



FFA Week

RCPS celebrated FFA Week during the last week of February. Students and staff showed their support by dressing for the daily themes, which included dressing as a farm animal and wearing camo (pictured above).

During the week, the Rappahannock County FFA Chapter hosted a special Farmer's Appreciation breakfast.

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Kindness Week

Recently, Commit to Be Fit kicked off a Commit to Be Kind Challenge for the elementary school students and staff. Throughout the week, students had the opportunity to spin the Random Acts of Kindness Wheel to randomly select their kindness activity. Each participating student was given a kindness activity and was asked to complete the act of kindness sometime during Kindness Week.



Important Reminder for Families

Please help us reduce the chances of quarantines by keeping your child at home if you think they may have been exposed to the virus or if they have any symptoms, including mild symptoms:

- *Temperature of 100.4 degrees or higher
- *Sore throat
- *Cough (for students with chronic cough due to allergies or asthma, a change in their cough from baseline)
- *Difficulty breathing (for students with asthma, a change from baseline breathing)
- *Diarrhea or vomiting
- *New onset of severe headache, especially with a fever

If your student test positive for COVID-19, or has a suspected case, please notify Robyn Murray, School Nurse ASAP at 540-671-1077 or by reporting to our new google form so that we may begin contact training in order to reduce the possible spread.

GOOGLE FORM

<https://forms.gle/nHpv1kHkVzThYYqb6>

For a **Spanish** version of this form, visit <https://forms.gle/REsxyeQ1JvgsoXts7>

To learn more about COVID in schools, please visit our COVID dashboard, which reflects complete, current, and accurate numbers of active cases and quarantines that impact school operations. The number of active cases and quarantine data will be updated weekly on Monday, Wednesday, and Friday evenings. To view the dashboard, visit www.rappahannockschools.us. There is a link on our homepage which will route you to our School Reopening Information page.



Regional Champions

Let's show some love for our Lady Panthers! The Rappahannock Girls' Basketball Team won the VHSL Class 1B Championship on February 26th after a win over Buffalo Gap. The Panthers then went on to win the states quarter final game before losing the semi-final game in a close match-up on March 7th. Way to go, Lady Panthers!! We are so proud!



FFA Week (continued)

Over 50 farmers throughout Rappahannock County attend the breakfast as well as a few from surrounding counties. RCHS FFA created this event to recognize the hard work and dedication of our farmers and to simply say "we see you, and we are so very thankful for you." Members along with their advisors, Michele Fincham and Rich

Hogan, arrived on campus at 5:30 am and began preparing the feast, which consisted of pancakes, sausage, sausage gravy, biscuits, eggs, and bacon. Needless to say, no one left hungry. RCHS staff members were also invited to enjoy the breakfast and were given special FFA week-designed goodie bags throughout the day.

Throughout the week, students and staff donated change towards the FFA fundraiser to cast their vote for the staff member that would have the honor of kissing a cow. The week concluded with the student body gathering on the front sidewalk to see the lucky staff with the most votes kiss a cow. Deputy Mark Currence, SRO, was the overall winner (pictured on page 1).

Kindness Week (continued)

Once the students completed their Random Act of Kindness activity, they returned the paper heart to the Action Based Learning Lab for Mr. Gates to add to the kindness bulletin board. At the end of the week, the bulletin board was completely filled with hearts representing all of the kind gestures that students had done for others.



If you or your student is feeling anxious or depressed, we are here to help!

Call or text our

EMOTIONAL SUPPORT HOTLINE:

540-683-0437