

# Harper Park Middle School



*We ARE Harper Park*

701 Potomac Station Drive, Leesburg, VA 20176    School Hours 8:30-3:18

Main 571-252-2820 / Attendance 571-252-2822 / Clinic 571-252-2821

## **PRINCIPAL'S MESSAGE** **By Beth Robinson**

We have had a fantastic school opening to our 17th school year! Many thanks to everyone who assisted us with making the 2015-2016 beginning so outstanding! We are currently just shy of 1,100 students. Our sixth graders have learned how to operate their lockers, navigate their new schedules and are learning the ropes as “middle schoolers”. As a Harper Park Family, we will continue to place an emphasis on making meaningful connections with each and every student. At Harper Park, we believe a sense of belonging and sense of family is important to the overall success of our students.

Many thanks to all those parents and guardians who attended our Back to School Night a few weeks ago. I continue to urge all parents and guardians to stay involved in the school life of your children. Just because your children are in middle school doesn't mean that they no longer need you. You can stay updated on student assignments by checking your child's agenda nightly, checking the online grade book through ParentVue, checking teachers' websites or following other social media such as the HPMS Twitter feed and the Harper Park Facebook page. You may reach our school website through [www.lcps.org](http://www.lcps.org). The Harper Park Sunday evening newsflashes will continue all year to bring you timely and more current information.

Once again, the year is off to a great start! We offer huge thanks and gratitude to the PTA for support and assistance. This summer, the PTA funded 4 beautiful new murals in our building. Further, they recently have help to furnish “The Hurricane Hang Out” in our cafeteria. Be sure to ask your children about this new incentive!! Our PTA has planned many more exciting activities for this year. This year, the PTA is continuing the

## **Principal's Message (continued)**

DASH (Dads at School Helping) Program. This program encourages fathers/guardians to spend one day this year working with our students. For more information, please refer to the PTA information page in this newsletter or on our website. And whether you are a father, mother or guardian of a student at Harper Park, I urge all of you to be involved with the school in some capacity.

Our school fundraiser is ongoing until October 15. Thank you to all of you who have supported us so far with this endeavor. This support goes directly back to our students for activities, events, field trips, assemblies and other school sponsored needs.

Best wishes to everyone, and thank you for your continued support.

### **Important Dates**

**Oct 1—Science Olympiad Information Night @Harper  
Park Library, 7:00pm**

**Oct 7—PEP (Parents as Educational  
Parents Meeting), Hispanic Parent  
Information Night, 6:00pm**

**Oct 12—Holiday (Columbus Day)**

**Oct 23-30—Bookfair**

**Oct 27—National Mix It Up at Lunch Day**

**Oct 30—End of the First Grading Period**

**Nov 1—Daylight Savings**

**Nov 2-3—Student Holiday**

## HPMS Contacts

### Main office

Principal.....[Beth Robinson](#)  
 Assistant Principal.....[Don Keener](#)  
 Assistant Principal.....[Katie Johnson](#)  
 Parent Liaison.....[Neldy Negron](#)

Bookkeeper.....[Susan Lang](#)  
 Secretary.....[Sally Nanas](#)  
 Secretary.....[Dana Purpura](#)  
 Nurse.....[Terri Thomson](#)

### House A (8th Grade)

House Administrator.....[Don Keener](#)  
 Lead Learning Specialist.....[Alicen Frost](#)  
 Counselor.....[Kimberly Burnett](#)  
 Attendance Secretary.....[Christine Granja](#)

### House B (7th Grade)

Dean/House Administrator... [Meshelle Cary](#)  
 Counselor.....[Leslie Kole](#)  
 Secretary.....[Debbie Wishmyer](#)

### House C (6th Grade)

Dean/House Administrator.....[Jesse Encapera](#)  
 Counselor.....[Cherie Krisa](#)  
 Secretary.....[Brenda Siegel](#)

### Visitor, Volunteer, and Late Student Sign in Procedure

All visitors need to stop by the main office upon arrival. All visitors, volunteers, and late students will log into the computer located in the Main Office. A pass or nametag will automatically print out. While at HPMS, all people signing in will be required to wear a visitor's name tag. Students will take their late pass to their House office and sign in there as well. **Please be prepared to show a valid ID.**

### Attendance

Harper Park Middle School parents: we need your help! When your child is absent, please call the attendance line at 571-252-2822 or email at [HPMSAbsentee@lcps.org](mailto:HPMSAbsentee@lcps.org) to notify the school. For your convenience, this is a 24-hour answering machine. An absence will be unexcused if the school does not receive a note or a phone message from the parent or guardian.

### Early Dismissals

If at all possible, please send a note in with your child the morning of an appointment. The student's house secretary will write a pass to excuse the student at the appropriate time. This will alleviate the need to disrupt the classroom and your child will be waiting in the front office when you arrive. If sending a note is not possible, please arrive 5 minutes early to assure a smooth pickup of your student.

### Tardies

All students must be in their classroom by the 8:30 a.m. bell. Any student **arriving to class after the 8:30 a.m. bell** will be considered "tardy" and must sign in at the main office and receive a "tardy" pass.

### School Work Requests

When students are absent, the parent /guardian should call the Absentee Line at 571-252-2822 and inform the school of the reason of absence and when they will return to school. When a student misses 3 or more days, the parent/guardian may request missed school work from their child's counselor. The class work will be available for pick up on the following day. Please do not request class work on the Absentee Line.

## **DE LA OFICINA PRINCIPAL**

### **Procedimiento de Registro de Entrada para Visitantes, Voluntarios y Estudiantes que Llegan Tarde a la Escuela.**

Todos los visitantes deben reportarse a la oficina principal a su llegada. Cada visitante, voluntario, y todos los estudiantes que lleguen tarde a la escuela deberán registrarse en la computadora que se encuentra en la oficina principal. Se imprimirá automáticamente un pase o una etiqueta con su nombre. Se requiere que los visitantes o voluntarios porten a la vista la etiqueta con su nombre mientras se encuentren en HPMS. Los estudiantes llevarán su pase de retardo a la oficina de su área y se regis-

### **Salida Temprano**

Se les suplica que cuando tengan que recoger a sus estudiantes temprano, envíen una nota con su hijo/a a la secretaria de su área. La secretaria expedirá un pase para que el estudiante pueda salir de la clase a la hora apropiada. Esto evitará que haya interrupciones durante la clase, y su hijo/a le estará esperando en la oficina principal cuando usted llegue. Si no le fuera posible enviar la nota, por favor llegue a la

### **ASISTENCIA**

Cuando su hijo/a esté ausente, por favor llame al teléfono (571)252-2822, para reportar la ausencia. Para su comodidad Contamos con una contestadora automática que funciona 24 horas al día. Incluya la siguiente información:

Nombre del estudiante y grado.

Motivo de la ausencia, y la fecha en que regresará a la escuela.

Su relación con el estudiante.

Si va al doctor, pídale una nota y envíela a la secretaria del grado cuando regrese a la escuela.

### **Trabajo Escolar Faltante**

Cuando un estudiante se ausente de la escuela durante 3 días o más, el padre/tutor puede solicitar el trabajo escolar faltante al consejero de su hijo/a. El consejero tendrá las asignaciones listas para ser recogidas al día siguiente. **Por favor no solicite el trabajo escolar faltante en el teléfono en que se re-**

### **RETARDOS**

Todos los estudiantes deberán estar en su salón de clases cuando suene la campana de las 8:30 a.m. **A los estudiantes que se presenten a su clase después de las 8:30 a.m. se les marcara "tade"**. Deberán registrarse en la oficina principal donde se les proporcionará un pase de re-

## Dean News



### Let's Fall for Teamwork A good beginning makes a good end. – Anonymous

What a great beginning for seventh graders. The class of 2021 is experiencing a smooth transition from sixth to seventh grade here at Harper Park M.S. They returned to Hurricane Country when they entered the doors on Monday, August 30th, and now are settling into their respective grade level teams. Your child is either a part of Team Bolt, Team Storm or Team Twister. We truly believe that team work is an essential part of growing up and developing a sense of community here and at home. Be sure to talk with your child daily and discover what is happening in their school life. You might be surprised by the amount of activities and friendships they are involved with. We ask for your continue support and look forward to interacting with all of our parents/guardians throughout the school year. You are a part of the team and without you we are incomplete. Go HURRICANES!

Back to school night was a great opportunity for you to have met the team members who work diligently to ignite a passion for learning in your child each and every day. Hopefully I caught a glimpse of you as you were taking a glance at me, Mrs. Cary, the person who is your child's first middle school dean. I am honored and delighted to be in a position to guide this class through the remainder of their middle school experience.

Please surf our website for updates, insights, highlights and the 411 on all that is HPMS. Look for the weekly newsflash from our Principal. Contact any one of us here at "The Park "at any time. It will be our pleasure to assist you because you are a member of our team.

Meshelle Cary  
7<sup>th</sup> Grade Dean  
2015-2016

### Welcome to Middle School!

I trust that the school year has started well for the class of 2022 in their transition to Harper Park Middle School. I am Jesse Encapera, the Sixth Grade Dean, and it is an honor to have the opportunity to work with these students for the next three years. I should progress with your children to the Seventh and Eighth Grades at Harper Park. The Sixth Graders are adjusting well to the procedures and practices of the school, as well as the new situation of changing classes. Your children are broken into three house teams, which are Lightning, Thunder, and Whirlwind. If I may suggest that you actively discuss the day's events with your child as often as possible. These discussions can provide valuable insight to classroom success and social interactions. When I have the opportunity to discuss with my 4-year-old about her day(s) at pre-school, the information that I receive is inspiring, at times, to learn that she is making the right choices without us present. Sometimes I learn more from observing her "play school" with her toys. I greatly enjoyed getting to meet many of you at Back to School Night, as your continued involvement over the next few years is essential to your child's many successes, and I look forward to working with you over the next three years.

I have learned, recently, that many of our students already know about and participate in Open Gym on Mondays and Wednesdays. In addition, please feel free to visit our website frequently for updates and information on everything that is Harper Park. Keep an eye out for weekly newsflashes from our Principal. Please contact any one of us here at "The Park "at any time. It will be our pleasure to offer any assistance possible.

Jesse Encapera  
6<sup>th</sup> Grade Dean  
2015 – 2016

## Counselors' Corner



Welcome Back! We hope everyone had a great and relaxing summer. We are excited about the new school year and working together with parents/guardians, staff, and students. Counselors have moved to remain with their students: Mrs. Krisa is in 6th grade, Mrs. Kole is in 7th grade, and Mrs. Burnett is in 8th grade. We look forward to working with your child in the areas of academics, personal/social, and career planning. At each grade level, the counselor provides supports to assist students in having a successful school year.

Please call or e-mail your counselor with any questions or concerns.

Camfel Productions Assembly: November 12th. As a follow-up to each grade level anti-bullying program, Camfel Productions will bring the Three-Screen Interactive Assembly called Be Amazing.

Students will learn when they are passionate they will strive to perform at their personal best. Amazing people stay away from negative activity and don't let bullies and criticism keep them from their goals.

**Sixth Grade:** We began the year with a class assembly where I shared Rachel Platten's "Fight Song" with students and asked them to consider what they would fight for. They got an opportunity to share their responses in Resource. The top three cause are: 1. Ending bullying, 2. Finding a cure for cancer, 3. Tie-Education and Family. What a thoughtful group they are! They also had an opportunity to sign up for small group counseling which will begin very soon. Those students wanting to participate will bring home a permission form for parent signature. On September 25th, we went to the library during Resource to learn how we can deal effectively with bullying when it happens.

Be sure to access ParentVue to help your child monitor progress. Please contact Mrs. Krisa with any concerns.

**Seventh Grade:** The anti-bullying refresher counseling lesson was September 30th during Resource. Students learned about the difference between bullying, mistreatment, and conflict and how to stand up for others while integrating the PBIS initiative of using the word "Enough." Cyberbullying, digital footprints and Internet safety was addressed. Students learned more about opportunities through the counseling program to include individual counseling and some small counseling groups.

On October 20th and 21st, students currently in FACS classes will receive a career counseling lesson in the computer lab. The same lesson will be presented to students during FACS class second semester. Through Naviance, students will explore careers tied to career clusters and explore Roadtrip Nation to hear from people around the nation with their same interests.

If you have a concern you with your child you would like to discuss, please contact Mrs. Kole at [leslie.kole@lcps.org](mailto:leslie.kole@lcps.org) or at 571-252-2820.

## *Counselors' Corner* (continued)



**Eighth Grade:** We are off to a great start in 8th grade. The Violence Prevention Assembly was held on September 24th during Resource for all 8th graders. The focus this year was on Cyberbullying and covered many issues that students encounter while using social media.

A representative from Thomas Jefferson High School for Science and Technology joined us for a Parent Coffee on September 11, 2015. He provided an overview of the school and explained the application process. The application can be found on their website at [www.tjadmissions.org/](http://www.tjadmissions.org/)

### **Thomas Jefferson High School for Science and Technology**

Students in the 8th grade are eligible to apply to TJHSST, a regional governor's school for science and technology in Northern Virginia. Important dates are listed below. Please call Mrs. Burnett with questions.

- September 21, 2015: Online application available
- October 9, 2015: Deadline to request Algebra 1 Waiver
- October 16, 2015: Application Deadline
- December 5, 2015: Admissions Test
- January 15, 2015: Online applicants receive semifinalist pool notification through online system
- January 23, 2016: Student Information Sheet/Essay Administration
- February 12, 2016: Teacher Recommendations due
- April 30, 2016: Final admissions decisions posted/mailed no later than this date

### **Academy of Science**

Applications and SAT test registration are available on the Academy of Science website for 8th grade students interested in applying to the Academy of Science <http://cmsweb1.lcps.org/aos/site/default.asp>. Students must be currently enrolled in Algebra 1 or higher to apply. All applications are to be completed and submitted online. Please call Mrs. Burnett with questions.

#### **Important dates are listed below:**

- Thursday, October 8, 2015 @ 11:59 p.m.: Absolute deadline for applicants to submit Part One of the AOS application for the 2015-16 admission process.
- Saturday, November 7, 2015: SAT and CCTDT administered at Dominion High School for all AOS applicants.
- Late November 2015: Students will receive SAT score report from the College Board.
- No later than Monday January 4, 2016: Students will be notified of finalist status; finalists will be invited to complete Part II of the AOS application.
- Saturday, January 23, 2016 at 9:00 a.m.: Writing Prompt for all Finalists (Writing prompt and CCTST required for all finalists).
- Friday, February 5, 2016 at 11:59 a.m.: Absolute deadline to submit Part Two of the AOS application for the 2015-16 admission process. No applications will be accepted after this date.
- March, 2016: Decision letters postmarked to applicants.



***Our school's health clinic specialist/registered nurse is Terri Thomson, R.N. She works in the health office each day from 8:00 a.m. until 3:30 p.m. A health clinic specialist (HCS) works under the direction and supervision of a registered nurse (resource nurse). School staff can contact the school resource nurse at any time for advice or emergencies. HCSs are trained in first aid, cardiopulmonary resuscitation (CPR), use of an external automatic defibrillator (AED), and medication administration. The resource nurse visits the school regularly. Please check the website for the resource nurse for your school. Health office personnel (HCSs and nurses) are not allowed to make a medical diagnosis. If you have an urgent medical concern, please take your child to their personal physician or a medical facility.***

If your child has any significant medical needs, please notify the HCS/RN even if the school has been notified in previous school years. If your child has asthma, diabetes, seizures, life-threatening allergies, or other medical conditions, you and the physician will need to complete a form so the school can understand and address your child's needs. These forms are available on the Loudoun County Public School (LCPS) website. These forms must be updated each school year.

### **School-Sponsored After-School Activities and Sports**

If your child has diabetes, an epinephrine auto-injector, an inhaler, or other emergency medication at school, please notify the teacher/sponsor that your child has the health concern. Also notify the health clinic specialist/nurse 2 weeks prior to the event. The clinic is closed after dismissal and the HCS/RN is not in the building. Arrangements need to be made to have medication available and to train staff. It is strongly suggested that middle and high school students carry their own inhaler and/or epinephrine auto-injector for quick access to medication. For students to carry an inhaler, the physician must complete and sign the "Asthma Action Plan" giving his/her permission for the student to carry the inhaler, and the parent and student must sign page 3, the "Parent/Student Agreement for Permission to Carry an Inhaler". For students with an epinephrine auto-injector, the physician will need to sign the bottom of the "Allergy Action Plan" and the parent and student will need to sign page 2 under "Agreement for Permission to Self-Administer and/or Carry Epinephrine." For students with diabetes to carry any of their medical supplies, the diabetes form, Part 4: "Permission to Self-Carry and Self-Administer Diabetes Care," will need to be signed by the physician, parent, and student.

**If your child is ill because of a contagious disease such as the flu, strep throat, chickenpox, etc., it would be helpful to note the reason for the absence when you call the absentee call-line. This will help the school take measures to know the extent of the disease and reduce its spread.**

Students who have fevers should be kept at home until free of fever for 24 hours. Students who do not feel well should stay home. When students come to school ill, they not only are unable to participate fully in class, but they may also infect other students with their illness.



A parent or guardian must deliver any medication (prescription or non-prescription) to the school office or health office. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the health office at the end of the year will be destroyed according to state law and LCPS guidelines.

If your child takes a prescription medication and missing a dose would have serious health consequences (seizure medication, insulin, etc.), it is strongly suggested that a 24-hour supply of the medication be left in the school Health Office in case of a prolonged school day. The medication must be in an original pharmacy-labeled bottle and have a physician's order on file in the health office. The order must give the times during the 24-hour period that the medication is to be administered.

The HCS/RN must have written instructions from the physician in order to administer **prescription medications**. The instructions should include:

- student's name;
- name and purpose of the medication;
- dosage and time of administration;
- possible side effects and measures to take if those occur;
- end date for administering the medication;
- parent/guardian signature giving permission to administer medication and to contact physician, and physician's signature.
- LCPS will not accept parent/guardian amendments to a physician's order, including any restriction of the principal's designee (HCS/RN) from contacting the physician to clarify the medical order.
- The "Authorization for Medication Administration" form should be used for physician's orders. Copies of this form as well as other medical forms are available in the school office or at the LCPS website under Student Health Services

All prescription medication must be in the original pharmacy bottle with the proper label containing the student's name, medication, dosage, and instructions for administration. Upon request, most pharmacies will provide an extra labeled bottle with the proper amount of medication for school. **Please do not send more than a 60-day supply of medication.**

If the HCS/RN needs to administer **non-prescription medication**:

- it must be provided by the parent/guardian in an original package with the name of the medication and instructions;

- she must have a note from the parent regarding when and how much medication to administer;
- she will only give the amount listed on the package for your child's age and weight and for the recommended length of time the student should receive the medication unless she has doctor's orders on the "Authorization for Medication Administration" form to dispense differently; and
- she cannot administer medication that is not in its original container.

For the HCS/RN to give acetaminophen (generic Tylenol) to your child, you must have completed the section on the emergency card that gives permission and sign it. Parents/guardians of elementary students will be contacted before any acetaminophen is given in order to assure that it has not been given at home. Because acetaminophen taken in large amounts over a period of time can cause liver damage, middle and high school students may only receive four doses of acetaminophen in a four-week period. Before a fifth dose is given, the parent/guardian will be contacted.

Be sure to keep the "Emergency Information" updated so we can reach you if your child is ill or injured. This can easily be done on-line through the ParentVUE on the LCPS website.

All 3<sup>rd</sup>, 7<sup>th</sup>, and 10<sup>th</sup> grade students and students new to LCPS will be screened for vision and hearing during the first 60 days of school. Kindergarten students who did not have distance vision screening or hearing tests within two months of the beginning of school will also be screened.

The Commonwealth of Virginia requires that school divisions provide information on scoliosis to parents of students in grades 5-10. The scoliosis flyer on the next two pages is provided by the school at the beginning of each school year.

## Scoliosis

### Curvature of the Spine

**Scoliosis** is an abnormal curving of the spine from side to side often described as an "S" curve. It affects 2% of Americans, mostly adolescents.

#### Cause

- The cause is unknown in most cases.
- Girls are affected more often than boys.
- Untreated, severe scoliosis can lead to lung and heart damage, back problems, and distressing cosmetic changes.

#### Normal Spine

Has a slight outward curve in the upper back and an inward curve at the waist.

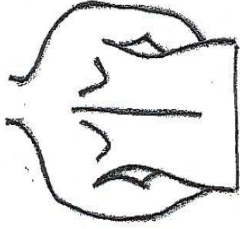
If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

#### Signs

- One shoulder higher than the other
- Scapula (shoulder blade) on one side of the body is higher or more prominent
- One-sided fullness at the waist
- One hip higher than the other
- Unequal rib prominence

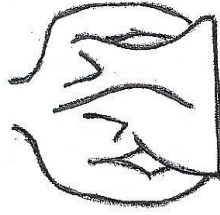
### Normal View from Back

Shoulder blades and spine appear straight



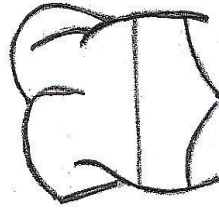
### Abnormal View from Back

The spine curves abnormally to the side



### Abnormal View Bending Forward

Shoulders and/or hips appear uneven



### Symptoms

- Backache or low back pain
- Fatigue
- Maybe none

### How to Check Your Child's Spine

- Stand behind the child.
- Ask child to stand with feet together and bend forward to touch the toes.
- Check that the shoulders and the top of the hips are at the same height, the head is centered, and the rib cage is symmetrical. Note that the waist is even and that the body does not lean to one side.
- It may be helpful to run your hands along the spine to detect any abnormalities.
- Ask the child to stand up, turn around to face you, and to bend down again.
- Repeat the assessment.
- If any lateral curvature is noted, your child needs further evaluation.

### What should be done if any of the signs and symptoms are present?

Contact your primary care physician for an appointment to have your child's back evaluated.

## Recordatorios de la Oficina de Salud Escolar

***El/la especialista en salud clínica/enfermero/a registrado/a de nuestra escuela es Terri Thomson, R.N. Trabaja en la oficina de salud todos los días, desde las 8:00 hasta las 3:30. El especialista en salud clínica (ESC) trabaja bajo la dirección y supervisión de un enfermero registrado (ER) (enfermero de apoyo). El personal de la escuela puede ponerse en contacto con el enfermero de apoyo en cualquier momento para solicitar asesoramiento, o en caso de emergencias. Los ESC están capacitados en primeros auxilios, resucitación cardiopulmonar (RCP), uso de desfibriladores externos automáticos (DEA) y administración de medicamentos. El enfermero de apoyo visita la escuela regularmente. Consulte en el sitio web quién es el enfermero de apoyo de su escuela. El personal de la oficina de salud (los ESC y enfermeros) no está autorizado para realizar diagnósticos médicos. Si tiene consulta médica urgente, lleve su hijo a su médico personal o a un centro médico.***

Si su hijo tiene necesidades médicas significativas, por favor notifique al ESC/ER, incluso si la escuela ha sido notificada en años anteriores. Si su hijo sufre de asma, diabetes, epilepsia, alergias con riesgo de vida u otras enfermedades, usted y el médico tendrán que completar un formulario para que la escuela pueda entender las necesidades de su hijo y ocuparse de ellas. Estos formularios están disponibles en el sitio web de las Escuelas Públicas del Condado de Loudoun (LCPS). Estos formularios deben ser actualizados en cada ciclo lectivo.

### **Actividades y deportes extracurriculares patrocinados por la escuela**

Si su hijo tiene diabetes, un autoinyector de epinefrina, un inhalador u otra medicación de emergencia en la escuela, por favor notifique al maestro/patrocinador sobre la situación de salud de su hijo. Notifique además al especialista en salud clínica/enfermero con 2 semanas de anticipación al evento. La clínica cierra cuando los alumnos son autorizados a retirarse y los ESC/ER no están en el edificio. Es necesario hacer los arreglos pertinentes para que haya medicación disponible y capacitar al personal. Se sugiere encarecidamente que los alumnos de escuela media y secundaria lleven sus propios inhaladores, o autoinyectores de epinefrina, para tener rápido acceso a la medicación. En el caso de los alumnos que llevan un inhalador, el médico debe completar y firmar el "Plan de acción por asma", que autoriza al alumno a llevar el inhalador; el padre y el alumno deben firmar la página 3, el "Acuerdo de autorización de padres/alumnos para llevar inhaladores". En el caso de los alumnos con autoinyectores de epinefrina, el médico tendrá que firmar la parte inferior del "Plan de acción por alergias", y el padre y el alumno deben firmar la página 2, donde dice "Acuerdo de autorización para llevar y autoadministrarse epinefrina". Para que los alumnos con diabetes puedan llevar sus medicamentos, el médico, el padre y el alumno deben firmar la Parte 4 del formulario de diabetes "Autorización para llevar y autoadministrarse atención por diabetes".

**Si su hijo está enfermo de una enfermedad contagiosa como la gripa, una infección de garganta por estreptococos, varicela, etc., será útil informar el motivo de su ausencia cuando llame a la línea de atención correspondiente. Esto ayudará a que la escuela tome medidas para conocer el grado de difusión de la enfermedad y reducir su diseminación.**

Los alumnos con fiebre deben quedarse en casa hasta que su temperatura sea normal durante 24 horas. Los alumnos que no se sienten bien, deben quedarse en casa. Cuando los alumnos van a la escuela enfermos, no solo son incapaces de participar bien en clase, sino que además pueden infectar a sus compañeros.

El padre o tutor debe entregar toda la medicación (recetada o no) a la dirección o la oficina de salud de la escuela. **Los alumnos no pueden transportar ningún tipo de medicación a la escuela o desde ella.** Los padres son responsables de retirar cualquier medicamento que no haya sido utilizado. Los medicamentos que continúen en la oficina de salud al terminar el año serán destruidos según la ley estatal y las normas de las LCPS.

Si su hijo toma medicamentos recetados y saltar una dosis tendría graves consecuencias de salud para él (medicamentos para la epilepsia, insulina, etc.), se sugiere encarecidamente dejar una provisión del medicamento para 24 horas en la oficina de salud de la escuela, por si el día escolar se prolonga. La medicación debe entregarse en el envase original, etiquetado por la farmacia, y la oficina de salud debe contar con la receta del médico en sus archivos. La receta debe indicar los horarios de administración del medicamento durante el período de 24 horas.

Los CES/ER deben tener instrucciones por escrito del médico para administrar **medicamentos recetados**. Las instrucciones deben incluir:

- el nombre del alumno;
- el nombre y propósito del medicamento;
- la dosis y el horario de administración;
- los posibles efectos colaterales y las medidas necesarias si ocurren;
- la fecha en que se debe dejar de administrar el medicamento;
- la firma del padre o tutor, autorizando a administrar la medicación y a contactar al médico, y la firma del médico.
- Las LCPS no aceptarán enmiendas del padre o tutor en una receta del médico, incluidas restricciones a la persona designada por el director (CES/ER) para contactar al médico y aclarar las indicaciones.
- Para las indicaciones, los médicos deben usar el formulario de “Autorización para la administración de medicamentos”. En la Dirección de la escuela o el sitio web de las LCPS, podrá encontrar copias de este y otros formularios médicos en la sección de Servicios de Salud para los Alumnos (Student Health Services).

Todos los medicamentos recetados deben presentarse en sus envases originales de la farmacia con el etiquetado adecuado que contenga el nombre del alumno, el medicamento, la dosis y las instrucciones para su administración. Si lo solicita, la mayoría de las farmacias proporcionan un envase con etiquetado adicional que incluye la cantidad de medicamento adecuada para la escuela. **Por favor, no envíe medicamentos para más de 60 días.**

Si el CES/ER debe administrar **medicamentos no recetados**:

- deben ser proporcionados por el padre o tutor en su envase original con el nombre del medicamento y sus instrucciones;
- debe contar con una nota del padre sobre la cantidad de medicamento a administrar y cuándo hacerlo;
- solo administrará la cantidad indicada en el envase para la edad y el peso de su hijo, y durante el tiempo recomendado que el alumno debe recibir el medicamento, a menos que cuente con instrucciones del médico en el formulario de "Autorización para la administración de medicamentos" para administrarlo en forma diferente; y
- no podrá administrar medicamentos que no se encuentren en su envase original.

Para que el CES/ER administre acetaminofén/paracetamol (Tylenol genérico) a su hijo, usted debe haber completado y firmado la sección que lo autoriza en la tarjeta de emergencia. Los padres o tutores de los alumnos de escuela primaria serán contactados antes de suministrarles acetaminofén, para garantizar que no lo hayan recibido ya en su casa. Debido a que el acetaminofén en grandes cantidades durante un cierto período puede causar daño hepático, los alumnos de escuelas medias y secundarias solo podrán recibir cuatro dosis en un período de cuatro semanas. Antes de suministrar la quinta dosis, se contactará al padre o tutor.

Asegúrese de mantener actualizada la "Información para emergencias", para que podamos comunicarnos con usted si su hijo está enfermo o se lastima. Esto puede hacerse fácilmente en línea, a través ParentVue, en el sitio web de las LCPS.

Todos los alumnos de 3.º, 7.º y 10.º grado y los alumnos nuevos en las LCPS recibirán un examen de visión y audición durante los primeros 60 días de clases. Los alumnos de jardín de infantes que no hayan de visión a distancia y pruebas auditivas dentro de los dos primeros meses de clases, también serán revisados.

El Estado de Virginia exige que las divisiones escolares proporcionen información sobre escoliosis a los padres de alumnos entre 5.º y 10.º grado. Al principio de cada ciclo lectivo, la escuela entrega el folleto sobre escoliosis que se encuentra en las próximas dos páginas.



### **Escoliosis Curvatura Vertebral**

**Escoliosis** es una curvatura anormal de la espina dorsal que parece la forma "S" y se extiende de lado a lado. Afecta 2% de Americanos, mayormente adolescentes.

#### **Causa**

- La causa no es conocida en la gran mayoría de casos.
- Niñas más que niños son afectadas.
- Si no se trata, escoliosis severa puede provocar daño a los pulmones y el corazón, puede causar problemas de la espalda, y cambios drásticos a la postura.

#### **Espinal dorsal normal**

Tiene una leve curvatura hacia afuera en la parte de arriba de la espalda y otra hacia adentro en la cintura.

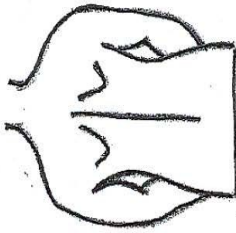
Si la escoliosis es detectada lo antes posible, se puede comenzar tratamiento así evitando que se convierta en una discapacidad física o emocional.

#### **Señal**

- Un hombro más alto que el otro
- Escápula(omóplato) en un lado del cuerpo es más alto o más prominente
- El área de la cintura se ve más redondo/lleño
- Una cadera más alta que la otra.
- Desproporción de costilla (sobresalida)

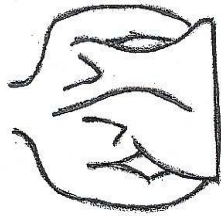
#### **Ilustración Normal de la Espalda**

Omóplatos y espina parecen rectos



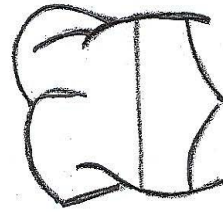
#### **Ilustración Anormal de la Espina**

Curva anormal hacia un lado



#### **Ilustración Anormal Doblado hacia delante**

Desigualdad de hombros y/o caderas



#### **Síntomas**

- Dolor de espalda/baja
- Fatiga
- Quizás ninguno

#### **Como chequear la Espalda de su hijo/a**

- Párese detrás de su hijo/a.
- Pídale que se pare con pies juntos y se doble hacia adelante tocando sus pies.
- Verifique que ambos hombros y caderas estén al mismo nivel/altura, la cabeza en el centro, y las costillas se vean simétricas. Verifique que la cintura parezca simétrica y el cuerpo no se incline hacia un lado.
- El palpar la espina de arriba hacia abajo quizás puede detectar anomalías.
- Pídale que se pare recto frente a frente a usted y nuevamente se doble.
- Repita los pasos arriba.
- Si nota curvatura lateral su hijo/a necesita una evaluación médica.

#### **¿Que debo hacer si encuentro algún síntoma o señal?**

Comuníquese con su pediatra o médico para acertar una cita para la evaluación de la espalda de su hijo/a.





## MATH NEWS

Have you ever needed help with your math homework and wished you could talk to a living, breathing, walking, talking math teacher? Well, you are in luck! MAM, or Math Aid in the Morning, has begun. MAM, which runs during homeroom on Monday through Thursday from 8:15am to 8:45am, is a time for students to receive help from REAL LIFE math teachers on homework or other assignments.

In order to attend MAM, students must do the following:

- Check in with their homeroom teacher so they are not marker absent.
- Proceed DIRECTLY to the designated MAM area.
- Have questions about homework or other assignments. THIS IS NOT A TIME TO START, OR WORK ON, HOMEWORK. It is a time to receive help with specific problems that you have tried but were unable to answer or complete.

Locations for MAM have changed, so listen carefully. Sixth grade MAM will be held in room C-2, seventh grade in room B-4, and eighth grade in room A-2.

The math department is eager to help and excited to see you there!

## Sensation Science Scoop



### 6th Grade-

Science 6 students are learning about the Properties of Water. In order to calculate the density of water we will be using Triple Beam Balances, Graduated Cylinders, and Beakers. In October we will be learning about Watersheds and in particular about Virginia's Watersheds.

### 7th Grade-

7th grade life science students began the school year reviewing the essential components of scientific investigations. We have also been exploring the characteristics and needs of living things. As part of this unit, we are raising monarch caterpillars in the classroom. As fall approaches, these monarchs will emerge and make their long journey to Mexico to overwinter. Before they are released, we will be tagging each monarch in hopes of hearing back from scientists who have found them in Mexico. Students will also be participating in a symbolic migration. Each student is creating a paper monarch which we will mail to students in Mexico. Those students will then mail their monarchs back in the spring to continue the symbolic migration. This will provide an opportunity for our students to make a connection with students in another country! Students have also been exploring the organization of life. As part of this unit, we have begun our very exciting frog dissections! We will be exploring various organs and organ systems of the frog and comparing them to humans. Please have students continue studying their Terms2Learn. Remember to use the resources provided on Quizlet.

### 8th Grade-

September has been a busy month as students reviewed concepts of lab safety, measurement, graphing, and metrics as well as matter. Physical and chemical properties and changes as well as the characteristics of solids, liquids and gases have been reviewed. A graphing and metrics quiz will be on October 1 and 2. The Unit test on Matter will be October 5 & 6.

In October, students will investigate and understand the particle theory of matter. Elements, compounds, and mixtures will be highlighted with a special hands on day creating solvents and solutions along with mixtures. We will be sending home requests for parents to donate lemonade, jello, and trail mix items for class. Parents will be notified of details closer to the date and student allergies will be reviewed.

## THE FACS of Life (News from the Family and Consumer Sciences department)

Getting ready to return to school after the summer is always an exciting time for us! Mrs. Brower and Mrs. Duhring are getting ready for many fun days in the kitchen, learning about becoming independent while managing your money, organizing your home, babysitting, proper food preparation and storage, and caring for laundry are just a few of the things we will be discussing. As we get ready to welcome everyone back we wanted to give some tips for packing a healthy lunch so that you will be bright eyed and bushy tailed ALL DAY LONG... no more late afternoon slump, or need to feel like a nap is needed. These lunches will provide energy all day long!

Step #1 - Eat a healthy breakfast that contains protein (like eggs) Breakfast cereal is always a convenient morning meal, but having a cooked breakfast will keep you fuller longer and will keep you from having that tired mid morning slump. Consider bacon or sausage and eggs, or even some hash browns and toast with some butter and cinnamon sugar sprinkled on top... These are some of the things that we enjoy eating in the morning... Don't have time to cook a breakfast every morning - Consider making breakfast burritos and freezing them so you can throw them in the microwave in the morning as you head out the door. There is a great recipe for these at <http://moneysavingmom.com/2011/05/freezer-friendly-breakfast-burritos.html>

Step #2 - Pack a healthy lunch - There are several things to think about when packing your lunch... These include - including plenty of protein for brain energy, having fruits and veggies as part of your meal, and including a low sugar beverage (water is always the best choice) and a small dessert. You can find lots of fun ideas on the internet so you are not packing the same thing day after day.

As teachers walk around during lunch duty, we are always surprised to see what some children bring in their lunches and we try to talk to the kids about healthy choices in their meals. We know that many times kids are packing their own lunches in the morning. We work in class to introduce new foods to them, and hope that you as parents will talk to your kids about how their food choices now will affect their lives in the future.

We look forward to seeing the kids in FACS classes (both 7th and 8th grade) and we look forward to an amazing year!



## The English Blurp

The English Department is off to a great start for the new school year.

The 6th grade students are working on reading strategies and story elements. Soon they will be starting research projects.

The 7th graders are reviewing good sentence structure, theme, and narrative elements. They are also starting to work on their Personal Memoirs.

The 8th grade students working on short stories and vocabulary development. We are also working on developing writing skills in order to complete the upcoming Expository essay.

## LIBRARY LINES



The HPMS Library is off to a great beginning! We've presented info to most classes regarding Common Sense Media's Cyberbullying, Strategic Searching, Digital Footprint, Office 365, introduction/orientation to the

library, and book trailers for the Virginia Readers' Choice books.

The library is to be the place to be in the morning before homeroom! Many students use this time to return books and check out new ones.

For those students who are interested, the Student Book Club will meet during lunch the first Wednesday of every month. Our first meeting will be Wednesday, October 7.

The annual Scholastic Book Fair will be open for book sales from Friday, October 23 through Friday, October 30 from 8:00 a.m. until 3:30 p.m. We plan to remain open one afternoon until 4:20 p.m. Please mark your calendars. Parents are welcome at the Book Fair anytime.

# **BUY A YEARBOOK!**

***Don't miss out!  
Order a 2015-2016  
Harper Park MS yearbook today!***

To order:

Go online to  
[www.yearbookordercenter.com](http://www.yearbookordercenter.com)  
OR  
Call 1-866-287-3096

Please use Order #13872

Yearbooks can be purchased for \$28 until December 31, 2015. After this date, the price goes up to \$32 and will be available while supplies last.

Questions? Contact Laura Chamblin by  
email: [Laura.Chamblin@lcps.org](mailto:Laura.Chamblin@lcps.org)

# Welcome to School Nutrition Services



**Mission Statement** School Nutrition Services supports the LCPS education mission by providing nourishment to all students while teaching them to make life long healthy choices. **Good nutrition and learning go hand in hand.**

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the [USDA Dietary Guidelines](#). We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

Go to: <http://lcpshhealthycafe.org/> to go to the School Nutrition site. From here you are able to choose:

- the interactive menus.
- Pre-payment options
- Nutrition & fitness
- Nutrition education





Dear Harper Park Families:

It has been a super kick-off to the school year, our 17<sup>th</sup>! We are asking for your help.

### **What? Principal's School Support Fund Drive**

We surveyed the parents this past spring to inquire about their preference of the type of fundraiser we should have for this school year. The response from the participating parents was overwhelming in favor of making a family or personal donation, instead of purchasing products. Based on that input, we are officially kicking off our *Harper Park's School Support Fund Drive*.

**This is in lieu of a traditional fundraising campaign involving selling wrapping paper, peanuts, magazines, etc.**

**Why?** As a school we have to fundraise in order to provide our students with events and school wide items. These things are not part of the school board budget and are typically paid for using separate fundraising monies funded in this manner.

**100% of the money raised will go to the fund, unlike traditional fundraisers from which the school only gets a portion of the proceeds!!**

**When? September 4<sup>th</sup> – October 15<sup>th</sup>**

### **What are some things my donation may be used for?**

- |                                       |   |  |
|---------------------------------------|---|--|
| ❖ Assemblies                          | ❖ Supplies for recess equipment                 | ❖ School décor to include paintings, prints, frames, trophy cases and plants |
| ❖ HPMS Fair                           | ❖ Funds for needy students                      | ❖ Resources for extra-curricular activities                                  |
| ❖ Field trip subsidies                | ❖ Student Recognition awards                    | ❖ Picnic tables  |
| ❖ Student support for school supplies | ❖ Advisory Program Resources                    |  |
| ❖ Instrument scholarships             | ❖ Professional learning opportunities for staff |  |
| ❖ Class parties, pizza and DJ         | ❖ Clubs   |  |

**How do I help?** Return your monetary donation in with your student to their homeroom.

**Any amount you are willing to contribute is absolutely helpful.** All amounts from \$1-\$500 are appreciated. *All donations are also tax-deductible and you will receive a receipt within 4 weeks of your donation date.*

**Added Bonus:** All families who donate will receive a magnet from Harper Park for your car to show your support. (See example to the right.) This will be mailed to your home with your receipt.



**We very much appreciate your consideration and support of our school.** If you have any questions about our fundraising campaign, I can be reached at 571-252-2820 or [Elizabeth.Robinson@lcps.org](mailto:Elizabeth.Robinson@lcps.org).

*Please detach and return this completed form along with your donation.*

### **Harper Park Middle School – Harper Park's School Support Drive**

Student Name(s) \_\_\_\_\_

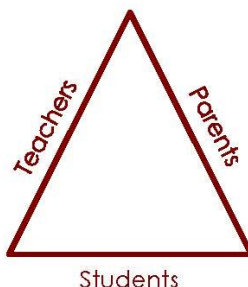
Amount Donated \$\_\_\_\_\_ Date\_\_\_\_\_

**Tax receipts will be mailed to the primary address on file for the student.**

**If you need your receipt mailed to another address, please indicate that on the back of this form and check here.** ☐

*For Office Use only: Date Received \_\_\_\_\_ Receipt Sent \_\_\_\_\_*

## Parents as Educational Partners (PEP)



### Meeting Schedule 2015 – 2016

**Together we can build academic success!**

**These classes are for parents who study abroad**

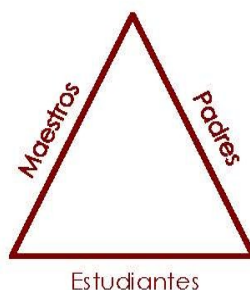
**6pm-8pm in the school library.  
Refreshments will be served.**

<b><u>Dates:</u></b>	<b><u>Topics:</u></b>
September 09, 2015	Back to School Night-Discipline-Rules and Expectations
October 07, 2015	U.S. School Procedure-ParentVUE-SRO Internet Safety
November 11th, 2015	Report Card-Grading-ELL-Special Education
January 20, 2016	Study Skills and Homework
February 24, 2016	Assessments -SOLs-Grade Level Test
March 30, 2016	SRO-Safety and Substance-School Health Procedures Wrap-Up Meeting



## PEP

# Padres como Compañeros en la Educación



### Horario de Juntas 2015 – 2016

### Juntos Construyendo un Éxito Académico

Horario de clases para todos los padres que cursaron su Primaria, Secundaria y Preparatoria fuera de los Estados Unidos

Las clases son de 6:PM-8:PM en la Biblioteca de Harper Park Middle School. Bocadillos y refrescos serán servidos.

Una hora de clase de ingles será proveer después de la conclusión de los temas.

<u>Fechas:</u>	<u>Temas:</u>
Septiembre 09, 2015	Noche de Regreso a la Escuela-Reglas de Disciplina y expectativas
Octubre 07, 2015	Procedimiento del Sistema Escolar de los Estados Unidos-Portal de Padres-ParentVUE-SRO-Seguridad Cibernética.
Noviembre 11th, 2015	Reporte de Calificaciones-ELL-Educación Especial
Enero 20, 2016	Habilidades de Estudios - Asignaciones
Febrero 24, 2016	Exámenes Estatales-SOLs-Evaluaciones-exámenes a nivel de grado
Marzo 30, 2016	Seguridad y abuso de drogas-SRO Procedimiento de Salud Escolar-Conclusión de las Clases

## Loudoun County Public Schools

### Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

(571) 252-1270\*\* (571) 252-1432 fax

E-mail: [LCPS-BUS-RISKMGMT@LCPS.ORG](mailto:LCPS-BUS-RISKMGMT@LCPS.ORG)



### **ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF**

#### **Loudoun County Public Schools' Insurance Does Not Provide Coverage for Students' and Employees' Personal Property Brought to School.**

Each year the LCPS Procurement/Risk Management Office receives claims where school students and employees have lost valuable personal property brought to school. Every type of personal property is subject to loss by accident, theft, or vandalism.

Examples of personal property include:

**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff nationwide.

**Losses Covered:** The plans cover loss or damage, occurring during the policy period, to personal property, which you own or have leased. See policy for items excluded from coverage. Coverage may be purchased on a "cash value or replacement cost" basis with a deductible as low as **\$50 per occurrence**.

**What about Coverage Under Your Homeowners Policy?** If you have questions about your homeowner's policy, ask your agent to go to the ***Worth Avenue Group*** website for more information and then to give you advice. These plans are typically **primary** to the homeowner's coverage and can be used to cover high insurance deductibles.

For further information on this coverage please **call 1-800-620-2885** or visit <http://www.worthavegroup.com/> and read about the **various available coverages**.

**Las Escuelas Públicas del Condado de Loudoun**  
**Servicios de Negocios y Financieros**  
**División de Administración de Riesgo**  
21000 Education Court, Suite 301  
Ashburn, VA 20148  
(571) 252-1270\*\* (571) 252-1432 fax



### **ATENCIÓN: PADRES Y ESTUDIANTES**

## **El Seguro de las Escuelas Públicas del Condado de Loudoun No Cubre la Propiedad Personal de los Estudiantes Llevada a las Escuelas.**

Cada año, las oficinas de adquisiciones y manejo de riesgos de LCPS reciben reclamos de estudiantes y empleados que han perdido propiedad personal de mucho valor en las escuelas. Ejemplos de propiedad personal incluye iPods, iPads, teléfonos, cámaras de fotos, ordenadores portátiles. **Cada tipo de propiedad personal esta sujeta a pérdidas por accidente, robo ó vandalismo.**

*Worth Avenue Group* esta proporcionando programas de seguros a miles de estudiantes en este país desde 1971. El plan de seguro de propiedad personal ha sido utilizado por muchas escuelas y universidades. Recientemente ha sido **disponible para los estudiantes de las escuelas públicas a nivel nacional.**

**Cobertura de perdidas:** El Plan cubre pérdidas o daños a su propiedad personal, de la cual usted es dueño o alquilo, incluyendo materiales de valor en su poder, estas pérdidas deben ser durante el periodo vigente de la póliza. Verifique los artículos excluidos en su cobertura. El seguro podría ser comprado en base de "dinero en efectivo" o "a costo de reemplazo" de la propiedad personal y con un deducible tan bajo como \$50 por caso.

**Propiedad No Cubierta:** Algunos ejemplos de propiedad **no cubierta** por el plan son:

- **Coches (incluyendo los equipos estereofónicos de los coches), motocicletas, barcos, motores, aviones o partes; billetes de transportes u otros billetes; Dinero en efectivo o monedas, evidencias de deudas, cartas de crédito, documentos de pasaportes, notas o valores; lentes de contacto, dientes artificiales o miembros.**

**Y Qué Sobre la Cobertura Dentro de la Póliza de Seguros del Hogar?** Si usted tiene preguntas acerca de lo que cubre su seguro del hogar, enséñele el folleto a su agente de seguros y pídale su consejo. *Worth Avenue Group*, esta cobertura es siempre primaria a lo que cubre su póliza de hogar y puede ser usada para cubrir altos deducibles de los seguros.

Para mas información sobre esta cobertura, por favor visite la página web:  
<http://www.worthavegroup.com/> 1-800-620-2885, y lea sobre el Plan de Propiedad Personal del Estudiante.