



# School Talk

## WEEKLY UPDATE!

October 20, 2023

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### The MPSA Monarch Celebration is October 31<sup>st</sup>

The lifecycle of the monarch butterfly is studied in Montessori classrooms worldwide – so much so that it's become a recognizable symbol of Montessori. The butterfly is not only beautiful, but its life can be observed by students from the egg to caterpillar to chrysalis, until it emerges and takes flight on its migratory trip. The Monarch Celebration we hold in October is to celebrate the butterfly's final journey southbound to Mexico, where thousands of them decorate trees with beautiful fluttering orange.

While every classroom may choose their own way to celebrate the monarch butterfly, this year's main event will feature our Upper Elementary 4<sup>th</sup> and 5<sup>th</sup> graders leading their younger classmates in Primary and Lower Elementary in craft and cooking activities, along with read alouds and more! Look forward to some wonderful pictures of the day!

To make this celebration a success, the 4<sup>th</sup> and 5<sup>th</sup> graders are asking for a little help with getting supplies. If you are inclined to help, [please sign up here](#).

All items can be dropped off to the main office. Any questions? Contact Upper Elementary teacher, [Lila Ross](#).

### Stay at School or Go Home?

Cold and flu (& COVID-19) season is upon us, and we are seeing more and more sick children in the clinic daily. One question parents always ask is "Why are you asking me to pick my child up early?"

The protocol is if a child presents with a symptom or has a health event that has made them lethargic, unable to concentrate, or just cranky from being sick, the clinic may ask them to be picked up.

If you know or suspect your child is ill and would not be able to be in the present state of mind, please do not send them to school. Please do not dose with medicine and send them because most children’s meds cannot hold a fever at bay for the whole school day, and as soon as they get a fever, we will be calling you for pick up. Please see this chart provided to APS by the Arlington County School Health department for more about when we will send children home.

## Stay at School or Go Home?

Condition	May remain in school	May not remain in school
<b>Head Lice Infestation</b>	Until the end of the school day when they are diagnosed	If student doesn’t begin treatment using a proven method of head lice eradication before the next school day
<b>Fever</b>	Temperature less than 100.4° F (38° C) and no other significant health symptoms	100.4° F (38° C) or higher (Note: May <u>not</u> return to school until fever free for 24 hours)
<b>Diarrhea</b>	Single episode if no fever, vomiting, soiling (unless has a health plan), abdominal pain, or signs of illness	Single episode with signs of illness OR 2 or more episodes in the past 6 hours (Note: May <u>not</u> return to school until symptom free for 24 hours)
<b>Vomiting</b>	Single episode with no signs of illness (no fever, diarrhea, abdominal pain, ...) and reasonable idea of what caused vomiting	Single episode with signs of illness OR 2 or more episodes in the past 24 hours (Note: May <u>not</u> return to school until symptom free for 24 hours)
<b>Seizure</b>	If they have an IHCP which covers their symptoms/condition	If they don’t have an IHCP or if their seizure activity exceeds what is covered by their IHCP or if their IHCP specifies medical care for current symptoms

### All About School Lunch

Did you know that all school lunches and a la carte snack items are [Smart Snack](#) certified by the USDA? What is a **Smart Snack**? It is a food that conforms to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements.

- **Calorie Limits:** All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.
- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans-fat content at 0.
- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.
- **Nutrient Requirements:** To meet the USDA’s guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

All menu items and their nutrition facts can be found on the APS menu app/website [Nutrislice](#). Just click on the menu item to read. APS does not serve fried foods or pork. A la carte snacks are available as well: fresh fruit, popcorn, and baked chips. The only beverages for sale are lowfat milk (white or chocolate) and 100% fruit juice Capri-suns.

[Menu prices can be found here](#). Children who get free-and-reduced lunches must purchase the complete meal. If they only take a portion of it, then it is considered a la carte and they will be charged for the items. Our cafeteria staff does encourage children to take a complete meal.

Sometimes children will buy a la carte items in addition to their meal. We strongly encourage families to download our online payment app, [MySchoolBucks](#), because this app will show you any purchases your child makes in the cafeteria.

### **Extra Pics from Hispanic Heritage Month**

These didn't make it into the newsletter during Hispanic Heritage month, but we'd still like to share them. They feature some of our Hispanic staff here at MPSA.



L-R: Our fabulous custodial staff: Dora Raymundo, Rigoberto Pacheco, Maria Diaz and Rosario Valencia.



L-R: Martha Marquez, Reina Benitez, Silvia Yzquieta, Lidia Ordonez, Karina Valdez, Gloria Alvarez & Leyla Valdez.



L-R (Standing): Nadia Cruceta Arias, Silvia Yzquieta, Martha Marquez, Henry Cardenas, Karina Valdez, Leyla Valdez, Alexis Carrillo, Gloria Alvarez.

L-R (Seated): Reina Benitez, Adelia Penaloza de Navia, Lidia Ordonez, Andrea Hernandez.

### Parenting a Child in the Age of Anxiety (Recording Available)

#### **Parenting a Child in the Age of Anxiety: Counterintuitive, but Effective Strategies**

Was presented Monday, October 16

In this presentation, **Dr. Jonathan Dalton**, of the [Center for Anxiety and Behavioral Change](#), will focus on practical, yet sometimes counter-intuitive evidence-based skills and techniques to help their children and teens experience less anxiety and develop greater tolerance for emotional distress. Specific topics include why anxiety and avoidance are teammates, how to teach specific coping skills to your children, which types of positive reinforcement should be used to decrease anxiety, and when active ignoring of anxious behavior is the best method to decrease the child's experience of anxiety.

[View the recording here.](#) [View the presentation slides here.](#)

### Upcoming Dates

- Monday, November 6: Last Day of the Marking Period
- Tuesday, November 7: NO SCHOOL for Students (Teacher Work Day)
- Friday, November 10: NO SCHOOL, Veterans Day

### Keep in Touch

- MPSA on APS: <https://montessori.apsva.us/>
- MPSA on Twitter: <https://twitter.com/MPSArlington>
- MPSA Library on Twitter: [https://twitter.com/MPSA\\_Library](https://twitter.com/MPSA_Library)
- Principal Genove on Twitter: <https://twitter.com/CSGenove>
- Arlington Montessori PTA: <http://acmpta.com/>
- Arlington Montessori Action Committee (AMAC): <http://www.arlingtonmontessori.org/>

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# ACMPTA WEEKLY NEWSLETTER



## What's Inside?

- **NO STUFF Fundraiser is Back!**
- **Reflections Contest Extended to the 24<sup>th</sup>**
- **Teacher Wish Lists – Check Them Out**
- **Sign Your 4<sup>th</sup> Grader Up for Free**
- **Join the PTA or Sponsor a Staff Member**
- **Stay in Touch With the ACMPTA**

**COME GET YOUR GLOW ON** at the fall dance this **Friday, October 27<sup>TH</sup>** Doors open at 6PM! Join us for music, food, an auction, and great raffles! Admission is free! **ALL students must be accompanied by an adult – no exceptions.**

## The NO STUFF Fundraiser is Back!

This year we are once again holding a **NO STUFF** fundraiser. This means families **will not** need to sell **anything** to participate (e.g., chocolates, cookies, wrapping paper, etc.) Instead, this is a flat donation fundraiser with a suggested price of **\$75** per family. You can also choose another amount that works for you.

There are two ways to submit funds:

- Write a **check** made payable to ACMPTA and send it in an envelope made attention to Kia Haynes, Front Office at MPSA, and send it via backpack mail.
- Submit funding **online** [here](#).

If you know of any organizations (e.g, employers) or individuals seeking a charity to make donations, please refer them to [info@acmpta.com](mailto:info@acmpta.com) so we may connect with them.

Last year, funding went toward:

- Gardening upkeep for the school grounds
- Teacher grants that purchased Montessori school supplies for the classroom
- Staff professional development
- Staff appreciation day and holiday gifts
- 5th grade promotion
- Parent-Education

Thank you for supporting our community!

### Reflections Contest Extended to the 24th

The deadline for your child to enter this year's PTA Reflections competition has been extended to Tuesday, October 24<sup>th</sup>. All entries are due by the end of the school day (4PM) that day. There are boxes in the library and at the main office door where students can turn in their entries. **All entries must have a completed entry form to go along with it.**

The **2023-2024** theme for the PTA Reflections Contest has been announced. It is "***I am Hopeful Because...***"

Read more about the Reflections Contest on the National PTA website [here](#). Visit our own Reflections page [here](#). For questions specific to the ACMPTA's participation, please e-mail [reflections@acmpta.com](mailto:reflections@acmpta.com).

### Teacher Wish Lists – Check Them Out

The generosity of families who shopped our MPSA teachers' wish lists have helped teachers get the supplies they desired to help give your child a full, educational experience. If you are so inclined to give, please look at our Wish List page for teachers [here](#). Your child's teacher may be listed!

### Sign Your 4<sup>th</sup> Grader Up for Free

Marvel at the Gateway Arch in St. Louis, the Florida Keys, and the Frederick Douglass house. Listen to wolves howl. Walk in dinosaur tracks. Look up into the inky night sky and reach for the stars!

Every Kid Outdoors was created so fourth graders and their families could discover our wildlife, resources, and history by giving them a free pass into all U.S. National parks. Read more about the program and sign up [here](#).

### Join the PTA or Sponsor a Staff Member

Membership is **\$12** per person, or **\$20** for 2 people. Cash and check will be accepted or sign up through our [online portal on Membership Hub](#). Signing up to be a member is also the easiest fundraising effort you could make as a portion of the dues goes into our general fund. Already have a membership? Consider sponsoring a staff member. We require staff to be a paid PTA member in order to receive a PTA grant. Help them out by purchasing them a membership!

### Stay in Touch With the ACMPTA

- Our Website: <https://www.acmpta.com/>
- Our Facebook page: <https://www.facebook.com/ACMPTA/>
- Our Facebook group: <https://www.facebook.com/groups/MPSAFamilies/>
- Our Twitter: <https://twitter.com/ArCoMontessori>
- Sign up for our Chat listserv: <https://groups.io/g/ACMPTA>