

# Family Resources

Hawkins County Schools

March 2010



Connecting Home and School to Educate and Graduate Each Student.

## CHANGES TO IMMUNIZATION REQUIREMENTS

The Tennessee Department of Health has recently issued new immunization rules and a new official state certificate for entry into school effective July 1, 2010. The new state certificate will be available from your health care provider or local health department April 1, 2010. Below are the new immunization requirements for entrance into kindergarten and 7th Grade this fall (school year 2010-2011). All the newly required vaccines are routinely recommended for all children. Most children should have already received them.

### Children in Child Care Facilities (new requirements checked):

- Diphtheria-Tetanus-Pertussis (DTaP, or DT if appropriate)
- Poliomyelitis (IPV or OPV)
- Measles, Mumps, Rubella (1 dose of each, usually given together as MMR)
- Varicella (1 dose or history of disease)
- √ Hepatitis A (1 dose by 18 months of age)
- √ Hepatitis B (HBV)
- √ Haemophilus influenzae type B (Hib): age younger than 5 years only  
(this requirement is resumed following suspension during a national Hib vaccine shortage 2008-2009)
- √ Pneumococcal conjugate vaccine (PCV): age younger than 5 years only

### Children entering Kindergarten (new requirements checked):

- Diphtheria-Tetanus-Pertussis (DTaP, or DT if appropriate)
- Hepatitis B (HBV)
- Measles, Mumps, Rubella (2 doses of each, usually given together as MMR)
- √ Varicella (2 doses or history of disease): previously only one dose was required
- √ Hepatitis A (2 doses): effective July 1, 2011
- √ Poliomyelitis (IPV or OPV): final dose on or after the 4th birthday now required

### Children entering 7th grade (new requirements checked):

- √ Tetanus-diphtheria-pertussis booster ("Tdap")
- √ Verification of immunity to varicella (2 doses or history of disease)

### Children who are new enrollees in a TN school in grades other than K or 7th:

- Diphtheria-Tetanus-Pertussis (DTaP, or DT if appropriate)
- Measles, Mumps, Rubella (2 doses of each, usually given together as MMR)
- √ Hepatitis B (HBV): previously only for Kindergarten, 7th grade entry
- √ Poliomyelitis (IPV or OPV): final dose on or after the 4th birthday now required
- √ Varicella (2 doses or history of disease): previously only one dose was required

Hawkins County Health Department will be offering these vaccines **free of charge to students currently in the 6th grade.** No appointment is needed.

#### Rogersville location

- April 5, 2010 8:00—10:00am  
and 2:30—4:00 pm
- April 7, 2010 2:30—4:00 pm
- April 8, 2010 2:30—4:00 pm

#### Church Hill location

- April 5, 2010 3:00—4:30 pm
- April 6, 2010 3:00—4:30 pm
- April 9, 2010 3:00—4:30 pm

### SHORT NOTES

#### MEMORY TIP

When your youngster needs to remember facts (dates in history, elements in science) for a test or quiz, suggest that he write them down in different-colored pencils. At test time, picturing his colorful list may help him remember the right answers.

#### FAMILY TALENT SHOW

Stage a talent show to help family members appreciate one another's skills. Each person can choose something he likes to do (singing, juggling). Encourage practice time, and choose a night for your event. **Tip:** Hand out awards such as Best Actress and Silliest Jokester.



Kids with TVs in their bedrooms are more likely to be overweight. That's because they tend to be less active, watch more food commercials, and eat during shows. If your child has a set in her room, consider taking it out—her TV habit will probably drop.

#### Worth quoting

"My future starts when I wake up every morning. Every day I find something creative to do with my life."  
Miles Davis

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**A strong finish** As your youngster heads into the final stretch of the school year, keep him motivated to do well. Try these three suggestions:

1. Show your child that you take his "job" as student seriously. You might discuss things your jobs have in common (he counts pretend money in math class, and you count real money as a bank teller). Explain that his schoolwork is preparing him for the workplace.
2. Remind your youngster of his accomplishments. Maybe he got B's in social studies the first two quarters and a C the third quarter. Suggest that he set a goal for his final report card ("I want to bring my grade back up to a B").
3. Encourage your child to find one new way to get involved at school before the year ends. Maybe he could help out in the library or with the spring picnic. You might also plan to volunteer before the year ends. Your youngster will be proud to see you at school hanging artwork in the hallway or chaperoning a class party.♥



# SAFETY FIRST

Safety is a top priority for Hawkins County Schools. Several measures are in place to ensure a safe and secure school.

SAFE School funds have been used to improve school security. SAFE School funds have recently purchased magnetic door access systems for Church Hill Middle and Rogersville Middle Schools. Under this new system the entrance doors are locked at all times. Magnetic locks and a buzzer have been installed at the entrance of both schools, along with a camera surveillance system to view and screen visitors. All doors are locked and access to the building is allowed with staff permission only. With the installation of the magnetic door system, the school building has improved security.

Two-way radios have also been purchased for many of the schools providing instant communication with the office. The addition of the radios assists the school's ability to deal effectively with a crisis situation by aiding in immediate contact to relay vital information.

Other measures in place to increase school safety include:

- Two new Resource Officers have been placed at the middle schools. Ms. Zandra Taylor will serve Rogersville Middle School and Bulls Gap School. Mr. Jason Montgomery will serve Church Hill Middle and Surgoinsville Middle School. The officers join the team of Resource Officers already in place at Volunteer High and Cherokee High.
- Each school has an active Safety Committee in place to evaluate and implement safety procedures for their school.
- Students and staff regularly practice emergency drills. Fire drills, tornado drills, and lockdowns are part of the required drills.
- Upgrade of surveillance cameras through school buildings, both inside and outside.
- Two-way radio systems on all buses to provide communication with the transportation department and between bus drivers.

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## Making Good Choices ...

Your child faces dozens of choices every day. Should she wear jeans or a skirt? Will she get chicken or pizza for lunch? Talking to her about how to make daily decisions can help her handle bigger, more important choices as she gets older.

Here's how.

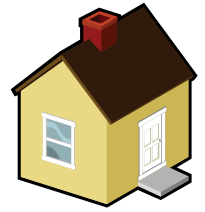
Door A or B? When your youngster must choose between two options, suggest that she draw two large doors on a sheet of paper. Say she's deciding which state to write her geography report on. She might label one door "Vermont" and the other "Hawaii." Then, she can jot down the benefits of each option on its door. For Vermont, she could write, "I know more about it since my cousins live there." And for Hawaii, she might write, "I've always wanted to learn about Hawaiian volcanoes." After she has filled out both doors, she can choose the one she likes best.

Pros and cons If your child is making a "yes" or "no" decision, have her list the pros on the front of a piece of paper and the cons on the back.

Perhaps she is deciding whether to try out for the school musical. A pro might be "good experience for becoming a singer," while a con might be "less time for homework." When her list is complete, suggest that she circle the reasons that matter most to her. She can add up the pros and cons, counting the circled ones twice. Which choice looks better?♥

Is your family residing in a relative's or friend's home because you have nowhere else to go?

Have you been evicted from your home or at risk of being evicted from your home? Do you feel that your home is substandard (without running water or electricity)? If so, we would like to help. Please contact the Hawkins County Schools' Homeless Coordinator at the Family Resource Center at 423-921-9621. We will try to help you locate housing and other resources and ensure that your child has everything they need for school.



## Reading on the Road

Whether you're running a quick errand or driving to Grandma's, you can use time in the car to let your youngster practice reading.

- Have each passenger try to find all 26 letters—in order—on signs (road signs, billboards, store signs). The player names the letter and then reads the sign aloud. ("Azalea Lane," "Buy One, Get One Free.") Continue until someone reaches Z.
- Pack a special "reading bag" to keep in the car. Your youngster might put a book of fairy tales, a collection of short stories, and a few chapter books into a canvas bag. Suggest that he read a different story or chapter on each outing.



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# **PARENT POWER: Helping Your Child Prepare for TCAP**



The TCAP (Tennessee Comprehensive Assessment Program) is required for all students grades 3-8. The test uses multiple choice questions to provide a measure of knowledge and application skills in various subject areas. The results of the TCAP Achievement Test provide valuable information regarding student's progress in Tennessee.

## **PARENT TEST-SUPPORT STRATEGIES**

### ***Preparing for Testing***

- Note test dates on your home calendar; schedule appointments on non-testing days.
- Encourage your child to take responsibility for homework and class study.
- Help you child learn how to find information independently.
- Praise your child for work done well.
- Encourage your child to ask questions at home and in class.
- Get to know your child's teachers.
- Attend parent-teacher conferences.
- Confer with teachers on a regular basis for progress reports.
- Gather available test preparation materials.
- Assure your child knows that you value a good education.

### ***Testing Day***

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not send your child to school if illness is apparent.
- Do not remove your child from school on test days for appointments.

### ***After Testing***

- Examine all test reports sent home.
- Determine areas of strengths and weaknesses.
- Praise your child's testing strengths and make a plan to address identified weaknesses.
- See your child's principal, counselor or teacher if additional information is required.

### ***TEST ANXIETY***

Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students, parents, and teachers in reducing test anxiety.

### ***Parent Strategies for Reducing Test Anxiety***

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.

#### **Test Dates in Hawkins County**

Tuesday, April 13, 2010  
thru  
Tuesday, April 20, 2010

#### **Subjects tested on the TCAP**

- Reading
- Language Arts
- Math
- Science
- Social Studies

Breakfast is the most important meal of the day!

**Free Breakfast will be served during TCAP testing on April 13th, 14th, 15th, 16th.**

Encourage your child to eat breakfast every day, but especially on test days!



# April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>TCAP Time:</b>				<b>1</b>	<b>2</b> Regular School Day—makeup for snow	<b>3</b>
<b>4</b> Easter Sunday	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> End of grading period Administrative Support Staff Appreciation Day	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>TCAP TESTING</b>						
<b>18</b>	<b>19</b> TCAP Testing	<b>20</b> TCAP Testing	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

## Relative Caregiver

### Support Group

If you are raising a grandchild or other family member, you are invited to join the Relative Caregiver Support Group. This group meets monthly as a way to network with others who are experiencing the unique situation of raising grandchildren or other related children.

Services offered:

- Respite and recreation opportunities
- Support groups
- Activity/Support groups for children and teens
- Educational workshops for children, teens, parents, and relative caregivers
- Emergency financial and/or start-up assistance for eligible families

For more information, please call Shannon Mason at 1-866-321-9111.

## COMMUNITY RESOURCES

Hawkins County Schools Family Resource Center provides free services to families. Services include:

- Parenting Classes
- Lending Library of parenting resources, videos, books, children's material
- Food Pantry
- Referrals to Community Agencies

For more information, please call 921-9621.

### Early Childhood Learning Program - PreK

Hawkins County Schools currently has four PreK classes. These programs are offered at Mooresburg Elementary, Mt. Carmel Elementary, and at the Colonial Road location in Rogersville.

The mission of the Early Childhood Learning Center is to provide four-year-old children of Hawkins County with essential skills for success in kindergarten and beyond.

For more information, please call Kim Cassidy at (423) 272-3628.

## CHILD FIND

Local school systems provide services for special needs children and young adults, ages 3 years to 21 years, who reside within the system's district. If you have or know children who are currently not being served, please contact the Hawkins County Special Education Department at 272-2168.



## Adult Education

The Adult Education Department of Hawkins County Schools offers free services to adults including GED classes and test preparation. Day and evening classes are available. The Adult Ed Office is located behind Rogersville Middle school. For more information, please call 423-272-8345.

## **Hawkins County Schools**

200 N. Depot Street  
Rogersville, TN. 37857

423-272-7629  
www.hck12.net



*Educate and Graduate Each Student*