

## West Meade Early Education Center



7722 Ray Street  
Fort Meade, Maryland 20755  
Phone: 410-222-6545  
Fax: 410-222-6518

# 2021

### Office Hours:

8:15 AM–3:45 PM

### School Hours (in person instruction):

8:45 am—doors open

9:05 am—instruction begins

3:30 pm—dismissal

AM PreK/ECI -9:05-11:40 AM

PM PreK/ECI- 12:55-3:30 PM

### Administration

Jessica Kallon, Principal

jkallon@aacps.org

### Counselor

Theresa Lacovara, School Counselor

tlacovara@aacps.org

### Office Staff

Linda Best-Hazan, Principal Secretary

lbest-hazan@aacps.org

Renee Puhl, Registration & Attendance

rpuhl@aacps.org

Follow us on Twitter @

WestMeadeAACPS

Dear West Meade Families,

Can you believe it is already June? I am beyond proud of our students and how they persevered through all the changes of the school year. Our students are resilient and strong. I also wanted to take a moment to thank you. Thank you for trusting me and the staff with your child(ren). We are truly #BetterTogether! Mrs. Kallon will be back as Principal before students leave for the year and is excited to see everyone. Again, I want to thank you for all of your support.

Sincerely,

Kim VerMerris

Acting Principal

### June

15 Last Day for ECI/Pre-K students

17 & 18 Two-hour early dismissal-  
school closed for all Pre-K and ECI

18 Last day of school for students

### School Meal Prices SY 2021-2022

All school meals (breakfast and lunch) are free to all students effective September 8, 2021, through the last day of school in June 2022. Meal Benefit Applications are still required by the State and will be made available beginning August 2021. Although meals are free, we are required to collect Meal Benefit Applications for programming and funding. To complete a Meal Benefit Application for SY 2021-2022, log onto <https://aacpschools.org/nutrition/apply-for-free-or-reduced-price-meals/> If you have any questions regarding the school meals program, please email [jrisse@aacps.org](mailto:jrisse@aacps.org) or call 410-222-5900.



With the warmer weather here, most people will be spending more time outdoors. It's important to know the signs and symptoms of heat related illness and what to do.

**Heat Stroke –  
the most severe heat related illness**

What to Look For:	What to Do:
High body temperature (103°F or higher)	<i>Call 911 right away- heat stroke is a medical emergency</i>
Hot, red, dry, or damp skin	Move the person to a cooler place
Headache, dizziness, nausea, or confusion	Help lower the person's temperature
Losing consciousness (passing out)	Do not give the person anything to drink

**Heat Exhaustion**

What to Look For:	What to Do:
Heavy sweating	Move to a cool place
Cold, pale, and clammy skin	Loosen your clothes
Fast, weak pulse	Put cool, wet cloths on your body or take a cool bath
Nausea or vomiting	Sip water
Muscle cramps	<b>GET MEDICAL HELP RIGHT AWAY IF:</b>
Tiredness or weakness	You are throwing up
Dizziness	Your symptoms get worse
Headache	Your symptoms last longer than 1 hour
Fainting (passing out)	

**Heat Cramps**

What to Look For:	What to Do:
Heavy sweating during intense exercise	Stop physical activity and move to a cool place
Muscle pain or spasms	Drink water or sports drink
	Wait for cramps to go away before you do any more physical activity
	<b>GET MEDICAL HELP RIGHT AWAY IF:</b>
	Cramps last longer than 1 hour
	You're on a low-sodium diet
	You have heart problems

**Sunburn**

What to Look For:	What to Do:
Painful, red, and warm skin	Stay out of the sun until your sunburn heals
Blisters on the skin	Put cool cloths on sunburned areas or take a cool bath
	Put moisturizing lotion on sunburned areas
	Do not break blisters

**Also, a few reminders from the health room for the next year:**

- If you've been contacted regarding missing paperwork or immunizations, please be sure to get that taken care of over the summer.
- All students need a lead screening, a physical exam form completed by a physician, and up to date immunizations for school.
- If your child was born in another country or spent time in another country, they may need a tuberculosis screening.
- If your student will require medications at school, please be sure to have a request to administer medication at school form completed by you and your health care provider. It can be found on AACPS.org, click on the families bar along the top, then under the forms section on the left, click on access forms for medical. It will be under the Health/Opt out section. It is the request to administer medication at school form.
- If your child's medical condition changes over the summer or will require care from the health room, be sure to reach out to the health room. The nurse's email is: [nurse3232@aacps.org](mailto:nurse3232@aacps.org)

Have a safe and relaxing summer. We look forward to seeing you in the fall.

Bernadette Rogers, RN &

Corinne Loudon, HA

**5 Simple ways to prioritize your mental health:** These mental health activities can easily be incorporated into your normal routine. Try them all to find the perfect stress-reliever for you.

### 1. Deep breathing

Stress contributes to common mental health struggles like [anxiety and depression](#). But it can also have a lot of negative effects on you physically – including suppressing your immune system, which can cause you to become sick more frequently.

In high-stress moments, try to find a quiet space where you can practice this type of deep breathing, and see how your body responds with a new sense of calmness.

### 2. Exercise

Exercise has been proven to boost your mood. In addition, it can yield the following benefits:

- Better sleep
- Stress relief
- Improved mood
- Increased energy and stamina
- Enhanced mental alertness
- Reduced cholesterol and improved cardiovascular health

So, if you're noticing your anxiety levels beginning to rise, it might be a signal to jump back into a regular exercise routine.

### 3. Gardening

Tending to a garden is a great hobby and provides additional benefits like exposure to fresh air, vitamin D and some light aerobic movement and positively impact your mental health. Gardening may also significantly reduce symptoms of ADHD. So consider taking some time to get outside, dig your fingers into some dirt and let nature work its magic on your mind.

### 4. Reading

Bibliotherapy refers to either structured or voluntary book-reading with the goal of relieving mental health difficulties. Reading has been found to decrease depressive symptoms.

If you find yourself overwhelmed, a classic masterpiece or new literary wonder could be the recipe for relief.

### 5. Social interaction

Whether your lifestyle allows for face-to-face get-togethers with loved ones or you invest in some positive virtual communities, maintaining healthy relationships with others can help ensure your well-being is always a top priority.



# Slide into summer with some great summer reading!

Join the Summer at Your Library Reading Challenge!  
(link below)

[www.aacpl.net/summer](http://www.aacpl.net/summer)

Check out the AACPS Reading Lists as well and the [WMEEC Reading website](#) - See the Student Portal and digital books including **Scholastic Literacy Pro** which is available until early August

Explore this [MackinVIA](#) link for digital books

The best gift you can give me is a book.

Lailah Gifty Akita

