Dear Garrett Park Families,

Please find our school updates contained in the message below. If there is information you would like us to share in upcoming editions, please let us know. You can either call the school at 240-740-0700 or email Dan at Daniel\_K\_Tucci@mcpsmd.org or Melanie at Melanie\_S\_Bachrach@mcpsmd.org

**Updates from GPES Administration:**

It is hard to believe January has come and gone already! There have been a few staffing updates I would like to share. Sun Chang Jang, building service worker, retired from Garrett Park on January 31, 2018. He has provided wonderful service to our community by helping to keep the building in tip-top shape for students and staff. We will miss his work ethic and friendly smile, but we wish him congratulations on beginning a new chapter in his life. Loren Kemp, counselor, gave birth to a beautiful new baby girl this month. She is on maternity leave and enjoying her new bundle of joy. Ms. Saundra Butler is serving as her long-term counselor while Ms. Kemp is on leave. To read more about Ms. Butler’s background, please click this link to access her welcome newsletter; [https://docs.google.com/document/d/1knZ9Sfeeu2Ii5Qdf1dM6A5ygchNX75BtiEdJ\_vz95Wk/edit?usp=sharing](https://urldefense.proofpoint.com/v2/url?u=https-3A__docs.google.com_document_d_1knZ9Sfeeu2Ii5Qdf1dM6A5ygchNX75BtiEdJ-5Fvz95Wk_edit-3Fusp-3Dsharing&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=l3Verxkw0X1Q50FZxJgIXQknFgVNKOdBs7iq1WrUD8k&e=)

Also, we are pleased to welcome Janelle Peters to our office staff. She will be joining us as a part-time secretary and comes with experience in an office setting. She will be a wonderful addition and we look forward to her start date of Feb. 6th. Mr. Marcus Marshall joined our staff as a special education paraeducator working with 4th grade. He comes to us with experience as a paraeducator and his start date was January 31st.

Our Kindness Challenge kicks off today! Please see the attachments for the introductory letter from Ms. Catucci and the calendar of kindness activities for February. (Introductory letter available in Spanish in the main office.) We hope you can join us as we know small acts of kindness can make a large difference in our lives . If you have any questions please email Ms. Catucci, school counselor, at    sarah\_s\_catucci@mcpsmd.org

There are many exciting school events taking place this month. Please make sure to view the calendar below or on the school website for more information. We’d love to see you join us here at Garrett Park to help celebrate all that makes us such a great school community.

**Teaching and Learning:**

**Did you know that there are many fabulous resources on the MCPS website for learning what your child is working on in school? I’ve embedded some great links to help connect you with grade level curriculum guides, math resources and indicators, and skills and concepts broken down by content area and marking period. Many are provided in multiple languages as well. Feel free to visit as this is a great time to explore expectations for the second semester (third marking period) of school and beyond.**

[http://www.montgomeryschoolsmd.org/curriculum/elementary/guides.aspx](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.montgomeryschoolsmd.org_curriculum_elementary_guides.aspx&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=09BEl2QuRyW3fNwT3ME2lljsaKDWsGYseegpAmC1SCM&e=)

[http://www.montgomeryschoolsmd.org/curriculum/math/math-resources.aspx](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.montgomeryschoolsmd.org_curriculum_math_math-2Dresources.aspx&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=wPah3f226GcRoVJaR4aJEyi2EotDXOS1vEbxPNeClvk&e=)

[http://www.montgomeryschoolsmd.org/info/grading/report-cards.aspx](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.montgomeryschoolsmd.org_info_grading_report-2Dcards.aspx&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=VNZLq5DShSrOfplz9CMCbNrAXPjRik-j4m9sg0IwxjY&e=)

**Safety and Security:**

**Flu season is definitely upon us. Please visit** [https://www.cdc.gov/flu/consumer/symptoms.htm](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_flu_consumer_symptoms.htm&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=ARByKKEonnHNPyWANQi5wAF8hXpUqP35dNEkttHo8II&e=) **for more information on specific flu symptoms. The CDC reports that every state, except Hawaii, is now reporting widespread flu activity. While the CDC has reported a limited number of deaths due to the flu since Oct. 1, deaths associated with the flu are extremely uncommon.  Below are some facts about the flu from the CDC.** If your child is diagnosed with the flu, we kindly ask that you notify the school nurse so that we can track how many students have been affected.

**What is Influenza (also called Flu)?**

**The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.**

**Signs and Symptoms of Flu**

**People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:**

**•              Fever\* or feeling feverish/chills**

**•              Cough**

**•              Sore throat**

**•              Runny or stuffy nose**

**•              Muscle or body aches**

**•              Headaches**

**•              Fatigue (very tired)**

**•              Some people may have vomiting and diarrhea, though this is more common in young children than in adults.**

**(\*It's important to note that not everyone with flu will have a fever.)**

**How Flu Spreads**

**Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.**

**Period of Contagiousness**

**You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.**

**Onset of Symptoms**

**The time from when a person is exposed to flu virus and infected to when symptoms begin is about 1 to 4 days, with an average of about 2 days.**

**Complications of Flu**

**Complications of flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.**

**Preventing Seasonal Flu**

**The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent hand washing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.**

**In order to prevent the spread of the flu at school, we ask that if your child is sick that you please not send them to school.  We have some students and staff members that are immunosuppressed and being exposed to the flu virus could be life threatening.**

**Thank you for your partnership in keeping all of our students safe and healthy.**

**Important Dates:**

February 1-28:                     African American Heritage Month

February 5:                           Report Card Distribution

                                             Tilden MS Counselors Visit 5th Grade Students

February 6:                           PTA Meeting, 6:30 pm

February 8:                           Make-Up Individual Photos (Morning)

                                              Incoming 6th Grade Info Night at Tilden MS, 7:00-8:30 pm

February 9:                           GPES Education Foundation Sweetheart Dance, 7:00-9:00 pm

**MCPS Updates:**

**MCPS This Week**

MCPS This Week and Seta Semana en MCPS (Spanish) is a weekly video roundup of news and information from MCPS.  The shows are broadcast on MCPS TV and posted on all social media platforms. They may be viewed at the following URLs:

* English: [www.youtube.com/watch?v=8VNQ3vzQSYA](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3D8VNQ3vzQSYA&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=NN9FDV1OfBLHyJ93A69z74ZtfovMlf47zkyLkSjSw4c&e=)
* Spanish: [www.youtube.com/watch?v=iaXsLgmlP08](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DiaXsLgmlP08&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=lxg90mRmKHpGdpjChP_TsBr_GPPsBWJ1fpm8tqEWdjM&e=)

**Winter 2018 Parent Academy Schedule**

The Montgomery County Public Schools’ (MCPS) Parent Academy offers parents/guardians and community members the opportunity to attend workshops that provide information, resources, tools, and tips to support their children’s success in school. The 2018 winter season of workshops has begun. You won’t want to miss sessions on college and career planning, coping strategies for anxious children, cybersafety and social media, understanding Individualized Education Program goals, and many more topics. Parent Academy workshops are free. Childcare and interpretation services are provided at all sessions. A full list of courses is available on the [Parent Academy website](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.montgomeryschoolsmd.org_departments_parentacademy_&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=cCU_kvsIiHq1NJo2eIkcHUyS5tmlziBpfWClQ8RDhlU&e=). Registration is available [here](https://urldefense.proofpoint.com/v2/url?u=https-3A__stultzde.wufoo.com_forms_2018-2Dwinter-2Dparent-2Dacademy-2Dregistration_&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=qRdm2dbmeN1szvxVeUROMZz3GVP9X0lC-6BX-F5F5Y8&e=).

**Calendario de Invierno 2018 de la Academia para Padres**

La Academia para Padres de Montgomery County Public Schools (MCPS) ofrece a los padres/guardianes y miembros de la comunidad la oportunidad de asistir a talleres que proveen información, recursos, herramientas y consejos para apoyar el éxito escolar de sus hijos. La temporada de talleres del invierno 2018 ha comenzado. No querrá perderse las sesiones sobre planificación universitaria y profesional, estrategias de adaptación para niños que sufren de ansiedad, ciberseguridad y los medios sociales, entendiendo las metas del Programa Educativo Individualizado (Individualized Education Program–IEP), y muchos temas más. Los talleres de la Academia para Padres son gratuitos. En todas las reuniones se proveerá servicio de cuidado infantil e interpretación de idiomas. Una lista completa de los talleres está a disposición en la página virtual de la [Academia para Padres](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.montgomeryschoolsmd.org_departments_parentacademy_&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=cCU_kvsIiHq1NJo2eIkcHUyS5tmlziBpfWClQ8RDhlU&e=). Puede inscribirse [aquí](https://urldefense.proofpoint.com/v2/url?u=https-3A__stultzde.wufoo.com_forms_2018-2Dwinter-2Dparent-2Dacademy-2Dregistration_&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=qRdm2dbmeN1szvxVeUROMZz3GVP9X0lC-6BX-F5F5Y8&e=).

Have a good weekend!
Dan

**File attachments:**
[KINDNESS Cover letter 2018.docx](https://urldefense.proofpoint.com/v2/url?u=https-3A__connectdocs.blackboard.com_xythoswfs_webui_-5Fxy-2D923829-5F1-2Dt-5FCUc77GKa&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=cK7yHSv1XKVzy8pHM8XvYn_0L0OGnDhYDHRHDemnbSw&e=)
[Kindness calendar 2018.docx](https://urldefense.proofpoint.com/v2/url?u=https-3A__connectdocs.blackboard.com_xythoswfs_webui_-5Fxy-2D923830-5F1-2Dt-5FOm4cioel&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=abBSianio21h2qMRPgFLlXlDRK_qRwmdqYIgimnwDiw&e=)
[Kindness calendar Spanish 2018.docx](https://urldefense.proofpoint.com/v2/url?u=https-3A__connectdocs.blackboard.com_xythoswfs_webui_-5Fxy-2D923831-5F1-2Dt-5FW5pauuSe&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=-H88A-nqVig4iJU0dnj9DZdbRw670-V-qbBcDiUgz1s&m=NE5pThFXzv3F2Mlw237ZgZUvUF1VIyRX0Rl8h8wIeSA&s=_O0HqJMiiJOf55y-f4vL89Veue6UzO8eilHcIkPWOZs&e=)