



Susan Shadis, Principal
Susan.Shadis@fcps.edu
703-322-8500

Family Newsletter

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Jennifer L. Drummond, Assist. Principal
Jennifer.Drummond@fcps.edu
703-322-8500

New Parent Orientation on Tuesday, September 15th from 6 pm to 7 pm

Parents of new students in grades 1-6 are invited to school on Tuesday, 9/15, to meet other new parents and find out what makes UMES such a great place to learn. If you are a parent of a kindergarten student and were not able to attend the spring kindergarten orientation, you are welcome to attend. We want all new families to feel and be a part of the UMES school community!

New Parent Orientation

For Parents New to UMES

Tuesday, September 15th from 6 pm to 7 pm

Parents of Students in Grades 1-6 Will Learn More About:

After-school Activities	Fund Raisers	Building Facilities
Available Services	Cafeteria	Gym
Pods	Health Issues	Positive Behavior Support

A Message from FCPS Concerning the Clifton ES Feasibility Studies

Fairfax County Public Schools will be updating citizens about two feasibility studies on renovating Clifton Elementary and overcrowding solutions at southwestern elementary schools via an e-mail sign-up feature on the FCPS web site at <http://commweb.fcps.edu/events/register.cfm>. Those who register for the Community Topics feature will receive information about the latest news, the community engagement process, and web site updates about these issues, available at <http://www.fcps.edu/news/swcountyschls.htm>. Citizens can also submit their questions about these issues via the web site. For more information, go to <http://www.fcps.edu/news/swcountyschls.htm>

H1N1 Flu (Swine Flu) Update

Fairfax County Public Schools (FCPS) is partnering with the [Fairfax County Health Department \(FCHD\)](#) to monitor the progression of the 2009 H1N1 Influenza (swine flu). The Fairfax County Health Department follows the guidelines of the [Centers for Disease Control \(CDC\)](#) and provides recommendations to the school system. As you may know, flu can be easily spread from person to person. Fairfax County Public Schools is taking steps to reduce the spread of flu. It is the school system's goal to keep schools open to students and functioning in a normal manner during this flu season. But, FCPS needs your help to do this.

Here are a few things you can do to help:

- **Teach your children good hand hygiene etiquette. Hands should be washed frequently with soap and water, and hand washing should last for at least 20 seconds.**
- **Teach your children to cover their coughs and sneezes with tissues.** If a tissue is unavailable, children should cover their coughs or sneezes using the elbow, arm, or sleeve instead of their hands.
- **Learn the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and a very tired feeling. Some people may also vomit or have diarrhea.
- **Keep sick children at home.** Any child who is found to be sick while at school will be sent home. It is also important to keep sick children at home for at least 24 hours after having a fever or showing signs of a fever, without the use of fever-reducing drugs.
- **Plan now for your children's care if you or your children become ill with the flu and need to stay home.**
- **Stay informed.** FCPS encourages you to visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu.

Collection of Ethnicity and Race Data

Please check your child's Friday folder for an Ethnicity and Race Survey form. The U.S. Department of Education has changed the categories schools must use to report student racial and ethnic data. In order to comply with the new federal categories, parents must submit updated ethnicity/race information. The forms have been pre-printed with student names and existing ethnic designations. Please review the form and either verify the accuracy or enter changes as needed. Changes are to be marked both in Part 1 and Part 2 of the form. If both questions are not answered, school personnel are required to make selections for you. Most students who registered for school after July 1 of this year used a new registration form that has already collected ethnicity data in the required form. NO form was created for these new students, and no further information is required.

We sincerely appreciate your cooperation in this project and apologize for any inconvenience the request may present. Your prompt response will help to ensure that Union Mill is in compliance with the new federal guidelines.

Attendance Calls New for 2009-2010

Please contact UMES before 9:00 am on the attendance line at 703-322-8585 if your child is going to be absent. Be sure to include the reason for your child's absence. Attendance and active participation in class are crucial to a student's academic achievement and school success, from kindergarten through high school. However, we understand that an illness may cause a child's absence. In order to account for all students and to ensure their safety, we appreciate a call before 9:00 am when your child is going to be absent or tardy. Thank you!

FCPS Family Life Education Instructional Program for 2009-2010

Fairfax County Public Schools (FCPS) provides a comprehensive, sequential Family Life Education (FLE) program for kindergarten through grade twelve. The FLE program is designed to provide students with the knowledge, attitudes, and skills to make healthy, responsible, respectful, and life-enhancing decisions related to human growth and development, relationships, substance abuse, and emotional and social health. Instruction is seen as a partnership among parents and guardians, the school, and the community in supporting the learning essential to the development of strong families, positive relationships, and a healthy community. Parents/guardians may choose to opt out their child of all or part of the Family Life Education program. Students opted out are provided with age-appropriate, non-punitive alternative health instruction, and every effort is made to foster respect for family choices. If you wish to opt out your child of all or part of FLE for this school year or would like more detailed information about grade level programs, please access the opt out forms, opt out letter, and program descriptions for each grade level at <http://www.fcps.edu/DIS/OMSI/file/index.htm>. If you want to opt out your child of any or all FLE instruction, please download the opt out form, fill in the appropriate information, and return it to UMES by September 30th or prior to Family Life Education instruction. FLE curriculum and media may be reviewed at the UMES library after contacting Laura Sorenson, School Librarian, for an appointment. Program questions may be addressed by contacting Elizabeth Payne, Health and Physical Education Coordinator at 703-846-8666.

Economic Hardships and Helping Children with School Supplies

A program is available at Union Mill Elementary to provide school supplies to students in need. The program includes distributing a "starter" set of school supplies. If you are interested in participating, please contact Kimberly Shoemaker or Wendy Lindner, Union Mill School Counselors, at 703-322-8500.

Monday Bell Schedule for 2009-2010

Prepare today for early dismissal on Mondays. Please make sure your child's teacher is aware of where your son or daughter will be going on Mondays if it is a change from the regular Tuesday through Friday schedule.

Grades 1 – 6

8:35 – 12:45 Mon.

AM Kindergarten

8:35 – 10:35 Mon.

PM Kindergarten

10:35 – 12:45 Mon.

Notes to School

Please make sure you send notes to school that include the student's full name, teacher's name, and bus number (if known). Any change in dismissal transportation, including notes for children to go home with other children, must be made known to the office in writing. Thank you for your help and support!

Medication in School Health Room (formerly known as the Clinic)

The school health room reminds parents and guardians that all medication must be stored in the school health room (formerly clinic) with the appropriate forms completed. When medication must be administered during the school day, parents and/or guardians must follow the following medication policies:

1. Complete the FCPS Medication Authorization forms available at school or the FCPS website <http://www.fcps.edu/DIT/forms/se63.pdf> for each prescription or nonprescription medications
2. Provide the school with properly labeled containers with the name of student, exact dosage to be taken in school (e.g. milligrams per tablet, milligrams per ml/cc), frequency or time interval dosage to be administered.
3. Medications must be transported to and from school by a parent or guardian.
4. Prescription medications will always require a physician's order.
5. Over-the-Counter (OTC) pain relievers for headaches, muscle aches, orthodontic pain, or menstrual cramps may be given as needed throughout the school year with the parent's/guardian's signature on the Medical Authorization form. These medications must have FDA approval to be obtained legally without a doctor's prescription for relief of symptoms (discomfort) on a temporary basis. In all other cases OTC medications may be given for up to 10 consecutive school days with the parent's/guardian's signature on the Medical Authorization form, Part II. If symptoms or conditions persist for more than 10 consecutive days, Physician Authorization Part II is required to continue the administration of the medication or medications of that class or type.
6. OTC medications other than pain relievers- examples include cough drops and throat lozenges may be carried and used by the students in K-6 grade as needed throughout the school year, provided that they are in the original container or packaging (Medication Authorization form is not required). Students must not share cough drops or throat lozenges under any circumstances.
7. Medications must be kept in the school health room (clinic) or other school approved location. Students may carry an inhaler or epi-pen with the proper doctor's orders and approval by the school principal.

If you have any questions about your child taking medicine in school, please contact our Health Room Aide, Carmen Linn, at 703-322-8510, or our School Public Health Nurse, Jennifer Callahan, PHN, at 703-481-4122. Thank you for your help and support.

UMES Provides Free/Reduced-Price Meals for Students in Need

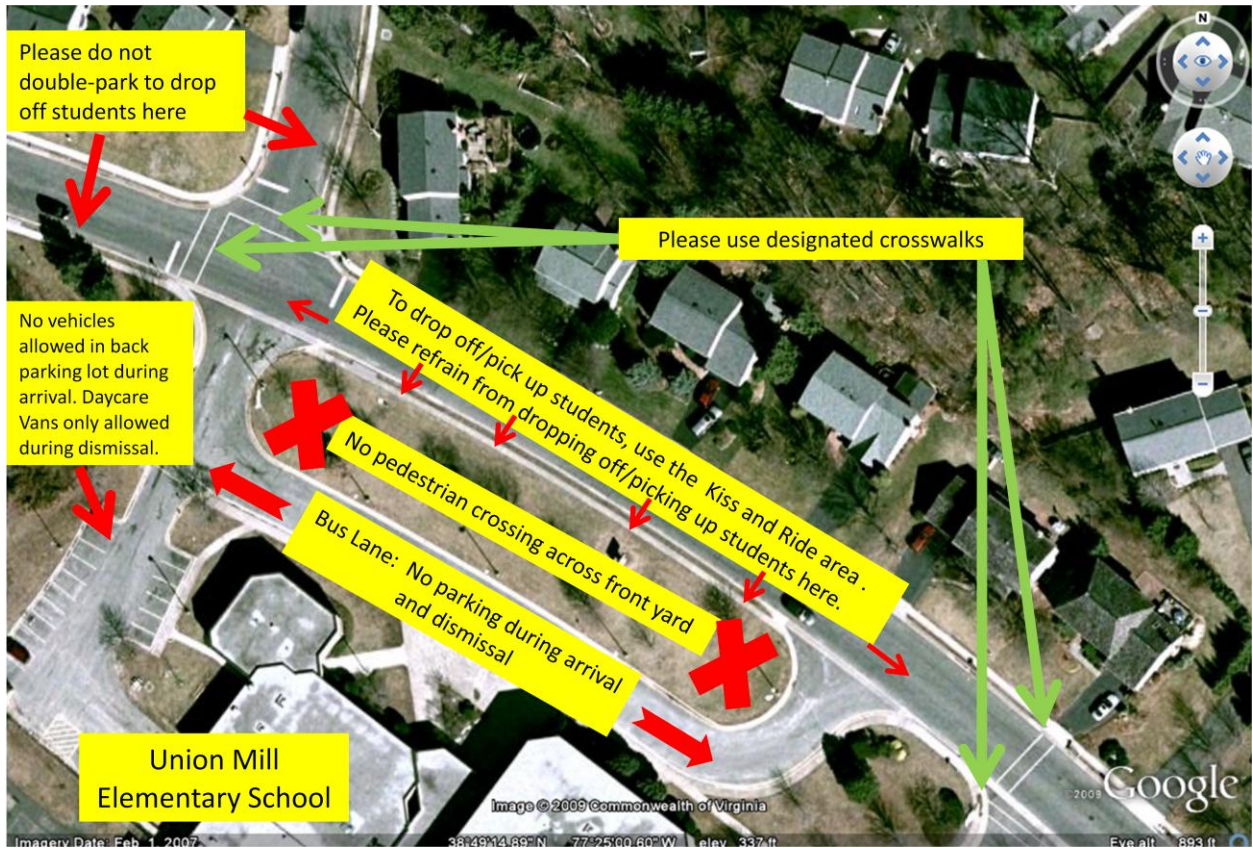
Free and reduced-price lunches are available to families who need help paying the full price of lunch at school. A family can qualify for free or reduced-price lunches according to criteria based on household size and income. Free and Reduced-price Applications are available at the UMES office or by contacting Food and Nutrition Services at 703-813-4800 or 703-813-4844. The prices for paid lunch are determined by the School Board and the price of reduced price meals are established by the federal government.

Naglieri Nonverbal Ability Test (NNAT)

In an effort to obtain additional information about our second grade students and some students in grades 3-6, the Naglieri Nonverbal Ability Test (NNAT) will be administered to students on September 22. The NNAT is a nonverbal measure of school learning ability that is related to classroom achievement. It is designed to assess ability without requiring the student to read, write, or speak.

UMES Arrival and Dismissal Procedures

When dropping off or picking up students during arrival and dismissal, please use the Kiss and Ride area. Students who are dropped off on the street are creating a potentially hazardous situation. Please see the image below for more details:



UMES Calendar At a Glance

13	14	15 New Parent Orientation 6-7	16 Bus Evacuation Drill	17	18	19
20	21	22 NNAT 2nd Some 3-6	23	24	25	26