DRAGON DISPATCH

Alconbury Elementary School Newsletter

From the Principal's Desk

In March, the DoDEA Europe West District will be accredited by Cognia, an organization that certifies numerous educational institutions across the world based on their high-level accreditation standards. As part of the district accreditation, all 17 of the Europe West schools will be visited by teams from Cognia. The Alconbury complex will be visited on March 5th and 6th. AES will be visited on the 5th and Alconbury Middle High School will be visited on the 6th. A parent meeting to glean your perspectives about our schools will be held on the evening of March 5th at 5:30-6:30. We would love to have you there to share successes and areas of improvement for both of our schools. Staff and students will also be able to share their perspectives with the team during their visit.

As part of the accreditation process the Cognia team will be determining the level of successful implementation of criteria in four "Key Characteristics": Culture of Learning, Leadership for Learning, Engagement of Learning, and Growth in Learning. Additionally, as part of their visit to our school, the team will be conducting visits to every classroom using the "Effective Learning Environment Observation Tool (ELEOT)" to gather information about the environments that we have created for our students to learn within, be challenged in, and supported within.

If you would like more information about our upcoming visit, please let us know!

NURSE'S NOTES

Dear Parents and Guardians,

Over the past two weeks, one of the most common reasons for student visits to the nurse's office has been ear pain. With the cold weather, children are more prone to experiencing ear discomfort due to increased mucus production in the upper respiratory system. This mucus can block the Eustachian tube, leading to fluid buildup and pressure in the ear, often resulting in pain. Younger children are especially susceptible due to their smaller and more horizontal Eustachian tubes.

According to the NHS, if your child has an earache, with or without a fever, you can provide paracetamol or ibuprofen at the recommended dose to help relieve discomfort. Most ear infections are caused by viruses, which means antibiotics are not usually needed. These infections are typically clear on their own within about three days. However, if your child's ear pain does not improve after three days, or symptoms worsen, they should be seen by the doctor.

An important thing to know is that in the UK, pharmacists can provide the same treatments as a GP for ear infections such as providing antibiotics if needed and offer guidance on whether further medical care is needed. To find a qualified pharmacist, visit the NHS link Find a Pharmacy

Respectfully, Alex Sandoval, RN, BSN. AES School Nurse

Fit & Fun

Complete your February challenge and turn it in to Ms. McBride. Click here for the monthly at home activities to keep you and your child active.

Marathon Club

20 Mile Club

15 Mile Club

10 Mile Club

COUNSELING CORNER

DoDEA has recently implementing a very important program called Childhelp Speak Up Be Safe that teaches children about personal safety. To that end, families can do five things to keep children safe: 1. Talk to your child – Let your child know that you want him or her to talk to you, and that you will listen and believe what your child tells you. 2. Pay attention and ask questions – Adults have a right to ask about what is going on with their children when they are with other people. Learn more about who is around and what is going on when your child is at friends' houses, at a club or afterschool program, or with any other adult. If something doesn't seem right, trust yourself and investigate! 3. Follow up – If your child tells you something that concerns you, or if his or her behavior changes, ask questions to learn more. Your questions will show that you care and will help your child talk to you in the future. 4. Take action - If your child tells you about abuse that has happened to him or her or another child, praise the child for telling. Taking action right away is very important. If you are not sure if abuse has happened, call a professional whose job it is to figure this out. The Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD is available 24 hours a day, 7 days a week and is a confidential, anonymous hotline that can help you figure out your next steps to keep your child safe. It is better to get help than to wait until something happens again. 5. Build your own safety network – Talk to teachers, other parents, and people in your community about how you can support each other and work to make sure that all children are safe.

BOOKS & BEYOND

Here's what's new in our school library:

What's Happening: For the month of February we will be learning about awards that books can win such as: Caldecott Medal and Newbery Medal

Upcoming Events: Remind your child to read for 10 a day and color the heart reading log so that we can tape Mr. Finlay to the wall.

Library Tip: Encourage reading choices. It doesn't just have to be a book. Magazines, recipes, and comic books all require reading.

Happy Reading!

Classroom Spotlight

Mrs. Sandoval's class had the opportunity to meet author Shawn Peters on World Read Aloud Day. They had fun learning about beings an author.

PUT THIS on YOUR CALENDAR!

Fourth grade met with author Lowey Bundy Sichol after reading her book "From and Idea to Disney."

UPCOMING EVENTS

- February 11th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 14th: NO SCHOOL, Teacher of the Year nominations due
- February 17th: NO SCHOOL, Presidents Day
- February 18th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 25th: Blue Ribbon Tuesday, wear your blue ribbon shirt
- February 27th: Heart Reading Logs are due to teachers

Reminders

- **Students wear their Blue Ribbon shirts every Tuesday**
- **Please send students in PE shoes on PE days. Click here for more information.**
- **Every Wednesday is early release @ 2:20.**
- **If your child is sick email their teacher and the registrar**

AES Meet the Author event.

Contact Alconbury Elementary School

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