



# The Falcon News

Volume 4, Edition 23, February 5, 2023

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## *Upcoming Important Events*

**February 20th -**

Holiday, Schools and Offices Closed

**March 3rd -**

Early Release Day; Dismissal is at 12:55 PM

**March 15th -**


Early Release Day; Dismissal is at 12:55 PM

**March 31st -**

Professional Day for Teachers;  
No School for Students

**April 3rd - April 10th -**

Spring Break, Schools and Offices Closed



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## LUNCH

02/06			02/07			02/08		
Cheese Crunchers w/ Marinara Sauce <b>OR</b>	487	55	French Toast Sticks w/ Sausage* & Syrup <b>OR</b>	344	26	Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll <b>OR</b>		437
				240	62			
Chik'nv Nuggets w/ Green Beans & Roll	355	46	Teriyaki Meatballs~ w/ Veg Rice & Roll	421	63	Cheesy Pull Aparts w/ Marinara Cup		303
Baby Carrots w/ Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	35/55	8/3	Crinkle Cut Potatoes		99
Roasted Chickpeas	180	27	Broccoli Cheese Soup	206	20	Celery Sticks w/ Ranch		20/55
02/09			02/10					
Turkey & Gravy w/ WG Stuffing & Mashed Potatoes Cranberry Sauce <b>OR</b>	402	48	Pizza, Cheese or Pepperoni+~ <b>OR</b>	320/330	31			
	54	12						
Three Bean Chilli <sup>v</sup> w/ Corn & Scoops	277	52	Turkey & Cheese Sandwich	236	27			
Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3			

## Arrival/Dismissal Reminder

- If your child is a car rider, please remember to use the car rider loop to drop off your child or pick them up. Do not pull over to the curb on School Drive and drop them off on the sidewalk. Please use the car rider loop to keep students safe.
- Once you are in the car rider loop, please do not leave your car to walk your students up to the school. There are adults and safety patrols available to help students make it into the building safely.

## February is Black History Month!

Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

### In the Spotlight: Viola Davis

Viola Davis is an American actress. Known primarily as a stage actress, Davis won a Tony Award for Best Performance by a Featured Actress in a Play and a Drama Desk Award for her role in *King Hedley II* (2001). She won a Tony Award for Best Performance by a Leading Actress in a Play for her role in *Fences*. She also won her first Oscar for Best Supporting Actress in 2017 in *Fences* for which she also won a Golden Globe. Her performance in *Doubt* (2008) was nominated for several awards, including an Academy Award for Best Supporting Actress and a Golden Globe Award for Best Supporting Actress in a Motion Picture. In 2015, Davis made history by becoming the first Black woman to win an Emmy for Outstanding Lead Actress in a Drama Series, for her work in



ABC's *How to Get Away with Murder*. She has had the most Oscar nominations for an African American actress. Most recently, Viola produced and starred in her own movie, *The Woman King*, which sold \$94,333,330 in worldwide box offices.

**MCPS**

**STUDENT  
HOME USE  
CHROMEBOOK**

SCAN THE QR  
CODE TO  
REQUEST A HOME  
USE DEVICE  
or see a staff  
member for  
assistance

For students who are attending cart model schools/grade levels and do not have access to a home/personal device.  
Once the request is processed the device will be given to the student at school.

## MCPS NEWS

### MCPS Stronger Student Mental Health and Wellness App Now Available

The free MCPS Stronger Student mobile app is now available in the Apple and Google Play stores. Students led the project, designing, building, and choosing content. The app provides access to

crisis support resources and other mental and physical health and wellness needs, including reporting incidents of discrimination. It is anonymous and confidential. [More information](#)



## Summer Rise 2023 Registration Open for Students and Hosts

Sign up today for an opportunity to be a part of [Summer RISE 2023](#). Summer RISE provides hands-on, career-based learning experiences to rising juniors and seniors and helps employers cultivate a talent pipeline. The program will run for five weeks, from June 26–July 28. Student registration is available [here](#). [Registration is also open](#) for Montgomery County businesses, government agencies and nonprofits to participate as hosts for the program. Host registration closes on Friday, April 14.

## Black History Month: “A Reluctant Revolutionary, Dr. Betty Holston Smith” by MCPS Student Journalists

This Black History Month, student journalists Bennett Galper, Gabe Gebrekristose and Katherine Jones from Bethesda Chevy-Chase High School interviewed Dr. Betty Holston Smith for a feature story for the student magazine, [The Amplifier](#). “In June of 1956, Betty Holston’s father told her she was not going back to Carver, the “colored” high school in Rockville. Instead she would attend B-CC, the local high school a mile from her house. At first, Betty hated the idea. By the end of that first year, no one (and we mean no one) was going to convince her she did not belong. [Read article](#). [Order](#) a free copy of this month’s issue.



## Spotlighting Our Great Students and Staff

### Seventy Educators Achieve National Board Certification in 2022

[Seventy MCPS educators](#) achieved their National Board Certification in 2022. Another 90 successfully maintained their certifications. National Board Certification is achieved through an assessment process designed to measure what accomplished educators should know and be able to do. Read more good news in this week’s staff [Bulletin](#).

## Student-Athletes Highlight National Girls and Women in Sports Day

[Watch a PSA](#) by the Student-Athletes Leadership Council celebrating National Girls and Women in Sports Day. This day recognizes female athletes, their achievements, the positive impacts of inclusion of women in sports, and all of those who worked to provide equitable access to sports for girls and women.

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## Spread Kindness

# SERVICE PROJECT IN HONOR OF MARTIN LUTHER KING JR. SERVICE WEEK



FIELDS ROAD ES WILL BE COLLECTING ITEMS TO DONATE TO THE **STEPPING STONES** HOMELESS SHELTER. THE SHELTER PROVIDES SUPPORT TO HOMELESS FAMILIES WITH CHILDREN IN ORDER TO MOVE THEM FROM CRISIS TO A STABLE HOME ENVIRONMENT BY PROVIDING TEMPORARY SHELTER AND SERVICE.

BELOW ARE SOME ITEMS THAT THEY NEED CURRENTLY. EACH GRADE LEVEL IS ASSIGNED ITEMS THAT THEY CAN DONATE. WE ARE ONLY COLLECTING NEW ITEMS. **PLEASE BRING IN YOUR DONATIONS BY MONDAY, FEBRUARY 6TH.**

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MRS. SANDERS-G, SCHOOL COUNSELOR AT [DIYANA\\_J\\_SANDERS-GUNARATNAM@MCPSMD.ORG](mailto:DIYANA_J_SANDERS-GUNARATNAM@MCPSMD.ORG).

Pre.K, CAPP, Kindergarten	Snacks – Small packets and Juice boxes
Grade 1 & Mrs. Goldberg's Class	Shampoo, Conditioner, Body wash
Grade 2	Toothpaste, Toothbrushes, Small bags of Chips
Grade 3 & Ms. Serrano's Class	Paper towel, Shaving cream, Shavers
Grade 4	Paper goods – durable paper plates, paper bowls, plastic forks, spoons, and cups
Grade 5	Valentine candy, chocolates

### Event Information

## FRES Valentine's Day Parties

On Tuesday, February 14, 2023, Fields Road ES will be having their Valentine's Day classroom parties. Classroom parties will begin at 2:15 PM.

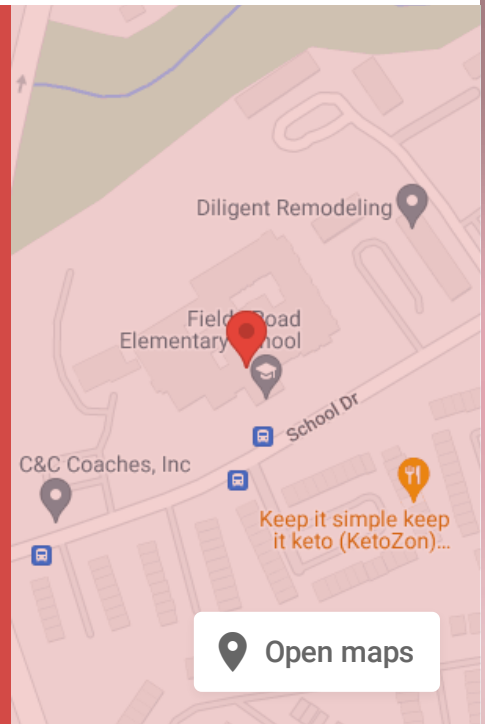
Parents/guardians please complete the RSVP below if you plan to attend your child's party. Please complete this form by Friday, February 10th.

When?

Tue, Feb 14, 2023, 02:15 PM

Where?

1 School Drive, Gaithersburg, MD, USA



 [Open maps](#)



# Valentine's Day Lolli-Grams are back!



This is a great way to show a friend, a teacher or staff member that your student cares. Delivered on Valentine's Day, Lolli-grams will raise important funds for the fifth grade promotion/celebration.

Lolli-grams cost \$ .50 each. Cash or checks accepted.

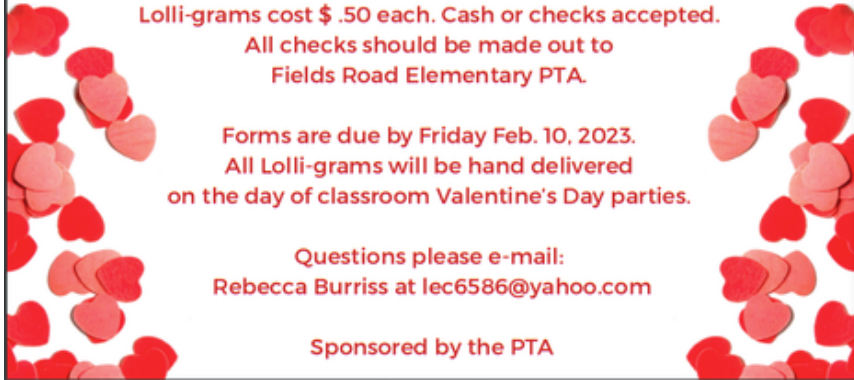
All checks should be made out to  
Fields Road Elementary PTA.







Forms are due by Friday Feb. 10, 2023.

All Lolli-grams will be hand delivered  
on the day of classroom Valentine's Day parties.

Questions please e-mail:  
Rebecca Burriss at [lec6586@yahoo.com](mailto:lec6586@yahoo.com)

Sponsored by the PTA



 <p style="text-align: center;"><b>For YOU, Happy Valentine's Day!</b></p> <p><b>Class Teacher:</b> _____  <b>To:</b> _____  <b>From:</b> _____  <b>Message:</b> _____          _____          _____</p>	 <p style="text-align: center;"><i>Owl always be your friend. Happy Valentine's Day!</i></p> <p><b>Class Teacher:</b> _____  <b>To:</b> _____  <b>From:</b> _____  <b>Message:</b> _____          _____          _____</p>
<p style="text-align: center;"><i>F is for Friend and I'm glad that you are mine. Happy Valentine's Day!</i></p>  <p><b>Class Teacher:</b> _____  <b>To:</b> _____  <b>From:</b> _____  <b>Message:</b> _____          _____          _____</p>	 <p style="text-align: center;"><b>For YOU, Happy Valentine's Day!</b></p> <p><b>Class Teacher:</b> _____  <b>To:</b> _____  <b>From:</b> _____  <b>Message:</b> _____          _____          _____</p>
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# Parents' Night Out

Benefiting the Fifth Grade Promotion and Field Trip  
Kids join the Bar-T staff for dinner, games, crafts, and fun with friends  
while YOU enjoy a fun night out (or quiet time at home!)



**Friday, February 10, 2023**  
**6:30 – 8:30 pm**  
**Fields Road APR and Gymnasium**



Pre-registration and Payment Required  
**\$20 per child, \$10 per each additional sibling**  
**Children must be school-aged and attending Fields Road ES**  
Please return form and payment **(check made payable to Fields Road PTA) by Friday, February 3, 2023**

Questions: Contact **Rebecca Burriss (301) 693-5718** or  
**Lec6586@yahoo.com**



Spanish Translation by Google Translate



Sponsored By: Fields Road ES 5th Grade  
Promotion Committee & BAR-T

## Registration Form (Return with payment)

Child Name: \_\_\_\_\_

Child Name: \_\_\_\_\_

Child Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_







Allergies: \_\_\_\_\_

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# Sick Kids:

## When to Stay Home from School:

<b>FEVER</b> A temperature of 100.4° or higher	<b>COUGHING THAT WON'T STOP</b> Or other problems with breathing	<b>DIARRHEA OR VOMITING</b> Within the past 24 hours	<b>RASH</b> Body rash with itching and/or fever	<b>HEAD LICE</b> Itchy head, active head lice	<b>EYE INFECTION</b> Eye is red and oozing a yellow or green discharge
					
<b>When to Return to School:</b>					
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, 2<sup>nd</sup> 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:

1. Temperature of more than 100° F orally
2. Nausea or vomiting
3. Stomachache
4. Diarrhea
5. Pale or flushed face
6. Headache
7. Persistent cough
8. Earache
9. 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 your children's health and to decide when it is best to send them to school.

## WHEN MAY MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

**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 Reporting Form



**Fields Road PTA**

Support programs and fun for students! Join the PTA!