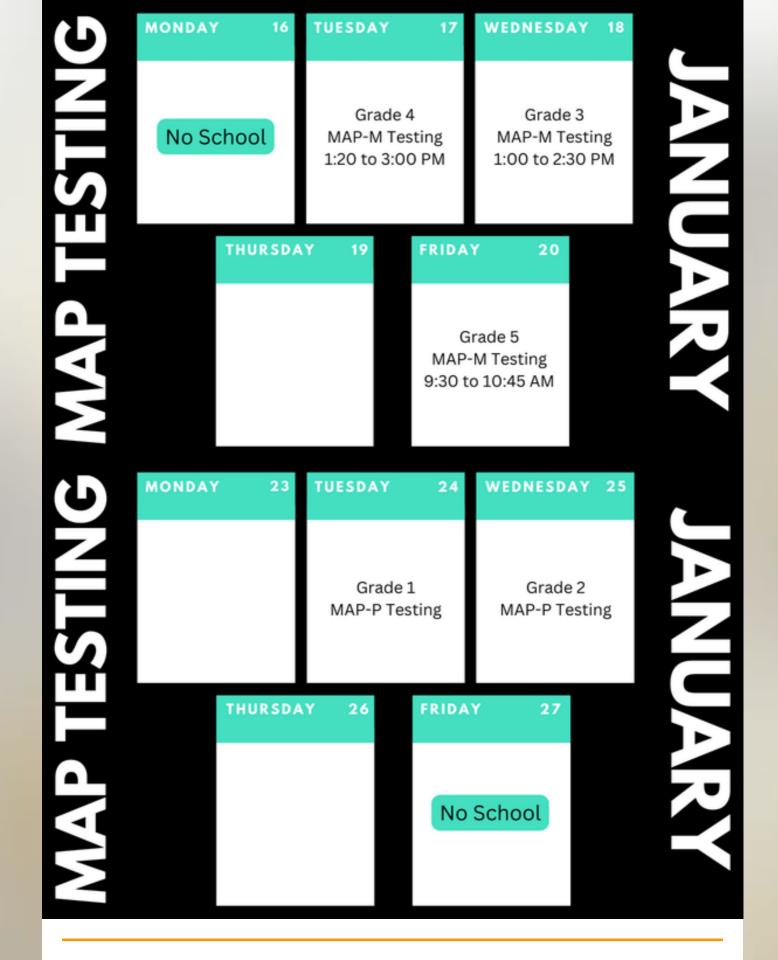




			L	UN	CH						
01/0	01/10				01/11						
Chicken WG Drumstick w/ Red Rosemary Potatoes	370	39	French Toast Sticks w/ Sausage*		344	26	Cheese Crunchers w/ Marinara Sauce			487	55
& Roll OR			& Syrup OR		240	62	OR				
Turkey Pepperoni & Cheese Stuffed Sandwich+~	180	38	Teriyaki Meatball w/ Veg Rice & Rol		421	63	Chik'N Nuggets ^v w/ Green Beans 8	& Roll		355	46
Crinkle Cut Potatoes Baby Carrots w/Ranch	99 35/55	15 8/3	Grape Tomatoes w Broccoli Cheese So		35/55 206	8/3 20	Celery Sticks w/ Ranch Roasted Chickpeas			20/55 180	3/3 27
	01/12				01/13						
	Chicken Soft Tacos & Seasoned Potatoes w/ Mini Flatbreads OR		278	32	Pizza, Cheese or Pepperoni+~		320/330	31			
			160	26	OR						
	Hamburger on Bun~ w/ Corn		351 39		Turkey Ham & Cheese Sandwich		227	29			
	Tossed Salad w/Ranch		20/55 4/3		Tossed Salad w/Ranch		20/55	4/3			

Ŋ	MONDAY	09	TUESDA	·Υ	10	WEDNESD	AY 11	
STIN	MAP-P (Widerm	garten Testing an Only) 2:30 PM	Grade 4 MAP-R Testing 10:30 AM to 12 PM Grade 5 MAP-R Testing 1:00 to 2:30 PM			Grade 3 MAP-R Testing 1:00 to 3:00 PM		JANL
		THURSDA	Y 12		FRIDA	Y 13		
MAP		Kinderg MAP-P 1 (Reiter 1:50 to 2	Γesting Only)		MAP (Liya Karar	dergarten -P Testing anage and nikas Only) to 2:30 PM		RY



MCPS NEWS

Montgomery County Public Schools (MCPS) is already planning for the start of the upcoming school year 2023 – 2024, including the Montgomery Virtual Academy (MVA). The primary focus of the MVA is to foster a safe, inclusive online learning environment that meets the individual needs of all students in an academic setting where



staff know their students' interests, and want to see them excel as learners. **The open application period will begin on January 5, 2023 and run through February 2, 2023.** Please access the MVA <u>Application Link</u> to apply.

Read the full message here:

https://www2.montgomeryschoolsmd.org/schools/virtualacademy/news-index/fy24-application-announcement/

Apply here: https://md-mcps.edupoint.com/PXP2_OEN_Login.aspx



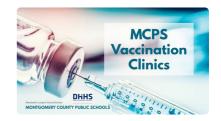
Spring and First Semester Student Service Learning (SSL) Hours Due Friday, Jan. 6

Students who completed SSL hours during the summer and first semester are encouraged to submit the forms to their school's SSL coordinator by Friday, Jan. 6. Students must earn 75 SSL hours to

graduate. Students can find a variety of traditional in-person and virtual/remote opportunities on the <u>MCPS SSL webpage</u>.

Reminder: Weekend Vaccine Clinics Are Open

As you settle into the new year, a reminder that free COVID-19 boosters are available at <u>school-based weekend</u> clinics for individuals 6 months and older. The bivalent boosters are designed to provide the most updated protection.





When to Stay Home from School:

FEVER A temperature of 100.4° or higher COUGHING THAT WON'T STOP

Or other problems with breathing OR VOMITING Within the past

24 hours

RASH Body rash with itching and/or fever HEAD LICE Itchy head, active head lice EYE INFECTION Eye is red and oozing a yellow or green discharge













When to Return to School:

Fever free for 24 hours without the use of fever reducing medication such as ibuprofen or acetaminophen Cough is mild and infrequent and evaluated by doctor if needed Free from diarrhea and/or vomiting for at least 24 hours and evaluated by doctor if needed Free from rash, itching or fever and evaluated by doctor if needed

After first head lice treatment 24 hours after starting antibiotic eye drops or ointment

Montgomery County Department of Health and Human Services School Health Services 401 Hungerford Drive, 2nd Floor Rockville, MD 20850 (240) 777-1550

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

When your child is sick, they should stay home and not attend school. This not only benefits your child but other children and staff in the classroom at school.

WHAT ARE IMPORTANT SIGNS OF ILLNESS?

Some important signs of illness are:

- Temperature of more than 100° F orally
- Nausea or vomiting
- Stomachache
- Diarrhea
- 5. Pale or flushed face
- Headache
- Persistent cough

- 8. Earache
- Thick yellowish discharge from nose
 - 10. Sore throat
- 11. Rash or infection of the skin
- 12. Red or pink eyes
- 13. Loss of energy or decrease in activity

WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SIGNS?

If your child has any of these symptoms when it is time for school, it is best that they stay home. Most childhood illnesses are over soon and no cause for worry. But, if the symptoms are severe or persist for more than 24 hours, you should contact your private source of medical care. Children sometimes use illness as an excuse to miss school. On the other hand, some children force themselves to go to school even though they are sick. There may be times that your child does not show signs of the above-noted symptoms but may be ill. It is up to you to be alert to

WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

your children's health and to decide when it is best to send them to school.

The Centers for Disease Control recommends that individuals stay home "until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine." http://www.cdc.gov/flu/school/guidance.htm

Generally, your child may return to school when there is no longer a sign of illness. However, there may be times when it is necessary for your child to see your source of medical care before returning to school. Please call your school nurse if you have any questions regarding a specific condition.

WHAT WILL HAPPEN IF MY CHILD BECOMES ILL AT SCHOOL?

If your child complains of being sick or does not look well after they reach school, we will contact you. Therefore, it is important that you provide the school with up-to-date information and phone numbers to call in case it is necessary to contact you.

MCPS Covid-19 Self-Reporting Form



Fields Road PTA

¡Apoye los programas de la PTA y la diversión para los estudiantes!

(1)