


Perquimans Central School  
 Melissa Fields, Principal  
 October 1 - 5, 2018

<h2>October 2018</h2>	<p><b>Character Trait of the Month – Self-Control</b>  <b>Disability Awareness Month</b>  <b>Fire Prevention Week – October 7<sup>th</sup> – 13<sup>th</sup></b>  <b>National School Lunch Week – October 15<sup>th</sup> – 19<sup>th</sup></b>  <b>College Application Week – October 15<sup>th</sup> – 19<sup>th</sup></b>  <b>National School Bus Safety Week – October 22<sup>nd</sup> – 26<sup>th</sup></b>  <b>Red Ribbon Week – October 23<sup>rd</sup> – 31<sup>st</sup></b></p>
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b>  <b>Stomp Out Bullying</b>  <i>Blue Shirt Day</i></p> <p><b>Progress Reports</b></p> <p><b>Kindergarten Collaborative Planning – AM Only</b></p> <p><b>SIT Meeting</b>  <i>3:30 in Staff Development Room</i></p> <p><b>School Board Meeting</b>  <i>6:00 @ CO</i></p>	<p><b>2</b></p>	<p><b>3</b>  <b>1<sup>st</sup> Grade Community Helpers Walking Tour</b></p>	<p><b>4</b></p>	<p><b>5</b></p>
<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b>  <b>Fire Drill</b></p> <p><b>Kindergarten Pastries for Parents</b>  <i>7:45 – 8:15</i></p>	<p><b>12</b>  <b>Safety Day</b></p>

### Things to Consider:

**World Day of Bully Prevention** – Monday, October 1, 2018 is National Blue Shirt Day World Day of Bully Prevention. Everyone is asked to wear blue to highlight this event. Get #BlueUp and join thousands of other students and teachers. If anyone really wants to make a statement go all blue, top it with a blue hat, paint your nails blue, rock some blue socks...the bluer the better!

**Re-scheduled Events** – The following events will be rescheduled due to Hurricane Florence:

- Picture Day originally scheduled for September 12<sup>th</sup> will be rescheduled to October 16<sup>th</sup>.

- Kindergarten Pastries for Parents originally scheduled for Sept. 25<sup>th</sup> will be rescheduled to Oct. 11<sup>th</sup>.
- EC Morning Mingle originally scheduled for October 2<sup>nd</sup> will be rescheduled to November 2<sup>nd</sup>.
- Fall Picture Make-up day scheduled for October 30<sup>th</sup> will be rescheduled for November 28<sup>th</sup>.

**Cafeteria Charges** - Please remember that Perquimans County Schools has a No Charge Policy for meals in the cafeteria. Students and adults should have money in hand or a pre-paid account set up. Accounts can be set up on-line at [www.K12Paymentcenter.com](http://www.K12Paymentcenter.com) or in person at the individual school cafe's. Please stop by the school cafeteria ASAP if you need to complete free and reduced lunch paperwork. Every family must re-apply for free/reduced meals each school year! A new application needs to be completed ASAP.

**Mental Health Support** - Our school district is committed to providing resources to all students and families to ensure emotional well-being, healthy living, and wellness in all aspects of one's life. We are pleased to inform our community of a partnership with Integrated Family Services that provides a Crisis CHAT line that is available for all staff, students, parents, family, and friends that will offer online emotional support 24 hours a day. Trained chat specialists are available to assist individuals who are depressed, going through a hard time, need to talk, or having thoughts of hurting themselves. Any life issues may be discussed utilizing the Crisis CHAT line. The goal of Integrated Family Services' Crisis CHAT line is to help you and others reduce stress and feel empowered to make healthy decisions. To utilize this free service, simply go to [www.integratedfamilyservices.net](http://www.integratedfamilyservices.net) and click the "chat with us" icon at the top of the page.

**Donor's Choose Grant** – Congratulations to Mrs. Heather Rountree for receiving not one – but TWO Donor's Choose Grants last week. She was awarded "Manipulating Our Way to Better Control" to fund a manipulative library for her classroom. She was also awarded "Academic Learning Through STEM Manipulatives" to fund blocks, geostix, brick STEM challenges and letter activities. Way to go Mrs. Rountree!

## **Positive Behavior Support Updates**

*Be Safe, Be Cooperative, Be Responsible, Be Respectful!*

-Please remember to give Turtle Bucks as a reward to classes for positive reinforcement. Please be consistent. Turtle Bucks should not be given to your own class. Turtle Bucks will be collected on Thursdays. The class with the most Turtle Bucks each week will get to hang the PBIS Class of the Week banner. The class with the most Turtle Bucks each month will receive the Turtle Buck trophy.

-Class Goals for Turtle Bucks:

\$250 turtle bucks = PBIS Stickers

\$500 turtle bucks = PBIS Pencils

\$750 turtle bucks = Class has PAJAMA DAY

\$1000 turtle bucks = PIZZA from Tommy's pizza

\$1250 or more turtle bucks = Class is invited to movie and Popsicle party in Multi-purpose Room

-Turtle Shells should be used to reward individual student behaviors.

-Please put the child's name on the Turtle Shells and place them in the correct raffle drums in the foyer. Turtle Shells will be drawn daily on Turtle TV and winners will receive a small prize. Once a month three winners and the staff members could win a special lunch prize!!

-PBIS Main Events will be held each month to celebrate students who have no bus referrals and no discipline referrals documented in Educator's Handbook.

**Motto:** Where Readers are Leaders and Leaders are Readers

**Vision:** Perquimans Central School will prepare students to be productive learners for today and tomorrow.



**Mission:** Perquimans Central School will provide a safe and nurturing environment where each student can be his/her best.



**#BeginWithTheEndInMind**

**GO BLUE!!**  
**Stomp Out Bullying**

**Wear a Blue Shirt on  
Monday, October 1<sup>st</sup>  
to prevent Bullying!**

The first Monday of each October is Blue Shirt Day® World Day of Bullying Prevention™ which signifies the importance of National Bullying Prevention Awareness Month.



**#BlueUp**

## Attention Parents of Student Athletes:

We need your help to fight prescription painkiller addiction and overdose. It only takes a little to lose a lot.



### The danger of addiction is closer than you think...

A growing number of student athletes are becoming addicted to painkillers after being prescribed painkillers for an injury. Common drugs that are given are: Vicodin, OxyContin or Percocet. These drugs are opioids. Heroin is also made from opioids.

Prescription opioids (painkillers) can be addictive and dangerous. Prescription and street drugs are causing a record number of overdose deaths. People aged 12 - 49 who became dependent on prescription painkillers were 19 times more likely to have used heroin.<sup>1</sup>

### If your child is injured, ask questions.

While your child may have a real need for pain medication, you can ask their provider for a lower dose and smaller number of pills, which can be just as effective in easing your child's pain.

New research shows that often times the best pain relief is found through over-the-counter drugs, which are effective and do not cause addiction.

For some, it can take as little as a week to become dependent on painkillers.<sup>2</sup>

#### As a parent or student athlete, ask questions.

- "What are the side effects of this medication?"
- "Do I have to finish taking all of these pills?"
- "When can I switch to acetaminophen and ibuprofen?"

### Parents can help stop addiction and overdoses.

**Work with your child's coach to keep athletes upbeat as they heal.**

**Traumatic events and depression are connected to addiction.**

- Children who learn about the dangers of drugs at home are up to 50 percent less likely to use drugs than those who do not get that important message from their parents.<sup>3</sup>
- Count the number of pain pills in your home and keep them secured. Drop off unused pills at a RX Drop-Off Location. Ask your friends and family members to do the same.
- Your child could be addicted if you notice changes in mood, grades, weight; lack of energy for practices, games, school, and team activities. Physical signs include; red, watery eyes, large or small pupils, cold, sweaty palms, shaky hands, running nose or hacking cough, poor physical coordination, puffy face or paleness.
- If you notice these signs, talk to your child's healthcare provider right away.

1. Halliday, Seth P., David J. Schulz, "Injuries to Drug and Alcohol-Related Overdose Deaths - United States, 2000-2005." <http://dx.doi.org/10.1093/aids/gaf038>

2.

3. Partnership for Drug-Free Kids. <http://drugfree.org/article/parent-talk-with-your-son>

This document was created by Riverside County Health and Human Services and was last updated on 5/1/2012

# MISTAKEN IDENTITY

If You Can't Tell The Difference, How Will A Child?



1-800-222-1222