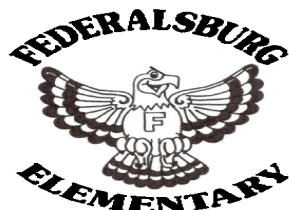


Federalburg Elementary May 2018



FES FALCONS SOAR!

Stay safe and ready
Own our responsibilities
Achieve our goals
Respect self and others

Daily Schedule

8:45 a.m. School opens
Car riders and walkers should not arrive before **8:45 am** as staff is not available to provide supervision.

Breakfast is served in the classroom and is free for all students.

3:40 p.m. Walkers/car riders are dismissed. Car riders are to be picked up at the car rider exit in the parking lot. Walkers dismiss at the Academy Avenue doors.

3:45 p.m. Buses are dismissed

Inclement weather/Fog delay (2 hours)

10:45 a.m. Arrival for students

No 3 year old program

Meal Prices

Lunch \$2.25

Reduced \$0.40

Adult \$3.75

FES is a School-Wide Title I School

Dr. Yolanda Holloway, Principal

Brian A. Yates, Sr., Assistant Principal

Webpage: federalburgelementary.weebly.com

FES TWITTER: FES_Falcons @FederalburgES

From Nurse Peggy

Spring has sprung and so has many allergies. Allergies cause itchy eyes, runny noses, coughs and sore throats. May 13th through the 19th is National Food Allergy Week. Peanuts, shellfish, fish, milk and eggs are the most common food related allergies. Reactions can be mild to severe. Symptoms usually develop within minutes to 2 hours after the person eats the food to which they are allergic. Symptoms may begin with a tingling sensation or itching while other symptoms can include hives, swelling of the throat, or mouth or asthma like symptoms related to breathing. The best treatment for food allergy is strict avoidance of the food. Currently there are no medications that cure food allergies.. For the most part I hope to say the FLU season is behind us.

PARCC TESTING Continues...

Just a reminder, the Third, Fourth, and Fifth grade students are taking the Math and English/Language Arts (ELA) PARCC Tests through June 5th if needed. Grades 4 & 5 will test 5/7/18-5/10/18 for ELA. 3rd Grade will test 5/1-5/4 Math and 5/15-5/18 ELA.

We ask that you please make sure that your child is at school on time these days. If they arrive late they will not be able to test that day and will have to make up the test another day. Morning testing should be finished by noon and afternoon testing by 3:30pm each day. If you absolutely need to make an appointment for your child during these dates, we ask that you please consider the testing times. Thank you for your help and consideration!

PTA News

The final PTA Meeting for the year will be held Tuesday, May 22, 2018 at 5:30pm! Discussion will include new officers and how to proceed for the 2018-2019 school year. We hope to see you there!

May Calendar of Events

5/1	FES Pledge at BOE Meeting 7pm
5/3	5 th Grade Field Trip to Martinek Park
5/4	School Lunch Hero Day
5/7-5/11	Teacher Appreciation Week
5/8	3 rd Grade Trip to Linchester Mill
5/11	Career Day
5/14	3 rd Grade Trip to Academy of the Arts
5/15	1 st Grade Trip to Tuckahoe Park
5/15	5 th Grade Trip to Washington, D.C.
5/17	Scooter Track Ribbon Cutting Ceremony 10am
5/18	Kindergarten Walking Trip to Marina
5/18	Q4 Interims Issued
5/22	PTA Meeting 5:30pm
5/24	K Orientation 9:30am
5/25	K Orientation 1:15pm
5/28	No School – Memorial Day
5/30	PBIS Spring Falcon Fest

BOGO Book Fair May 14th-18th

Book Fair Hours:

May 14th – May 17th 8:30am – 4pm

May 18th 8:30am - 7:00pm

Fantastic Falcons

Congratulations to the following students for earning the Fantastic Falcon award for the month of April. These students will be rewarded with an ice cream sundae on Friday, May 18, 2018. They also received an award and a dog tag necklace that says Fantastic Falcon. Fantastic Falcons are chosen at the end of each month. Students earn this award by showing excellent character everyday!

Teacher	Grade	Student Name
Shery Coulbourne	K-5	Noah Maney
Elizabeth Raab	K	Kylee Hoxter
Elizabeth Harris	K	Kaycie Christopher
Teisha Combs	K	Edward Lin
Hannah Gevaudan	K	Dontahvon McNamara
Kim Brown	1	Kirra Fisher
Kim Marion	1	Jordan Wallace
Stacey Todd	1	Jalissa Fowler
Jen Shoemaker	1	Leo Combs
Amy Geisel	2	Abigail Trice
Keri Burke	2	Novella Foulk
Judith Wilson	2	Justin Austin
Amy Phillips	3	Elisee Pierre-Louis
Crystal Truitt	3	Hailey Brady
Cheryl Pinder	3	DiMari Fletcher
Kelly Carels	3	Estelle Lima
Letitia Hopkins	4	Jacob Muniguia-Matamoros
Tina Benson	4	Areynia Taylor
Lisa Dayton	4	Jakiah Jones
Meridith Gray	4	Brooklin Collison
Keli O'Connor	5	Morgan Demir
Tyneika Brown	5	Damein Murray
Karie Nepert	5	Jayden Welch
Jacob Benczo	5	Anthony Skuby

LEAP Into Spring !

A note from your School-based Health/Wellness Center

Finally, the sun is shining, and the birds are singing! We are heading into the Spring season with all its fresh breezes and.....POLLEN!! Springtime allergies can be quite a health issue for many.

There is always a first time to experience allergies. A person can go many years without the annoying symptoms of watery eyes, stuffy, drippy nose, cough and the misery some experience. Then suddenly one season, they finally have symptoms! Most, though, develop allergies in childhood or early adulthood.

Along with sneezing, runny nose, cough, and ear “popping” sounds, did you know that allergies can cause you fatigue, make you irritable, and cause a sleep disturbance? That, in turn, impairs your work and school performance!

Love the outdoors in Spring? Rinse off and shampoo after the day’s adventure. Washing your outdoor clothing after use will also help. If you sleep with a pet who frequents the outdoors, wipe them down with a damp towel first – or even give a regular pet bath- this will help to safeguard you.

Thankfully, researchers have created medications that can help. “Allergy” nasal sprays are ones that land right where all the action is – on your nasal mucosa! When your mucus membranes encounter offending pollen or spores, they will produce “histamine”, part of the body’s response. Applying the spray there, helps to stop that inflammatory response. These sprays are best used consistently (daily basis) and not just when you feel stuffy. In fact, a good plan of action is to begin them several weeks BEFORE the season is in full swing! Oral Antihistamines (pills) have also been created to check that histamine response from the invading particles. Rinsing your nasal mucous membranes with saline nasal sprays can help to remove sticky pollen particles. All of these products now are sold Over-the-Counter, meaning you do not need a prescription. These products can be taken alone, or together.

Trees are already budding in our area, and it’s time to plan your defense! As is always recommended, consult your Healthcare Provider for your individual allergy concerns.

Be wise, strategize! And take a healthy leap into Spring this year!

FES School Based Wellness 410-754-5857

Open:

Monday, Tuesday, and Thursday