

Middlesex Elementary School Newsletter

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Upcoming Events!

- ◆ Jan. 31-Feb. 9-
Nine Week
Benchmark Tests-
grades 2-5
- ◆ Feb. 9-
Parent/Teacher
Conferences 4-7
P.M.
- ◆ Feb. 13-Report
Cards issued
- ◆ Feb. 20-
Presidents' Day-
No School!
- ◆ Feb. 29-Last day
for February
Boxtops for
Education drive!

Principals' News and Reminders

We are so excited about *One School, One Book!* Each family will receive a copy of **Mr. Popper's Penguins** to read this month! A signing sheet, along with the chapter to be read as a family each night, is coming home too! We look forward to lots of fun things with everyone reading this book! Remember~there will be a trivia question each day related to the chapter read the previous night!

MES will be celebrating Black History this month with each grade level learning about famous black Americans that were artists, educators, scientists, authors, athletes, and much more! This will culminate with an assembly at the end of the month where students will be able to show off their projects to the school!

K-Kids are collecting Boxtops for Education this month! The three

Nurse's Nook



PREVENTIVE MEASURES:

- Teach children to cough or sneeze into their upper sleeve.
- Wash hands often with soap and water for at least 20 seconds each time they are washed.
- Stay home if you are sick.
- Stay away from people who are sick.
- Children with bacterial infections like strep should be on an antibiotic for at least 24 hours before returning to school.

grade levels that bring in the most Boxtops will earn extra recess!

Mrs. Duke and Mrs. Stamm ☺



- ANY CHILD WHO IS SICK SHOULD BE **FREE FROM FEVER FOR 24 HOURS (without Tylenol, Motrin, etc.) BEFORE RETURNING TO SCHOOL.** If your child goes home with fever on Monday - do not send him/her to school on Tuesday as children's temps are generally low in the morning and rise throughout the day. If they are home without fever all day Tuesday without any fever altering medication, they may return to school Wednesday.

~Nurse Haley Cardwell



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Jump Rope for Heart!

Instead of Hometown Heroes this month, we will focus this section on heroic efforts by the American Heart Association to cure Heart Disease! Our school is participating in Jump Rope for Heart through their P.E. classes with Coach Harris! For more information, please contact Coach Harris at 758-2496 or dharris@mcps.k12.va.us.



Super Bowl Pizzas!

Thanks for supporting our Little Caesars Fundraisers! Pizzas are being delivered today!



*Live so that
when your
children think
of fairness and
integrity, they
think of you.*

~H. Jackson
Brown, Jr.

K-Kids Valentine Grams!

K-Kids will be selling valentine Grams for 25 cents each, or 4 for a \$1 from February 1-10. The valentine grams will be delivered on February 14th! Stations will be set up before school, during lunch, and at dismissal time so students and parents can purchase the valentine grams!

i Heart You

Principals' Soda & Tea!

We're going to change it up a bit in hopes of getting more participation! On February 16th, we will have a Principals' Soda and Tea at 2:30 p.m. in the cafeteria. So if you come to pick up your child, come a few minutes early, and come on in and talk to us about how to make MES the best it can be! Please plan to attend and bring a friend!



