

# RAPPAHANNOCK COUNTY SCHOOLS PANTHER PRIDE NEWSLETTER

DR. DONNA MATTHEWS, SUPERINTENDENT

## VSBA VIDEO CONTEST Focus on Workplace Readiness



Rappahannock County High School participated in the Virginia School Boards' Association (VSBA) yearly video contest. This year's contest asked students to express their thoughts and ideas around the theme Workforce Readiness. Videos are judged on how well students address the topic within a thirty second period, as well as, the quality of the production and the creativity of the video. The Design, Multimedia, & Web Technologies class, taught by Linda Petty, took on the competition representing Rappahannock County High School.

Working in small groups, students learned the basics of producing a movie such as: brainstorming ideas, planning what they wanted to say and how they wanted to say it visually, how to film the video, take the pictures and upload them, creating a storyboard and finally how to use the program to create the video. Each video submitted was judged by an impartial committee. The finished movies were presented on the large screen in the high school auditorium and each team narrated their creative work. With the announcement of the winning video, created by Sydney Murphy, Amber Smoot, Sebastian Vonsteinner, and Karley Wharton, the class was treated to an ice cream social provided by Technology Director, Robin Bolt who offered her technological expertise to the students.

The selected video, entitled *Workforce Readiness*, has been submitted to the Virginia School Boards' Association for competition. VSBA will select their top three videos which will be shown during the

opening general session of the 2016 VSBA Annual Convention held November 16-18 in Williamsburg. Congratulations to all students who participated. To view Rappahannock County Public Schools' submission to this contest please click here, [VSBA Video](#) .



## CAREER EXPLORATION

Winchester Medical Center, in partnership with area nurses and Scout Councils, is hosting a career exploration event on Saturday, October 22nd, at Winchester Medical Conference Center. The two hour event offers active hands-on opportunities to learn about nursing as a career option. Examples of activities include: giving injections, casting a finger, listening to heart and lung sounds, caring for infants, hand washing techniques, starting an IV, taking blood pressure, touching a skeleton, and experiencing sensory deprivation. All area students in grades 1-12 are invited to join more than the 500 youth from the region. The cost for the event is only \$4 per person which includes light refreshments and activities. If your child is interested, please let us know by sending a note to our guidance director, Michelle Papa ([mpapa@rappahannockschools.us](mailto:mpapa@rappahannockschools.us)) no later than October 7th. For more information about the program, contact Lisa Zerull from Valley Health at [lzerull@valleyhealthlink.com](mailto:lzerull@valleyhealthlink.com).



## BULLYING PREVENTION MONTH

### RCES Focus for October

The Olweus Bullying Prevention Team at RCES has been busy planning activities for our students to promote a month-long anti-bullying campaign. The students will engage throughout the month in fun activities that promote cooperation and teamwork while earning prizes that will reinforce the message that we respect each other. Planned activities include a new kick off for the “Road to Character” program that recognizes positive character virtues exhibited by our students. Each week, students will receive prizes for actions reflecting Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Students will have the opportunity to participate in an “anti-bullying” poster contest as well. Posters will be displayed in the RCES hallways throughout the month.

In addition, weekly activities for the students have been planned which will support the goal of bully prevention through character building. During the first week of October, students will select books on the topic of bullying prevention to read and will participate in discussions about the books. The week of October 10th - 14th, students will be encouraged to reach out and make new friends by asking someone to join them for lunch, play on the playground, join a community club, or an after school event or sport. The third week of October will be “Stamp-Out Bullying” Spirit Week! During the final week in October, students will be encouraged to use their creative, critical thinking, and problem solving skills to stamp out bullying by solving a daily riddle that will be presented over the morning announcements. Please encourage your child to participate helping RCES recognize October as National Bully Prevention Month. This focus unites all of us as we join the many schools across the commonwealth to prevent bullying and encourage positive character.

*Students hanging out on the Buddy Bench, a project to inspire students to make friends and help one another on the playground.*



### ADVISORY COMMITTEES

Rappahannock County Schools enlists the help of community volunteers each year for input regarding various programs. The work of these advisory teams is truly valuable. Team members have opportunities to provide constructive feedback, support school initiatives, and review goals from the programs for which they are serving as advisory members. Each advisory meets several times each school year in accordance with each program plan. If you are interested in serving on an advisory committee, please contact the following people:

Special Education Advisory Committee (SEAC): Executive Director of Special Education: Carol Johnson,  
[cjohnson@rappahannockschools.us](mailto:cjohnson@rappahannockschools.us)

Gifted and Talented (GT) Advisory: Director of Academic Services, Shannon Grimsley:  
[sgrimsley@rappahannockschools.us](mailto:sgrimsley@rappahannockschools.us)

**(NOTE: GT Advisory in need of an interested parent, community member, or teacher to chair the committee as long-standing chairperson, Helen Williams has stepped down).**

Career and Technical Education (CTE) Advisory: Shannon Grimsley or Scott Schlosser, CTE Chair at  
[sschlosser@rappahannockschools.us](mailto:sschlosser@rappahannockschools.us)





## RC HS CELEBRATES WATERSHED FIELD DAY

### RappFLOW Event a Success

On Thursday, September 22, the RC HS chemistry and horticulture classes visited the Link in Sperryville to view and participate in the Watershed Field Day. Sponsored by the Rappahannock Friends and Lovers of Our Watershed, better known as RappFLOW, the event provided exposure to real life science in the field as well as networking opportunities with student representatives from other county schools. Our budding scientists, along with those of neighboring schools, were able to enrich their knowledge with relevant hands-on exercises conducted by practicing scientists and naturalists. It was a morning filled with the demonstration of important ecological principles and practices that benefit Rappahannock County as well as all others downstream, since Rappahannock County is located at the headwaters of the watershed.

Mr. Naser's chemistry class learned about water quality testing methods from Virginia Master Naturalist, Donald Hearl, Vice President of Environmental Systems Solutions. Performing the same procedures utilized by the Culpeper Soil and Water District, students tested the waters of the Thornton River for nitrate, phosphate and dissolved oxygen. Mr. Naser's class will be incorporating this knowledge into their own project based learning explorations about water quality later in the semester.

On the botanical side of this science field trip, Mrs. Waddell's class was able to experience three different presentation stations that focused on plant taxonomy, grass management, and rain gardens. Key characteristics on identifying plants were explored with taxonomy handouts distributed to students for placement in their class notes folder for future use. The nine-hole golf course adjacent to the Link served as the ideal laboratory in which the different methods of cutting, watering, and fertilizing were demonstrated by grounds crew workers.

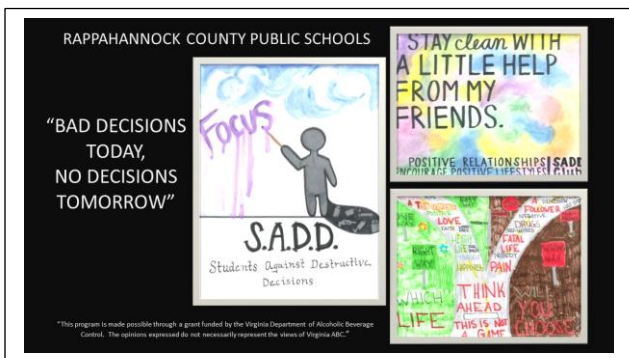


The final horticulture demonstration showcased rain gardens as buffer zones to help purify the water flowing into our streams and rivers. Noting the additional benefits of erosion control, the flora make-up of rain gardens was discussed with a focus on the importance of using native plants. As part of the presentation, watershed friendly backyard management information for homeowners was discussed, with information sent home for students to share with parents. After an action packed morning, RC HS students returned to the high school in time for lunch, each with a new appreciation for the environmental processes that lead to the food on our tables.

## RED RIBBON WEEK OCT. 23-31

### SADD & MADD Encourage Drug and Alcohol Prevention

Students Against Destructive Decisions (SADD), in collaboration with our community MADD partners, encourage citizens to participate in drug and alcohol prevention awareness. Students will be participating in education activities during the month of October. Please support our students during Red Ribbon Week.







## Upcoming Events and Announcements

- ❖ October 1<sup>st</sup>: SAT Testing at RCHS
- ❖ October 1<sup>st</sup>: MVGS Chili Cook-off at Fauquier High School
- ❖ October 3<sup>rd</sup>: Senior Picture Make-Up Day RCHS
- ❖ October 3<sup>rd</sup>: PTO Fundraiser Kick-Off
- ❖ October 3<sup>rd</sup>: PTO Meeting 6:30 PM RCES
- ❖ October 4<sup>th</sup>: Effects of Heroin Documentary at RCHS 6:00 PM-8:00 PM
- ❖ October 5<sup>th</sup>: VCU Campus Tour (contact: Michelle Papa mpapa@rappahannockschoools.us )
- ❖ October 6<sup>th</sup>: Commit to be Fit Wellness Day 8:00 AM-12:00 PM
- ❖ October 6<sup>th</sup>: Parent Teacher Conferences 1:00-4:00 PM & 5:00-7:00 PM
- ❖ October 13<sup>th</sup>: 7<sup>th</sup> Graders travel to Winchester for the Worlds of Work (WOW) Career Expo
- ❖ October 14<sup>th</sup>: Underclass School Picture Make-Up Day
- ❖ October 17<sup>th</sup> -21<sup>st</sup>: Homecoming Week
- ❖ October 21<sup>st</sup>: Homecoming Game 7PM
- ❖ October 22<sup>nd</sup>: Homecoming Dance 8-11 PM RCHS
- ❖ October 23<sup>rd</sup>-31<sup>st</sup>: Red Ribbon Week
- ❖ October 28<sup>th</sup>: Harlem Superstar Basketball Game RCHS Gym

### RCPS Vision

#### Statement:

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

**Oct. 11<sup>th</sup>:** School board meeting at 6:00 PM with public comment on the new RCPS Comprehensive Plan beginning at 6:30 PM. The Comprehensive Plan helps define the division and student focus for the next six years. Thank you to all who participated in the writing of this document!

\*\*\*The *Commit to Be Fit* team will host a Wellness Day event on **October 6<sup>th</sup>, from 8:00 AM-12:00 PM** before parent teacher conferences. Come to a workshop, see nutrition demonstrations, catch a fitness class, and sign up for the challenge. The first 150 people who attend and sign up receive a free gift valued at \$60! Registration is open to all Rappahannock County community members, parents, and staff, ages 21 and older. Please join us on our journey to become healthier individuals. For questions about the program requirements, or to sign-up for the FREE program, please contact Jackie Tederick at [jtederick@rappahannockschoools.us](mailto:jtederick@rappahannockschoools.us).

