

Highlights

We Are Rappahannock!

July 2021

Back to School BULLETIN



Welcome Back!

We are excited to welcome back our students, teachers, and staff to school! To better prepare you for the new school year, we have created this informative Back to School Bulletin, which will provide helpful information for families.

Announcements

PowerSchool

There is a brand new PowerSchool platform for registration. Detailed information will be sent to families shortly.

School Board Meeting

The RCPS School Board will hold a special called meeting on **Wednesday, August 4th, at 6 pm, at RCES** to discuss recent guidance and whether any revision to the current mask policy needs to be made.

Digital Devices

All students will be issued a digital device during the first week of school.

COVID Protocols

To ensure the safety of our students, teachers, and staff, we will be using a data-driven, dynamic decision-making matrix used last year to respond to Covid cases in our community and schools. Our protocols are subject to change should local case numbers indicate a need for enhanced safety mitigation procedures. Like last school year, families will be notified of positive cases.

Masks in School Buildings



At this time, July 28th, **unvaccinated individuals are encouraged to wear masks in the school building.** At any time, the School Board may implement universal masking protocol should case numbers indicate a need.



RCPS families and staff were invited to share your thoughts regarding the recently released VDH/VDOE guidance on safe return to school, specifically masking. If you have not yet completed this survey, please visit the following link. <https://www.surveymonkey.com/r/DSFTBPP> This survey will close on Monday, August 2nd.

Masks on School Buses

By a federal order, all individuals are **required to wear a mask while on a school bus**, as required for public transportation.



COVID Protocols continued on page 2



COVID Protocols (continued)

Sanitization & Barriers

RCPS will continue many of the safety mitigation procedures from the previous school year. This includes deep cleaning of the school buildings and buses, the use of desk shields, and the use of air scrubbers for improved air quality.



Smaller Class Sizes & Increased Distancing



Through the use of COVID relief funds, RCPS has been able to create additional classes, particularly at the elementary school. This will provide smaller class sizes and increase distancing between students.

School Calendar

RCPS will operate on a 5-days a week, in-school instructional schedule. Should you need a special accommodation, please contact your school principal to discuss remote learning options.



RCES Principal- Ms. Lisa Gates- lgates@rappahannockschools.us

RGHS Principal- Mr. Carlos Seward- cseward@rappahannockschools.us

Important Dates

Monday, August 2nd

New Teachers & Staff Report

Wednesday, August 4th

All Staff Report

Wednesday, August 4th

School Board special called meeting at 6 pm at RCES

Monday, August 9th

Meet the Teacher Day
1 pm- 4 pm and 5 pm- 7 pm

Monday, August 9th

8th Grade Orientation
6:30 pm- 7:30 pm

Wednesday, August 11th

First day of school for students

Tips to Strengthen Your Immune System

Vaccines build immunity against specific diseases. Healthy routines help to strengthen your immunity.

Eat Well

Incorporate fruits and vegetables, lean protein, whole grains, and low-fat milk into your diet. This will help to provide important immunity-boosting nutrients. Also, try limiting saturated fats, cholesterol, salt, and added sugars. Consult your doctor for specific recommendations.



Be Physically Active

Physical activity can help you feel better, sleep better, and maintain a healthy weight. Excess weight has been linked to reduced immune functions. Recent research suggests that physical activity may strengthen the immune system as well.



Get Enough Sleep

Research shows that sleep loss can negatively impact your immune system. The American Academy of Sleep Medicine recommends that adults should get 7-8 hours of sleep each night. Teens should aim for 8-10 hours. School-age children need 9-12 hours of sleep per night.



School Supply List

All students should bring a refillable water bottle.

Pre-Kindergarten

- 1 inch 3 ring binder
- Crayon box
- Back-pack
- Crayons-8/10 Jumbo
- Wipes (Flushable)
- Paper Towels
- Tissues
- Clorox Wipes-optional
- Hand sanitizer-optional
- Rest mat
- Change of clothes
- 1 Pringles can

Kindergarten

Please label everything with name

- Markers (Eight fat, washable classic colors)
- 2 boxes of crayons (24 colors, regular size)
- Glue Sticks (multiple large ones)
- Pencils (Regular - #2)
- Scissors (Fiskars, blunt)
- Dry erase markers (thin -line)
- 1" 3 ring binder
- Pencil / Supply Box
- Box of tissues
- Roll of paper towels
- "Pringles" can (Empty)
- "Ziploc" bags -any size
- Headphones (3.5mm plug, small)
- Book Bag (large, no wheels)
- "Clorox" disinfecting wipes
- Hand sanitizer
- Complete change of clothes labeled in a Ziploc bag with name (please include underwear, socks, shorts, long pants, and t-shirt)

Second Grade

- Scissors
- Several tubes of *Stick* glue
- #2 pencils
- 2 heavy folders
- Crayons
- 2 - 3 marbled composition notebooks
- Zip-lock bags – gallon, quart or pint size
- 2 boxes of tissues
- 1 bottle of liquid hand soap and 1 bottle of hand sanitizer
- Clorox Wipes
- Head phones
- 1 pencil box (regular size)

Third Grade

Labeled

- 1 plastic folder with pockets
- 1 marble comp notebook
- 1 plastic box for desk storage of supplies
- 1 pair of scissors
- 1 box of 16 crayons or colored pencils
- 1 backpack (no wheels)
- 1 Ziploc bag with a change of clothes
- 1 water bottle

Not Labeled

- 1 large glue stick
- 2 dozen #2 pencils (no mechanical please)

Optional

- Tissues
- Ziploc bags (snack, sandwich, or gallon)
- Clorox wipes
- Hand sanitizer

Fourth Grade

- (6) 1 subject spiral notebooks
- (6) 2 pocket folders
- (6) 12 packs of sharpened pencils 6 erasers
- 1 handheld pencil sharpener
- 1 pencil box
- 1 pair of scissors
- 1 24 pack of crayons and/or colored pencils
- 2 Highlighters (no markers)
- 1 pair of headphones/earbuds (personal use to remain at school)
- 1 box of tissues
- 1 container of disinfecting wipes 2 small bottles of hand soap
- 1 bottle hand sanitizer
- 1 roll of paper towels
- 1 box of Ziploc bags – assorted sizes: gallon, quart, sandwich, or snack sizes
- Personal (fillable) water bottle

High School (8th-12th)

Please bring a writing utensil and paper for each class. Specific classes may require additional supplies. This information will be available at Meet the Teacher Day.

Fifth Grade

Homeroom Supplies

- Steady supply of loose leaf paper and pencils
- Clorox wipes (optional)
- Hand sanitizer (optional)

Language Arts

- 1 three subject notebooks
- 2 plastic folders with prongs
- Highlighters
- Colored pencils
- Dry erase markers

Science

- 1 Spiral Notebook
- 2-3 glue sticks

Math

- 1 spiral notebook
- 2 red pens

Sixth Grade

History

- Notebook paper
- 2" binder that can be shared between classes
- Pencils

Science

- 2 composition books
- Pencils, highlighters and/or colored pencils
- Earbuds

English

- Pencils
- Highlighters
- 2 folders
- 1 single subject notebook

Math

- Pencils
- 1 composition book
- 1-1inch or 1 1 ½ in binder
- 2 packs of wide ruled loose leaf paper
- 1 vinyl/plastic 3 holed folder
- Scissors, glue sticks and coloring materials

Seventh Grade

- 3 Spiral Notebooks -- at least 100 pages each
- 2 Composition notebooks
- Pens, markers, colored pencils for drawing
- Blue or Black pens or pencils for writing
- 1 3-pronged folder
- Earbuds
- 1 Binder (at least 1½ ") to share between math and civics
- 1 pack dividers for your binder
- Loose-leaf paper
- Graph paper
- Ruler
- Scissors
- Glue sticks
- Sticky notes

First Grade

Labeled

- Backpack
- Plastic pocket folder
- Pencil box (5x8)
- Kid's scissors
- 2 wide ruled marble comp. books
- 8 classic color markers
- Headphones
- Colored pencils
- Change of clothes-please put in a gallon zip lock bag

Unlabeled

- #2 pencils
- 6 large glue sticks
- 2 boxes of 24 crayons
- Hand sanitizer
- Liquid hand soap
- 2 containers of Clorox wipes
- 3 boxes of tissues
- Plastic baggies-gallon, quart, or sandwich size

Optional

- Dry erase markers
- Hand soap refill
- Hand sanitizer refill

All students will be issued a digital device during the first week of school.

School-Based Wellness Visits

Exciting News! Valley Health System and Rappahannock County Public Schools are partnering together to bring video telehealth into our schools. If your child gets sick at school, it's not always easy to leave work. Telehealth makes it easier. With your consent, a nurse will use video telehealth technology to connect your child with a provider at Valley Health. In most cases, your child can be diagnosed without leaving school or you having to leave work. Conditions treated include: asthma, allergies, cough, colds, flu, ear aches, sore throats, fever, headaches, head lice, pink eye, and skin irritations.

For more information and enrollment, visit www.valleyhealthlink.com/schools or visit the Valley Health booth at Meet the Teacher Day.



Free Meals

All students will have access to free breakfast and lunch during SY21-22.

As a friendly reminder, families are strongly encouraged to continue filling out the free and reduced application.

(<https://www.lunchapplication.com/>)

This information will assist with RCPS receiving additional benefits and support school funding.

Please contact Ms. Julie Banks with any questions at:
jbanks@rappahannockschool.us

Emotional Support Hotline

If you or your student is feeling anxious or depressed, we are here to help!

Call or text our
EMOTIONAL SUPPORT HOTLINE:
540-683-0437



Additional Mental Health & Wellness Resources

The RCPS Mental Health Innovators Team has created a thorough, multi-page Mental Health and Wellness Resource document that includes contact information for many helpful services. To view this document, visit our district website homepage at www.rappahannockschools.us