will be reminded daily. Students who turn these forms back in completed, the following 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!

Getting enough sleep for our Cardinals means what?

Did you know, school aged children should have between 9-12 hours of sleep?! According to John's Hopkins, their studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

Creating a routine at night is a great way to help children transition to bedtime and encourage good sleep habits. It will even help the brain begin "powering down" and help children to fall asleep faster. Giving a 30 and 10 minute warning until bedtime is a great idea. Washing up, brushing teeth, and reading a small book are all good routines to have. It is also a good idea to turn off all electronic screens about an hour before bedtime to help the brain signal to the body that it's ready for sleep.

Medication at school

If you feel your student would benefit from having an over the counter medication (such as Tylenol, cold medicine, etc.) available at school for them, you are able to do so! Please make sure the medication is in a new, unopened bottle and the parent/guardian is the one delivering to the school. There will be a form to sign, giving me permission to administer the medication to your student. Please note: Students are not allowed to transport medication to and from school.

contact me

Samantha Labanowski, LPN
School Nurse
slabanowski@ocss-va.org
540.661.4416

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).
- **Please send in a coat with your student.** We no longer have spare coats to loan out to students, due to hygiene control. If your student does not have a jacket and it is cold outside, they will be asked to have indoor recess in the front office. Please reach out to Ms. Beard or Ms. Hopkins if you need assistance with a coat for your child.
- **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.
- **Please keep students home** until they are fever, diarrhea, and vomit free for a total of **24 hours without medication.**





March Counseling Corner

MRS. BEARD, MRS. DUBEY AND MRS. JACKSON

LESSONS

Mrs. Jackson goes into the classrooms of K-grade 3. The lessons focus on different topics each month. Ask your child what is talked about and the activity done during lesson time. Mrs. Dubey tries to present lessons to grades 4 and 5 each month.

ATTENDANCE

LGES had 139 students that had perfect attendance during the month of February. LGPS had 127 students that had perfect attendance during the month of February.



UPCOMING EVENTS

- 3/2 Read Across America
- 3/3-7 National Careers Week
- 3/3 PTA Fundraiser begins (LGP)
- 3/3 The Anxious Generation
Fireside Chat at TEAC 5-6:30 p.m.
- 3/10 Math 24 Challenge (LGES)
- 3/14 Q3 ends; National Pi Day
- 3/21 Kona Ice Day (LGES)
- 3/21 PTA Fun Night (LGES)
- Music in Our Schools Month
4/7-4/11 Spring Break

MONTHLY TOPIC - ANXIETY

HAVE YOU WONDERED WHAT THE SIGNS ARE OF ANXIETY? ACCORDING TO AN ARTICLE BY CHILDMIND.ORG, COMMON SIGNS OF ANXIETY AMONG KIDS CAN BE: THEY ARE WORRYING A LOT, PHYSICAL SYMPTOMS SUCH AS HEADACHES, STOMACHACHES, SWEATING, AND A RACING HEART, THEY WANT TO AVOID CERTAIN SITUATIONS THAT MOST CHILDREN ENJOY OR ARE COMFORTABLE DOING, HAVING DIFFICULTY CONCENTRATING, TROUBLE SLEEPING, DISRUPTIVE BEHAVIOR, CLINGING TO PARENTS OR CAREGIVERS, AND ARE BEING HARD ON THEMSELVES. IF YOUR CHILD IS EXPERIENCING MANY OF THESE SYMPTOMS, TALK WITH YOUR CHILD'S DOCTOR. THERE ARE ALSO DIFFERENT KINDS OF ANXIETY. SOME KINDS OF ANXIETY ARE: SEPARATION ANXIETY, SOCIAL ANXIETY, SELECTIVE MUTISM, GENERALIZED ANXIETY DISORDER, PANIC DISORDER, OBSESSIVE-COMPULSIVE DISORDER, AND A SPECIFIC PHOBIA. WHAT CAN YOU DO? THE GOAL IS TO HELP THEM MANAGE IT. EXPRESS POSITIVE, BUT REALISTIC EXPECTATIONS. RESPECT THEIR FEELINGS. DON'T REINFORCE THEIR FEARS. ENCOURAGE YOUR CHILD TO TOLERATE THEIR ANXIETY. THINK THINGS THROUGH WITH YOUR CHILD.





WHAT WOULD YOU DO TO

KEEP YOUR CHILD SAFE?

PARENT NIGHT SERIES

Join OCPS for a 4-part series on topics related to safety and wellness.

Dinner & Childcare Provided
In-Person at TEAC & Virtual

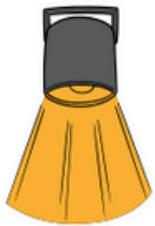


THE ANXIOUS GENERATION FIRESIDE CHAT SCREENING

Monday, March 3rd 5-6:30
FREE copy of the book for the first 25 participants to register!

SAFE HOUSE PROJECT

Monday, March 10th 5-6:30pm
Every year an estimated 300,000 children are victims of trafficking. Learn the dangers and how to protect your child.



HIDDEN IN PLAIN SIGHT

Monday, March 31st 5-6:30pm
A drug and vaping awareness program for parents of teens led by law enforcement.



DIGITAL SAFETY & WELLNESS

Monday, April 14th 5-6:30
Learn practical tips about supporting your child in the ever-evolving digital age.



PLEASE SIGN-UP TO JOIN US!

To register, select the QR Code or email amosser@ocss-va.org

YOU'RE INVITED!

You are invited to join OCPS at TEAC or virtually to:

What would you do to keep your child safe?

[CLICK HERE](#) or or the [graphic](#) to register today!

CARDINAL FUN DAY 2025

Click the Cardinal to sign-up



CALLING ALL VOLUNTEERS

May 21st from 9:15am-12:15pm
(last day of school)

MANY volunteers will be needed to make this day possible & help us celebrate the end of the school year in a fun active way! Stations will be set up prior to your arrival, we just need adults to run them. Preference given to those pre-approve so visit the front office to start pre-approval process if needed.



Lots of Physical Activities + Good Sportsmanship = FUN DAY

YEARBOOKS

Show your school pride!

Order your school's yearbook NOW.

¡Muestra su orgullo escolar! Ordene el anuario de su escuela AHORA.

\$15 per book – Soft Cover

Access Code: 0037696YB

Order online
at barksdalephoto.com
Devolver el pago con el formulario de pedido completado

Deadline to order:

Fecha límite para ordenar:

March 28, 2025

Credit card orders through Barksdale website only

No Service Fees:

Pedidos con tarjeta de crédito a través del sitio web de Barksdale solamente.
Sin cargos por servicio.

To pay by credit card, visit www.barksdalephoto.com go to "What are you looking for?", click "Order Your Yearbook" and enter **0037696YB** as the Access Code.

Para pagar con tarjeta de crédito, visite www.barksdalephoto.com vaya a "¿Qué estás buscando?", haz clic en "Ordena tu anuario" e ingresa **0037696YB** como el código de acceso

**Locust Grove
Primary School**



A portion of your purchases may be a fundraiser for your school!

Una parte de su compra puede ser una recaudación de fondos para su escuela!

Barksdale
YEARBOOKS

ATTENTION PLEASE !

CALENDAR UPDATES

In response to the numerous inclement weather days in the second semester, we are making the following changes to the OCPS Instructional Calendar:

- **Friday, March 14th**, will be a full instructional day for students.
- **Monday, March 17th**, will be a Teacher Work Day with no school for students.
- **Friday, April 18th**, will be a full instructional day for students.
- **The third quarter will be extended** until Friday, March 14th.



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!

BUDGET DEVELOPMENT CALENDAR



Superintendent's Budget Roundtable
6:00-8:00 PM



Public Comment Dedicated to FY2026 Budget
Regular Board Meeting



Presentation of Superintendent's Budget Priorities
Board Work Session



Public Comment Dedicated to FY2026 Budget
Regular Board Meeting



Presentation of Superintendent's Proposed Budget
Board Work Session



Public Hearing on FY2026 Budget
Regular Board Meeting



Tentative Approval of Proposed Budget OR Budget Work Session (as needed)



Tentative Approval of Proposed Budget OR Budget Work Session (as needed)