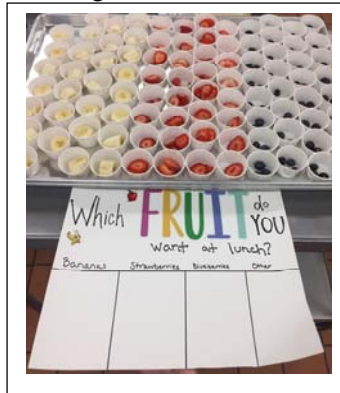


RAPPAHANNOCK COUNTY SCHOOLS PANTHER PRIDE NEWSLETTER

DR. DONNA MATTHEWS, SUPERINTENDENT

COMMIT TO BE FIT: BRINGING FITNESS, HEALTH, AND WELLNESS TO THE SCHOOLS

The Commit to Be Fit (C2BF) health and wellness team has been very active in the schools. With new goals for the New Year, the team, in collaboration with the cafeteria staff, is enhancing the menu to include students' healthy favorites to the menu. This week, RCPS students had the opportunity to sample bananas, strawberries, and blueberries for this week's "Try it Tuesday." Students then cast a vote for their favorite fruit which will be featured on February's menu. The Commit to Be Fit grant provides Rappahannock County Public Schools with additional funding to incorporate more nutritious, student-approved menu items. One primary focus is to increase fresh fruit and vegetable availability in the cafeterias. Strawberries won at both schools and will be a berry sweet addition to the menu!



Enrichment Opportunity:

The VA Council on Women has opened its 6th annual STEM Essay Contest event for junior or senior high school young women who are residents of Virginia and have a minimum cumulative GPA of 2.5. The purpose of this contest is to help women reach their potential and maximize their contribution to society and the Commonwealth as wage earners and citizens. The Council has initiated several projects to meet this goal, one being the annual essay contest for young women in high school. The Council believes that opportunities such as these will help lead young women to their success as productive and resourceful citizens. The Council will award five scholarships (one in each VA region) to a female junior or senior who will be pursuing a STEM education at an institution of higher education. Essays will be judged by a panel of Council members and women who hold a degree in or work in STEM fields. Entries must be received by 11:59 PM on Monday, February 20, 2017. For more information, please visit the Council Essay Contest application page:

<http://commonwealth.virginia.gov/council-on-women/stem-essay-contest-2017/>



Also, the C2BF team encouraged RCPS students and staff to participate in the Virginia Healthy Youth Day pledge—a pledge to live healthy, exercise, and smoke-free. RCPS is truly changing its culture to be more aware of the importance of health and wellness.

Thank you for these opportunities C2BF team!



ASSEMBLY PROVIDED FOR RCES STUDENTS

Lykes Foundation and PTO sponsor event

On Tuesday, RCES students participated in an hour long storytelling assembly provided by Bluemont Concert Series. Dylan Pritchett, an enchanting storyteller, captured the audience's attention with African stories, riddles, music, and games. Students listened intently to stories focusing on morals and values while enhancing their listening skills. Pritchett's unique style had students and faculty on stage playing a variety of African musical instruments to learn about other cultures while providing the audience an opportunity to use their imaginations. At



the end of the enthralling storytelling experience, students were excited to express their appreciation for a delightful performance. RCES is thankful for the Lykes Foundation and RCPS PTO for providing students of all grade levels with this engaging, interactive glimpse into history.



RCHS National Honor Society news

NHS hosts community blood drive

Rappahannock County High School was the site of yet another community service event in the past week, hosting a Red Cross Blood Drive on Friday, January 13. Sponsored by the National Honor Society, the blood drive was a phenomenal success, with 49 people requesting to donate blood. NHS students ran the blood drive from start to finish, retrieving student donors from classrooms and welcoming community donors at the front door of the school. NHS sponsor and RCHS teacher, Mike Sheffield, reported that the Red Cross was more than thrilled with the turnout and plans are already underway for the next visit, with hopes high for increased Red Cross staffing to enable all who wish to contribute to do so.



Special Education Advisory: Membership Drive

School Board policy requires annual appointment of members of the Special Education Advisory Committee and a slate of potential members for this important group will be presented to the Board at their April meeting. The "SEAC of RCPS" strives for diverse membership comprised of persons with disabilities, parents/guardians of persons with disabilities, members of community organizations, representatives of public agencies concerned with the care of persons with disabilities, and school division staff. The group is currently comprised of 7 community and parents members, one teacher, and 4 employee consultants who meet approximately 4 times per year to support our special needs population. Meeting notifications are posted on the RCPS website under the Special Education Department link as well as advertised through flyers and the "Meeting and Notices" section of the Rappahannock News. While membership is not required to participate in SEAC meetings and events, it is necessary for voting and decision-making purposes. We are always looking to expand the group and invite you to become a member to aid in planning for this diverse population of students.

Letters of membership request may be sent to the Executive Director of Special Education at 6 Schoolhouse Rd., Washington VA, 22747. In addition, a membership application form may be obtained by calling Carol Johnson at 540-227-0259 or emailing cjohnson@rappahannockschools.us. We look forward to increased membership as we strive to reach our mission of working together with families to educate students with varying skills and abilities by addressing their unique challenges while preparing them for further education, employment, and independent living.



RCHS STUDENTS WIN FOREIGN LANGUAGE ACCOLADES

Students excel at National Latin Exam

Last week RCHS Latin teacher James Sharpe also received results of the 2016-17 National Etymology Exam with positive results for our RCHS students. Competing with 4,000 other students who took the test nationally, thirty-five of our students took the exam with fifteen of them posting results that merited recognition.

Receiving bronze medals were Gus Garcia, Sophia Hernandez, Ninon Kirchman, Nova Corroero, Jojo McKinney, Kim Dellinger, Gabe Hernandez, and Jessica Thorne. Earning silver medals were students Macy Montgomery, Katie Sharp, Liz Whittaker, Drake Lynn, Connor Culbertson, and Savannah Stevens. Serenity Cortez took top honors, earning a gold medal on the strength of her performance.

Latin teacher, James Sharpe, noted that the number of awards winners nearly doubled over last year and was in fact the second highest total of medal winners since our students began taking this exam in 2010. Congratulations to our Latin scholars and their classmates, all of whom work together to make one another more proficient in the most classic of foreign languages.

VIRGINIA WYATT WINS SKILLS USA DISTRICT COMPETITION

Reigning state champ shows promise for another title in 2017

On Thursday, January 19th, RCHS junior, Virginia Wyatt, won the district Skills USA competition against competitors from Shenandoah County. Wyatt again competed in the Career and Technical Education student organization competition in the Prepared Speech contest, after having given a presentation at the Mountain Vista Governor's School Governing Board meeting earlier that day. This contest requires students to prepare and present a five to seven minute speech from memory, with no help from visual aids or note cards. The topic is given ahead of time, and the contestants are judged based on their ability to present a series of organized thoughts around a central theme clearly and effectively. Students are timed, and points are awarded for their appearance, opening, voice, platform, organization, mechanics, closing, and effectiveness. Points are deducted through penalties for improper appearance, misuse of the time limit, and failure to present a resume. Miss Wyatt soared with her prepared speech to a near perfect score from all three judges. She will advance to the state competition, and hopefully earn a national spot once again. RCPS is very proud of this very talented young lady.





Upcoming Events and Announcements

- ❖ January 20-21: Middle School Band travels to Fauquier High School
- ❖ January 21: C2BF Dance-A-Thon RCES gym 9:00 AM
- ❖ January 24: MVGS Parent Info Night, LFCC Warrenton 7:00 PM
- ❖ January 26: Family Life Review RCHS library 6:00 PM
- ❖ February 6: PTO meeting at 6:30 PM
- ❖ February 15: Reality Store for 8th graders
- ❖ February 21: After School Tutoring Begins
- ❖ March 6: Winter Sports Awards Celebration
- ❖ March 27-29: Flex Fair
- ❖ April 8: Prom
- ❖ April 29-30: Spring Musical, *School of Rock*

For upcoming athletic events visit the RCPS Sports Page:

<http://rappahannockcountyhs.schoolteams.com/>



Saturday, January 21st
Rappahannock Co. Elementary School Gym

Other activities include: Kid's Yoga (ages 2-12), Smoothie Samples, Monthly Check-in Opportunities, & Prize Drawings! This will be fun for the entire family!

<p>9:00am</p> <div style="text-align: center;"> <p>ZUMBA</p> <p>A blend of Latin rhythm and easy to follow dance moves</p> <p><small>Presented by Certified Zumba Instructor, Dranna Robinson</small></p> </div>	<p>10:00am</p> <div style="text-align: center;"> <p>COUNTRY HEAT LIVE!</p> <p><small>Presented by Certified Country, Heat Live Instructor, Col McMaster</small></p> <p>A high energy, low impact, country dance inspired workout</p> </div>
<p>11:00am</p> <div style="text-align: center;"> <p>Balletone</p> <p><small>Something for everyBODY!</small></p> <p>A blend of Ballet, Pilates, and Yoga</p> <p><small>Presented by Certified Master Balletone Ambassadors, Holly Jenkins & Holly Scott</small></p> </div>	<p>12:00pm</p> <div style="text-align: center;"> <p>LES MILLS BODYJAM™</p> <p>An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis on having fun & breaking a sweat</p> <p><small>Presented by Certified Zumba Instructor, Dranna Robinson</small></p> </div>

RCPS Vision Statement:

To empower every student to reach his or her full potential.