# We Are Rappahannock!

Division Newsletter-November 2020

## **Agricultural & Health Sciences Academies**

The new RCHS academies debuted this semester. Completed in a student's high school career, the academies are designed to provide opportunities for additional certificates, diploma endorsements, and specific post graduate promises prior to the student's graduation.



Dr. Tom Massie shows a student how to float a horse's teeth during an extended classroom visit to Rose Hill Veterinary Practice.



An Agricultural Academy student learns about pasture management procedures at a local sheep farm.



Robyn Murray, RN teaches a Health Sciences Academy student how to preform CPR.

Students and Families—Feeling the stress of remote learning? See page 2 to learn about our new EASE the pressure initiatives, which are designed to offer additional technical and educational support for our school family.





Ms. Deal's Group B class on Character Counts Day.

### **Kindness Counts**

Rappahannock County Elementary School recently held a Kindness Counts Spirit Week to conclude Bullying Prevention Month. The daily themes included "Team Kindness" (sports jersey or panther spirit wear), "Powered by Kindness" (favorite hero), "Dream of Kindness" (pajama day), "Crazy About Kindness" (crazy hair/clothes/socks day), and "Character Counts" (favorite book character). The students enjoyed the opportunity to show their school spirit while spreading the message of kindness, inclusion, and unity.

According to RCPS School Psychologist, Kathy Zehr Rhodes, "Students and teachers alike participated in Friday's theme, Character Counts, with creativity and enthusiasm. Several primary students entered the school carrying a book representing the character they chose to personify." Zehr Rhodes added, "What a positive way to build relationships within our school community!"

## **Introducing EASE the Pressure**

Rappahannock County Public Schools is excited to announce our new initiative EASE the Pressure, which aims to empower students to achieve, succeed, and excel! We understand that everyone is under an unusual amount of stress as a result of the pandemic. While we are amazed by the determination, effort, and grit that has been exhibited by teachers, students, parents, and families, we are excited to offer additional support to enhance learning through this challenging time.



<u>Saturday Study Hall-</u> In October, we debuted the Saturday Study Hall to support students and families (grades 6-12) with their remote learning. RCHS is open from 9 am-12 pm on Saturdays to allow students to take advantage of the internet as well as provide a quiet, distraction-free environment. Parents are able to drop off their child/children anytime between 9 am and 12 pm under the supervision of a RCPS employee. Although this is not a tutoring session, it allows for a three-hour block of uninterrupted work-time. For more information, please contact Dani Pond at dpond@rappahannockschools.us.

<u>Wednesday School</u>- On November 4<sup>th</sup>, RCPS kicked off our Wednesday School tutoring program to assist students that were identified as needing additional in-school support and instruction. This program is by invitation-only to ensure that we are able to accommodate those with the greatest need. As with each of our previous Wednesdays, the schools are being thoroughly disinfected in between Group A and Group B students.

<u>Winter Intercession</u>- Additionally, we are evaluating the need for a Winter Intercession over the holiday break. Should we find that this additional support is necessary, more information on this session will be provided.

## **Sports Update**

Sports are officially returning with the winter season beginning December 7<sup>th</sup>. See the scheduled posted in the top, right sidebar for dates for all three seasons (fall, winter, and spring). Total capacity for indoor or outdoor events is 250 persons (includes participants, staff, coaches, and spectators). Please note- Face coverings will be required of all spectators, event staff, and coaches and players when not actively competing. Please contact our Athletic Director, Courtney Atkins, at <a href="mailto:catkins@rappahannockschools.us">catkins@rappahannockschools.us</a> with any questions.



# Sports Schedule

### Winter Sports/Activities

Basketball, Sideline Cheer, Scholastic Bowl, Wrestling

**Dec 7th:** First Day of Practice **Dec. 21st- Feb. 5th:** Regular Season

Competitions

Feb. 8th- Feb. 20th: Region & State

Competitions

### Fall Sports/Activities

Competition Cheer, Cross Country, Football, Golf, Volleyball

**Feb. 4th:** First Day of Practice for Comp. Cheer

& Football

Feb. 15th: First Day of Practice for all other fall

sports

Feb. 26th-Apr.9th: Regular Season

Competitions

Apr.12th-Apr. 24th: Region & State

Competitions

### **Spring Sports/Activities**

Baseball, Soccer, Softball, Theatre, Track & Field

**Apr. 12th:** First Day of Practice **Apr. 26th-Jun. 11th:** Regular Season

Competitions

Jun. 14th- Jun. 26th: Region & State

Competitions



## **REMOTE LEARNING HELP**

For TECHNICAL support videos or for the technology help desk contact info, visit the homepage on our district website at <a href="https://www.rappahannockschools.us">www.rappahannockschools.us</a> and search for the icon shown above.

Need additional assistance? Call the TECHNICAL SUPPORT HOTLINE at 540-227-0023 x 3003.



