

P.G. Super News

Renee P. Williams

Prince George County Public Schools

March 15, 2018

School Board News



Important Dates:

March 20
Spring Begins

March 29
Approval of
2018-19 Budget

April
National Poetry
and National
Autism Awareness
Month

April 1
Easter

April 2-6
Easter Break

April 2
International
Children's Book Day

April 8-14
National Library
Week

April 10
Final Grading
Period Begins

April 15-21
National
Volunteer Week

April 16
Patriot's Day

April 22
Earth Day

The School Board held its regular meeting on March 12, 2018 at 6:30 P.M. Due to inclement weather, the board approved an abbreviated agenda and removed Recognitions and Presentations from the agenda.

Public Comments

⇒ **Daniel Mills** voiced his concerns about the late school bus pick ups in the mornings and the late drop offs in the afternoons. He stated he has 5 children attending Prince George Schools (2 at J.E.J. Moore Middle and 3 at L.L. Beazley Elementary Schools). The bus stop is away from the house and this causes a huge concern for his children waiting for the bus up to an hour in the mornings, with his middle school children leaving first. He pays taxes on four properties and stated his taxes go towards education. He referred to budget items for concession stands and restrooms, but he indicated this money needs to be put towards hiring drivers, not buildings. He believes the bus he was referring to is #86.

Mr. Stevenson responded that the school division continues to work diligently on the transportation problem. He also explained that the concession and restroom budget items referred to are a separate budget item by the county.

School Board Comments

- * **Rob Eley** thanked **Mrs. Susan Braswell** and staff for allowing him to come to South Elementary School to read to the students. The students were very attentive even though it was snowing outside, and it was a pleasure reading to them. Since the February meeting, **Jacob Kennedy**, PGHS student, won state wrestling champion in the 160 lb. weight class. This is the first wrestler in Prince George history to take first place in state wrestling competition. "Congratulations to Jacob!"
- * **Chris Johnson** attended a gathering of students, parents, and staff at J.E.J. Moore

School Board Comments (continued)

Middle School on February 22, 2018. This gathering was in response to the Lakeland, FL shooting. He was proud of our students, staff, and community as they expressed faith, joined hands, and showed hope in this world after such an event in Florida. It was a very supportive and uplifting response from our students and an example of the great students we have at Moore Middle School. He addressed the transportation situation stating that the board implemented an attendance bonus for drivers and this was working, but since winter break the numbers have gone down again for various reasons. He indicated we are looking for short-term and long-term responses to the transportation issue and he thanked the family for coming out in this weather to express their concerns.

- * **Lewis Stevenson** also appreciated the family coming out to voice their concerns. He stated he cannot make any excuses for the transportation department except all school divisions are facing the same driver shortage problem. The folks (drivers) we do have, show up every day. He expressed that staff has several plans of action in the works and hopefully by the next regular meeting, we should have a short-term fix.

Action Items (Approved)

- ≈ 2018 Summer School Enrollment Schedule
- ≈ Foreign Exchange Student at PGHS
- ≈ 2018 VSBA Business Honor Roll—Thacker Ace Hardware, Luca Italian Restaurant, Big Lots!

Discussion Items

- ◇ SPED Annual Plan 2018-19
- ◇ 2018-19 Proposed District Calendar (posted on the district's website)
- ◇ VSBA February 2018 Policy Manual Revisions
- ◇ Financial Report for February 2018

School Board News

(Continued)



AVOID A COLD, THE FLU OR THE SUPERBUG.....

People are sniffing and sneezing, calling in sick to work, or worse, coming in sick to work. Chances are pretty good you'll be exposed to cold and flu germs.

The best way to prevent sickness or infection (including the Superbug) is to wash your hands A LOT. In the bathroom, in the kitchen, after class, in the locker room, before you touch your eyes or nose....at least several times a day. Other ways to avoid getting sick this season:

- 1) Get a flu shot;
- 2) Eat a balanced diet rich in fruits and vegetables;
- 3) Drink plenty of fluids, especially water;
- 4) Take a multi-vitamin daily;
- 5) Get plenty of sleep;
- 6) Eat yogurt. Probiotics keep your immune system healthy and help rid your body of bacteria;
- 7) Disinfect your desk at work by wiping down keyboard, phone, and all surfaces;
- 8) Don't share personal items with others (towels, glasses, make-up, pens, pencils);
- 9) Avoid anyone who is sneezing, coughing, or feeling sick; and
- 10) Exercise. A strong body is better equipped to fight germs.

If you do all these things and still get sick (and it can happen), be sure to stay home and avoid passing your illness on to others.

Source: SierraTradingPost.com

EFFECTIVE HAND WASHING

- * Wet hands with warm, running water.
- * Apply soap.
- * Rub hands together vigorously for 20 seconds (sing "Happy Birthday" twice).
- * Rinse hands well under running water.
- * Dry hands using a paper towel or air dryer.
- * Use a paper towel rather than your fingers to turn off the faucet.



Superintendent's Report/Info Items

- Current enrollment as of March 6, 2018—6,206
- NBC12/Henrico Federal Credit Union Excellence in Education Monthly Award—Britney Sammler—Teacher J.E.J. Moore Middle School
- Thank you note from Roger and Lena Franklin

UPCOMING EVENTS

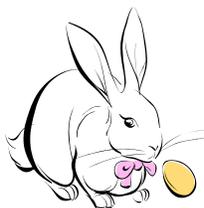
- VSBA Free Webinar—School Safety: A Focus on Prevention—March 28, 2018
- NSBA Conference—San Antonio, TX—April 7-9, 2018
- VSBA Hot Topic—Chesterfield Career & Tech Center—April 17, 2018
- Southside Regional Spring Forum, April 30, 2018 @ Nottaway High School
- VSBA New Chairman/Board Member Orientation @ Richmond Marriott—July 16, 2018
- VSBA Conference on Education @ Richmond Marriott—July 17, 2018
- VSBA Newsletter



NEXT SCHOOL BOARD MEETING
Monday, April 16, 2018
@ 6:30 P.M.



HAPPY EASTER



Spring Break
April 2—April 6

EASY WAYS TO TAP INTO YOUR HIDDEN ENERGY

- ◆ Raise your arms above your head and stretch in the opposite direction from which your body is in most of the day;
- ◆ Stand and shake your hands and arms, then each leg and foot, one at a time;
- ◆ Roll your shoulders up and back 6 to 10 times;
- ◆ With your palms facing forward, pull your arms back, squeeze your shoulder blades and then hold for 5 seconds;.
- ◆ Take your left wrist with your right hand and gently stretch to the right. Switch sides and repeat;
- ◆ Rest your eyes periodically by focusing on a distant object at least every 30 minutes for 20 seconds;
- ◆ Switch positions frequently and stand while taking a phone call or talking to a co-worker.

Tip: Frequent mini-breaks of 60 seconds every 20 to 30 minutes are better than one long break.

Source: Group Health Cooperative, Seattle (WA); Office Yoga, Simple Stretches for busy People, b Darrin Zeer, Chronicle Books

Burn More Calories Walking

- ◇ Bend your arms to 90 degrees, but keep your elbows in and don't let your hands cross in front of your chest. Too much side-to-side motion can slow you down.
- ◇ Your thumbs should brush against your waistband as you swing your arms back and forth.
- ◇ Focus on quicker, not longer steps. Try to shoot for between 45 and 50 steps every 20 seconds, or about 135 to 150 steps a minute.
- ◇ Stand tall and keep your eyes on the horizon—avoid looking down.
- ◇ Push off your toes with each stride and pretend you're showing someone the bottom of your shoes.
- ◇ Walking poles may help you burn more calories, as well as build arm strength. Some fitness instructors recommend adding light weights to wrists and ankles.

Source: Walking Magazine's Complete Guide to Walking for Health, Weight Loss, and Fitness—by Mark Fenton

