Principal’s Message
As we move through our first month of school, it is amazing to see how well all of our KES students have transitioned back into the swing of things. Thank you for all of your support at our annual Open House & Back-to-School night events. Communication, communication, and more communication is definitely the key to a successful year. With that thought in mind, please be sure you know how to communicate with your child’s teacher(s), and take advantage of the options she may use to communicate with you, such as: Remind, email, FOF (Find Out First), phone calls, Class Dojo, team and individual newsletters, etc. If you are not sure of how to reach your child’s teacher, please call the front office for help.

Be on the lookout in October for a new style of our “KES Cougar Bulletin.” We will continue to send it out every other week via FOF. We are upgrading to a new newsletter app that we hope you will appreciate.

Counselor News – “Start With Hello”
FCPS announced earlier this month, “FCPS, along with many school districts across the nation, will be promoting national “Start With Hello Week” (September 24-29). It’s a national anti-violence campaign that encourages students and schools to combat social isolation with small acts of kindness and connection (like simply saying hello to classmates or reaching out to someone in school they may not have spoken to before).
The theme of the week fits well with FCPS’s cultural proficiency efforts and efforts to create a safe, welcoming, and inclusive environment for all students. Leading up to the week and throughout the week itself, FCPS will use FOF and social media to encourage students to find small ways to show kindness throughout the day.”

Students and staff are encouraged to wear green to show support for “Start with Hello.”

**Green Out Day-Friday, Sept. 28**

**FCCA Fund Raiser**
The Frederick County Counselor Association is hosting a dinner night on **Tuesday, Sept. 25 at Chipotle Restaurant on Buckeystown Pike in Frederick.** I invite you and your family to come out and eat while supporting your Frederick County School Counselors. Please bring a copy of the graphic below and present it BEFORE you order. Patrons **MUST** present a flier in order for us to receive a percentage of the sale.
Raptor Visitor Management System
Frederick County Public Schools has launched a new visitor management system this summer known as Raptor. This new system allows for visitor verification, while providing better security for all staff and students at each of our public schools.

Here is how it works:
1. Upon arrival to any FCPS school, please be prepared to present a photo id which will be scanned into the Raptor system.
2. Once entered, provide the location within the school you will be visiting (i.e. classroom, cafeteria, etc.).
3. Staff will then present you with a photo badge which must be worn during your time in the building.
4. When you complete your visit, please report back to the front office to be signed out.
5. Please be patient. This is a new system for all of us, and we are still working out the system.

Volunteer News
Are you still interested in volunteering this year, but missed the training? We welcome any help you may be able to provide, even if it’s for a few hours this year. Whether it is during a school event, volunteering at home or in the classroom, there is something for everyone. All you have to do is complete volunteer orientation training. The volunteer training video can be found on the PTA’s website at, https://kes.ptboard.com/home. All volunteers can begin on September 18.

When you volunteer in the school, please remember a few key items:
- Be prepared to present your photo ID to the front office staff who will log your visit into the new Raptor system. See Raptor section above.
- Always sign in on the Volunteer Log (or enter your volunteer hours online).
- Always wear your Raptor-printed visitor’s badge while in the building.
- Please respect the privacy and confidentiality of the students and teachers. Reading groups, student progress, etc. should not be discussed outside the classroom.
- If you are unable to volunteer on your assigned date, please contact the teacher or person in charge so they can adjust plans.
- Don’t forget to sign out with the front office staff to be logged out of the system.

If you are interested in volunteering, have questions or problems with the training video please contact our Volunteer Coordinator, C J Bliffin, at KemptownVolunteers@gmail.com.

Cafeteria Information
Did you know?? Kemptown’s amazing cafeteria offers a variety of meal options for breakfast and lunch each day!! It’s true! Every morning from 8:30-8:55 a.m., students who wish to eat breakfast can choose anything from cereal to bacon, egg and cheese bagels, fresh fruit, yogurt, milk and juice. For a more complete breakfast menu with all the nutritional information, follow this link:

http://www.fcpsnutrition.com/webmenus2/#/view?id=5b71d0d7534a13a51ea857ce&menuType=5ad109e5544a13a658a648ae&siteCode=3746&siteCode2=422&showAllNutrients=false

Now that your morning is off on the right foot, don’t forget to fuel back up in the afternoon with another round of menu options for lunch. Follow this link for our lunch menu:

http://www.fcpsnutrition.com/webmenus2/#/view?id=5af35092544a135b5e07da70&menuType=59d4f97c4d4a131c0494e945&siteCode=3746&siteCode2=422&showAllNutrients=false

**Elementary School Meal Prices**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, when bought separately</td>
<td>$0.60</td>
</tr>
<tr>
<td>BREAKFAST</td>
<td>$1.60</td>
</tr>
<tr>
<td>REDUCED-PRICE BREAKFAST</td>
<td>$0.30</td>
</tr>
<tr>
<td>LUNCH</td>
<td>$2.65</td>
</tr>
<tr>
<td>REDUCED-PRICE LUNCH</td>
<td>$0.40</td>
</tr>
</tbody>
</table>
As stated on the FCPS website, “Meals, foods and beverages sold or served at schools meet state and federal requirements based on the USDA Dietary Guidelines. All meals, foods and beverages are prepared and served by qualified child nutrition professionals. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

FCPS offers nutritious breakfast, lunch and a la carte items that the U.S. Department of Agriculture has approved. Students may also bring lunch from home. Family members are welcome to join students for lunch after registering at the school office. **Adult lunches cost $4.25.**”

**Farm to School**
The below information about the Farm to School program can be found on:
https://mda.maryland.gov/farm_to_school/Pages/farm_to_school.aspx

NEW: **Maryland Homegrown School Lunch Week**  
September 24 - 28, 2018

“Farm to School” is a term which strives to bring locally-produced foods into school cafeterias, hands-on learning activities such as farm visits, producers visiting schools, school gardening, and culinary classes, and the integration of food-related education into the standards-based classroom curriculum. Farm to School includes all types of producers and food businesses, including farmers and waterman, as well as food processors, manufacturers, and distributors.

Maryland schools spend $18 million on local food served in schools, according to a recent [USDA Farm to School Census](https://www.fns.usda.gov/school-meals-and-child-nutrition/food-sourcing/farm-to-school). Maryland was the first state in the nation to have every public school system participate in the Maryland Homegrown School Lunch, an element of the Maryland Farm to School program.

In Maryland, there are more than 2 million acres of farmland and more than 12,000 farms. More than 70 million lunches and 24 million breakfasts are served in Maryland schools annually. Help KES honor those who work very hard to provide delicious, fresh food to our school by buying breakfast or lunch during Maryland Homegrown School Lunch Week.

**FCPL Library Cards**
In case you missed it, FCPS recently sent out the following message. “FCPS and the Frederick County Public Libraries system are great partners, and Library Card Sign-Up Month is a perfect time to let you know about a new fine-free access program local libraries offer our students. Now, using their FCPS student ID number and an FCPL prefix (119829), students can create a Student Success Card that lets them:

- Borrow 3 print items (books or magazines) without any late fees
- Access eBooks at fcpl.org/download
- Use learning resources such as encyclopedias, journal articles and test prep at fcpl.org/learn

Students who already have an FCPL card can keep that card, too. It allows them to borrow up to 75 items and access additional materials such as DVDs and video games.”

See more about the Student Success Card:  
[For middle/high school students](http://fcpl.org/studentsuccess)  
[For elementary school students](http://fcpl.org/studentsuccess)

Visit [http://fcpl.org/studentsuccess](http://fcpl.org/studentsuccess) for complete details.  
See the recent news release about the FCPS and FCPL partnership:  
AXIS 360
Want to save a trip to the Library? Did you know your student has access to our digital library known as Axis 360?
• eBooks and/or eAudiobooks can be checked out anytime
• Read or listen on or offline
• Place items on hold to be notified when they are available
• Content is deleted from the device automatically upon expiration or return.
Axis 360 eBooks can be accessed two ways:
1) From any Android, iDevice or Kindle Fire using the free Axis 360 app... download the app, search for your school and then log in to get started.
2) From a tablet, PC or Mac computer using a web-browser (Chrome, Firefox, Safari, etc.). Go to your library’s Axis 360 URL and then log in.

Health Room
Dear Parents/Guardians:
As the registered nurse for Kemptown Elementary, I want to take this opportunity to introduce myself. I am employed by the Frederick County Health Department, School Health Program. I am also the registered nurse at Green Valley Elementary and Windsor Knolls Middle Schools.
My responsibilities include health assessment, health counseling, communicable disease prevention, crisis intervention, health education, and referrals for health needs. I work closely with school administration, faculty, medical providers, and parents/guardians to develop plans of care for students with medical needs. I am responsible for assuring that medications and treatments can be administered safely during the school day.
Your child’s school has a health room staffed by a health room technician (HRT), Brittany Giles. The HRT is a certified nursing assistant and certified medication technician who is trained in first aid and CPR. The health room technician works under my supervision. I delegate nursing tasks, such as medication administration, in accordance with the Maryland Nurse Practice Act.
If your child requires a medication or medical treatment during the school day, his/her health care provider must complete the appropriate forms. These forms may be obtained from the health room and at www.fcps.org
Please contact me at 240-236-3507, if you have any questions or concerns about the health care of your child. I look forward to meeting you and wish you and your child a healthy and successful school year.

Sincerely,
Cathy Thren, BSN, RN
Registered Nurse

Find Out First – Is Your Profile Up-to-Date?
New this year for parents and guardians: you will automatically receive the school and grade-level news applicable to you, as long as the front office has your correct email address. Other community members must maintain their email address on their Find Out First Profile. All users:
Have you updated your Find Out First profile to receive FCPS text alerts? You may click on the FOF logo or visit our school website, http://education.fcps.org/kes.