

Weekly Memos – October 1, 2018



Data Clerk Meeting

Audience: Data Clerks

There will be a data clerk meeting at CAB beginning at 9:00 AM in the Presentation Room on Thursday, October 18, 2018. The meeting will last until 11:30 AM.



World Teachers' Day 2018

Audience: All

World Teachers' Day will be October 5, 2018. [Click here for details.](#)



Insurance Premium Rates 2018-2019

Audience: FCPS Employees

Monday, October 1st through Friday, October 26, 2018, is open enrollment for medical insurance. The rates for medical insurance increased by approximately 2.6%. All rate changes will go into effect on December 14, 2018, the first payroll in December. There will be four tiers offered again this year – Premier, Standard, Limited and CDHP. Each tier has the option of Employee, Employee + child(ren), Employee + spouse and Family coverage. With this, you have the opportunity to enroll in the Local plus network or an Open access network with BCBS or Cigna. Note, the open access network is higher for 2019. [Click here for more information.](#)



National School Lunch Week

National School Lunch Week is October 15-19, 2018. This week-long celebration will enhance the importance of a healthy school lunch in a child's life and emphasize the impact it has inside and outside of the classroom.

school lunch lots 2 love

National School Lunch Week
OCTOBER 15-19, 2018

Parents: Did you know?
Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

30 million students enjoy healthy lunches every school day.

3/4 cup of vegetables with every lunch

1 cup of 1% or fat-free milk

1/2 cup serving of fruit daily

Entrées must include whole grains & lean protein

Read School Meal Success Stories here:
<https://traytalk.org>

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