

JANUARY

Dear Millersville Families,

It has been a while since I checked in with everyone and shared information from MES. I loved that several parents came and spent a morning of coffee chatting with me. It is a great way to share information that is impossible to include in a newsletter.

I am trying hard to wrap around the fact we are starting a brand-new year and now I must write 2020 on everything! Anyone else crossing out 2019 on checks? Though it is a new year, at school it is mid-year for us and our students. Please take the time to check your child's grades and maybe introduce some activities at home to keep your child creating, analyzing and solving. Invite your child to bake with you and hand them a quarter cup measure and tell them you need one cup of flour. Simple activities like this are easy ways to spend time with your child but also reinforce their thinking and application of skills. If you are at a store and there is a 20% off sale, see if they can determine how to figure out the new price or the discount. If this is something that makes you uncomfortable, then please at least read with your child. At school we teach your children the strategies and skills, but they need practice and repetition. The parent/guardian **WILL** always be the first and most important teacher for every child.

Please make sure you check the school calendar as there are two days off this month and two early dismissals.

I hope that this new year brings you many smiles, much laughter and fond memories.

Respectfully,

Linda Toth, principal

Vision Statement of Millersville Elementary School

"Millersville Elementary School is an inclusive community where all students are empowered to reach their greatest potential, take risks, and have fun in a safe and engaging environment."



Our School Wide
Motto

"Tell me and I forget.
Teach me and I
remember. Involve
me and I learn."

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Healthy Habits = Healthy children

Healthy habits that decrease the spread of germs and help keep children and families well:

1. Handwashing is one of the best ways to keep from getting sick

- Wet hands with running water.
- Add soap & rub hands together for 20 seconds.
- Rinse.
- Dry hands with clean paper towel.
- If soap & water aren't available, use an alcohol-based hand sanitizer.

2. Cover that sneeze and cough -

Coughing and sneezing spread germs. Cover your nose and mouth with a tissue or the inside of your elbow to prevent spreading germs to your hands.

3. Get Moving – Exercise helps the body fight off simple illnesses. Include active play in your child's schedule.

4. Sleep – Getting the right amount of sleep will help fight off colds and infections.

5. Healthy Eating – Good nutrition is vital for good health. Provide a variety of foods, including plenty of vegetables, fruits and whole grains at meal and snack times.

6. Keep your Child Home when Sick- Children should stay home until they feel better



When Do I Keep My Child Home From School?

(Although no comprehensive list is possible, the following conditions may be appropriate reasons to keep a student home from school)

- Temperature 100° or greater
- Suspected fracture
- Vomiting, diarrhea
- Severe pain
- Shortness of breath, wheezing
- Undiagnosed rash
- Abdominal pain
- Productive cough and fever
- Red, draining eyes
- Suspected communicable disease
- Chest pain
- Head injury
- Earache
- Adverse medication effect
- Nuisance condition not currently treated e.g., ringworm, scabies, head lice

**Anne Arundel County Department
of Health
School Health Services**

Information



OSP

Online School Payments

OSP is available at Millersville Elementary School! Pay for school items, fees and activities online using a credit or debit card (Visa or Mastercard).

Go to the AACPS.ORG website and select your student's school from the list.

Click on the OSP Link provided on the Gateway Page.

Create a new user account and then add Student profiles. You must have your student's ID to complete this section.

Also note that the student's name must match exactly to school database (as it appears on report card). If you have any problems, please contact the school office.

<http://osp.osmsinc.com/annearundel>



Health Room Reminder



Please remember to drop off any medication to the nurse's office, and to let them know of any concerns regarding your child's health.

If you are dropping off medication, it must be in the pharmacy issued bottle with the child's name on it.

Please remember that cough drops and aspirin are considered medication and a child should not have it in their possession.



Volunteers!

We love our volunteers here at MES! Information regarding our volunteer program will be coming home shortly! In the meantime, please review the following links to make sure you are prepared for all volunteer opportunities!

Please view the Sexual Harassment/Child Abuse video (left hand side). You will need to print the verification form and send it in to school:

<http://aacppschoools.org/family/family/>

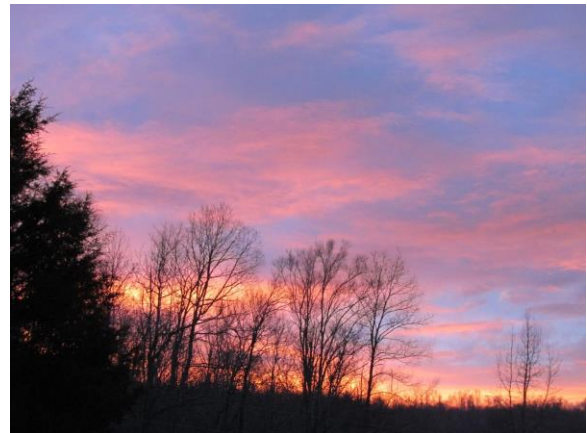
Please carefully read the updated information regarding Fingerprint Supported Background Checks and Commercial Background Checks can be found here:

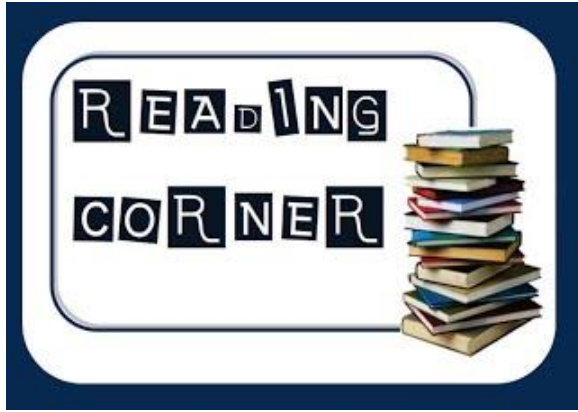
<https://www.aacps.org/Page/1869>

Please contact Mrs. Abell or Mrs. Hudgins with any questions!

Important Dates For January

- Jan. 2 Winter breaks ends and we are back in session
- Jan. 6 Join us for the PTA meeting at 6 PM!
- Jan. 6,9,10 Second and Fifth grades have CogAT testing
- Jan. 15 Justin Berk – Weather Assembly
- Jan. 20 No School in Honor of Martin Luther King
- Jan. 27 School Group and Candid pictures
- Jan. 28 Two hour early dismissal
- Jan. 29 Two hour early dismissal
- Jan. 30 No school for students
- Jan. 31 Q3 begins & World Read Aloud Day





Are you looking to make your nightly reading more meaningful? Check out the tips below!

1. Focus on Vocabulary: Building vocabulary is the most important aspect of literacy. Help your child try to learn new words. Focus on words that children need in order to understand what they are reading.

2. Don't Forget About Writing: Writing can often be overlooked but is just as essential to practice as reading at home. Have your child write the answer to a question after their nightly reading. Practice writing by asking your child to help you write out the grocery list, a thank you note to Grandma, or to keep a journal. Make it fun!

Adapted from:

<https://www.gradelink.com/blog/tips-parents-help-reading-home-nurture-childs-love>



"I finished my book. How do I download more stories?"



"JUST THINK OF IT AS IF YOU'RE READING A LONG TEXT-MESSAGE."

background check completed every 2 years.

There is a cost at \$58.25.

You need to make an appointment at the Board of Education to have this completed.

If we can get 25 people interested in being fingerprinted, our security office will come here to Millersville Elementary School and complete the fingerprinting on site.

Please contact Mrs. Claytor if you are interested, and she will see if we can create a group and have it done at school.

This will make it easier to chaperone and participate in school events with your child.

Something to Consider!

If you have a child just starting their school career, or if you have more than one child, please consider getting fingerprinted for AACPS. As long as you have a child in an AACPS school, the finger printing is good. This negates the need to have



With the Upcoming Standardized Test Season...

How Can You Help Your Child Prepare for Standardized Tests?

Teachers tell us that successful test-takers tend to be students with good attendance, homework, and study habits; therefore, your daily assistance with homework and attitude toward school have the biggest impact on your child's performance. However, there are key ways you can develop his test-taking ability.

- **Optimize brain power.** Teachers say the students who struggle the most on testing days are the ones who didn't have [enough sleep](#) or a [good breakfast](#) the day of the test. Also, students who are physically or mentally unprepared often encounter problems. Make sure she has every tool she needs — pencils, an eraser, paper, a calculator, etc. laid out the night before, as well as any preliminary paperwork filled out, if possible. If she isn't feeling well on the test day, it's better to keep her home and let her make up the test later rather than risk poor performance.
- **Encourage good study habits and challenge critical-thinking skills.** Reviewing [test-taking strategies](#) is important, but monitoring overall academic progress and staying in good communication with the teacher will

help you ward off potential problems. Good reading skills factor heavily in a timed test, so encourage reading (consider magazines, newspapers, or even comic books if he shies away from books) as much as possible. Testing also measures [critical-thinking](#) ability, so ask him to discuss ideas or voice his opinion often to stimulate these thought processes.

- **Know what to expect.** Most teachers will send home information about the test schedule and class preparation plans well before the test date. However, if you don't hear from your child's teacher, you should contact her to find out:
 - What is the name of the test, and what will it measure?
 - What's the format? (multiple choice, essay, short answer, etc.)
 - How will the class prepare in school?
 - How is it scored? Will students be penalized for incorrect answers or should they guess randomly when stumped on a question?
 - When will you receive the results?
 - What are the test's implications? Will it affect your child, school, or both?
 - Are there any specific ways you can help your child prepare?

- **Look at your child's past performance.**

If she scored low in a particular area, you may want to provide her with exercises that reinforce that subject. Aim for activities that simulate the testing experience, such as multiple choice geometry questions or vocabulary practice that asks her to identify antonyms or synonyms. Workbooks geared towards standardized test preparation often provide these kind of exercises. Avoid drilling her in areas where she excels; you run the risk of boring her and her losing patience with testing.

- **Provide practice opportunities.**

You may be able to request sample or practice tests from your child's school or find them at the library. Be sure to time any practice tests (assuming the standardized test will be timed) so he's not surprised by time constraints on test day. Start practicing several weeks before the date and keep study sessions short. Setting small goals, such as learning five new words each session, will help him measure his progress and boost his confidence. Make sure he takes the night before the test off — cramming can increase his stress level.

- **Relax and remain positive.**

The best test-takers are confident, committed, and at ease. Even if you are nervous about her performance, be wary of transferring that concern to your child. You never know, some kids actually enjoy tests! If she is likely to get nervous, practice a few relaxation techniques, such as counting from one to ten or taking deep breaths, which can help her relieve tension during the test.



Counselor's Corner

Mrs. Hudgins, School Counselor

During the 3rd quarter I will be teaching the Erin's Law lessons. Attached is a letter that explains the Law and lessons.

I will be sending grade level specific letters mid-January. So be watching for this info coming home.

What is "Erin's Law"?

"Erin's Law" is named after childhood sexual assault survivor, author, speaker, and activist Erin Merryn. Merryn is the founder and President of Erin's Law, which is registered with the State of Illinois and the IRS as a 501 (c)(4) non-profit social welfare organization.

The legislation was introduced in Merryn's home state of Illinois, and caught on nationwide. It was passed in Maryland in 2016, with a mandate that schools implement it beginning in Fall 2017.

"Erin's Law" requires that all public schools in each state implement a prevention-oriented child sexual abuse program which teaches:

- **Students** in grades prekindergarten through 12th grade age-appropriate techniques to recognize child sexual abuse and tell a trusted adult.

- **School personnel** about child sexual abuse.

- **Parents and guardians** the warning signs of child sexual abuse, needed assistance, and referral or resource information to support sexually abused children and their families.

Why is it important that children receive this instruction in school?

Schools provide a safe place where children can learn what to do in unfamiliar or uncomfortable situations. Trusted adults will provide students with an opportunity to practice handling these situations so that the first time a young person is faced with an unsafe situation, he or she will know what to do and have had practiced doing it. Students will identify trusted adults, both inside and outside of the school, where they can go for help. **How will “Erin’s Law” be implemented in AACPS?**

Secondary students will receive instruction through the AACPS Health Education curriculum. Health standards will be taught to middle school students in grades 6 through 8 through the Health curriculum. High school students will be taught the health standards through the mandatory Health class, a high school graduation requirement.

In elementary school, the standards will be addressed through the school counseling curriculum for all students in grades K to 5, using modified

lessons from the Barbara Sinatra Foundation. Parents will be sent a letter prior to the lessons being taught to inform them about when the lessons will be delivered by the school counselor. Parents will have an opportunity, if they so desire, to review the materials. Parents can opt out of having their child(ren) participate in the lessons and an alternative activity will be provided. Follow up activities to the lessons will be sent home.

Are there resources parents can access to help them recognize warning signs and talk with their child(ren) about how to keep themselves safe?

Yes. The Erin’s Law website has tips for parents about recognizing warning signs and what a parent should do if he/ or she learns/suspects that a child has been/is being sexually abused. Similarly, the Barbara Sinatra Foundation has many resources for parents on the topic of child sexual abuse. The National Sexual Violence Resource Center has a number of good resources for parents.

If you have specific questions or concerns regarding secondary Erin’s Law lessons, feel free to contact your child’s health educator. If you have specific concerns regarding the elementary lessons, please contact your child’s school counselor.

¿De Qué se trata la "Ley de Erín"?

La "Ley de Erín" lleva el nombre de la sobreviviente de agresión sexual infantil, Erín Merryn, autora, oradora, activista, fundadora y presidente de la organización "Erin's Law", la cual está registrada en el estado de Illinois y con el Servicio de Impuestos Interno (IRS, en inglés) como una organización 501 (c) (4) sin ánimo de lucro para el bienestar social.

Después de que Erín presentó la legislación en su estado natal de Illinois, el proyecto de ley fue denominado "Ley de Erín" por los legisladores y ha tenido una acogida a nivel nacional. La "Ley de Erín" se aprobó en Maryland en el año 2016, con la ordenanza de que las escuelas la implementarán a partir del otoño del 2017.

La "Ley de Erín" requiere que todas las escuelas públicas en cada estado implementen un programa de abuso sexual infantil orientado a la prevención, este programa enseña:

- **A los Estudiantes** que están en los grados de pre-Kínder al 12 ° grado, técnicas apropiadas relevantes a su edad para que puedan identificar el abuso

sexual infantil y le cuenten a un adulto de confianza.

- **Al Personal Escolar** todo lo relacionado con el abuso sexual infantil.
- **A los Padres & Tutores Legales** las señales de aviso del abuso sexual infantil, además de la asistencia necesaria, referidos o información de recursos para apoyar a los niños que han sido abusados sexualmente y a sus familias.

¿Por qué es importante que los niños reciban esta instrucción en la escuela?

La escuela proporciona un lugar seguro donde los niños pueden aprender qué hacer en situaciones desconocidas o incómodas. Adultos de confianza le brindaran la oportunidad a los estudiantes para que practiquen y manejen estas situaciones, de modo que cuando el joven se ve por primera vez en una situación insegura, sepa qué hacer ya que lo ha practicado. Los estudiantes

identificarán adultos de confianza, dentro y fuera de la escuela, a los cuales puedan acudir en busca de ayuda.

¿Cómo se implementará la "Ley de Erín" en las Escuelas Públicas del condado de Anne Arundel (AACPS, en inglés)?

Los estudiantes de Secundaria recibirán instrucción acerca de la "Ley de Erín" a través del currículo de las AACPS en el área de Educación de la Salud. Los estándares de salud se enseñarán a los estudiantes de la escuela intermedia en los grados 6º al 8º a través del currículo de la Salud. A los estudiantes de secundaria se les enseñarán los estándares de la salud a través de la clase obligatoria de la Salud, la cual es un requisito de graduación para la escuela secundaria.

En la escuela primaria, los estándares serán trabajados a través del currículo de consejería escolar para todos los alumnos de kínder al 5º grado, utilizando las lecciones modificadas de la Fundación Bárbara

Sinatra – [“Protect Yourself Rules”](#). A los padres se les enviará una carta antes de que den inicio las lecciones informándoles cuando se enseñarán las lecciones por parte del consejero escolar y así ofrecerles una oportunidad para que revisen los materiales. Los padres pueden optar por no permitir que su(s) hijo(s) participen en estas lecciones, y si este es el caso, se les proporcionará una actividad alternativa. Las actividades de seguimiento de las lecciones serán enviadas a casa.

¿Hay recursos disponibles para los padres que les permitan ayudar a reconocer las señales de advertencia y hablar con sus hijos acerca de cómo mantenerse seguros?

Si. El sitio web [Erin’s Law](#) ofrece consejos para que los padres reconozcan las señales de advertencia y lo que deben hacer si descubren o sospechan que su hijo(a) ha sido o está siendo abusado sexualmente. De manera similar, la Fundación Bárbara Sinatra - [Barbara](#)

[Sinatra Foundation](#) tiene muchos recursos para los padres relacionados con el tema de abuso sexual infantil. El Centro Nacional de Recursos sobre Violencia Sexual - [National Sexual Violence Resource Center](#) tiene una serie de recursos buenos para los padres.

Si tiene preguntas o inquietudes específicas acerca de las lecciones de la Ley de Erín, no dude en ponerse en contacto con el educador de salud de su hijo. Si tiene inquietudes específicas con respecto a las lecciones a nivel de Primaria, comuníquese con el consejero escolar de su hijo.