

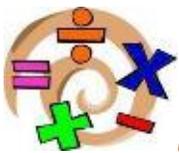


3rd-6th Fireweed Academy Newsletter Week of December 4th, 2017



It was a Fabulous Friendly Friday Visit!!

Big Fireweed students had a blast going to Little Fireweed last Friday for a Friendly Friday visit. Students spent time playing together on the playground, singing some songs in the yurt and then involved in 2 of 4 activities that were offered: Structure building with Stephanie and Todd, Denali Climb with Kim and Jon, Board Games with Betsy and Maria, and Communication Art with Hannah and Mo. The two activities they did not partake in this time will be available at the next visit.



MATH HOMEWORK CLUB IS WEDNESDAY THIS WEEK



Math Club meets on Wednesday this week. This is an opportunity for students to log onto ALEKS.COM or work on paper-based homework. This Wed. and next Thurs.

are the last two sessions for this quarter. We will begin again after the Holiday Break. Pick-up should be promptly at 3:45. Snack is provided.

LICE CHECKING TIME!

It is a good idea to check your child's head for lice on a weekly basis. Good lighting is the key to finding those pesky bugs. If you think your child may have lice, let the nurse know. She will follow up with your child to confirm this and let you know how to combat them, if necessary.

Healthy Holiday Hints



What's missing from these pictures?

HELMETS!

Winter break is coming soon and it is a time to enjoy many fun outdoor activities. Every year, children and adults are seriously injured doing these fun activities. Wearing a helmet saves lives-just like wearing seatbelts and lifejackets. Not only is buying a helmet **a lot** cheaper than a trip to the emergency room, wearing it may just save a life.

Winter break is a time to spread good cheer, not germs. Washing your hands after using the bathroom and before eating is a great way to decrease the amount of germs passed around. Sneezing and coughing into your sleeve controls the spread of germs much better than sneezing and coughing into your hand. Getting enough sleep, spending time outside, and maintaining a balanced diet will help decrease the

amount of time you and your family spend being ill over the winter break.

Winter break is also a time for playdates and sleepovers. I highly encourage checking your children and their friends for lice on a regular basis. Lice happens.

I hope these healthy holiday hints help. Wishing you a healthy and wonderful winter break.

Your school nurse, Laura Peek, RN

HOT LUNCH/BREAKFAST PROGRAM

We have a hot lunch program here at the school. If you would like your child to have hot lunch, they will sign up first thing in the morning! Hot lunch is \$.40 or free if you qualify for free/reduced program or \$3 full price. Milk is also available for purchase for \$.60. Breakfast is \$2 or free if you qualified for the free/reduced program. The 'Student Programs' application is what you fill out to see if you are qualified for free/reduced meals. It will be in your first day packet. If your student was approved for free or reduced price meals at the close of the 2017-2018 school year, his/her meal benefits will be continued for UP to 30 days at the start of the 2017-2018 school year. This allows your student to receive meal benefits while a new application is processed. The school district offers a hot breakfast program as well. If your student is on the free/Reduced program, there is no fee for breakfast, otherwise the cost is \$1.75.

Nurses Note

COLD WEATHER CLOTHING

Dear Parents / Guardians:

Cold, wet weather is here! Appropriate clothing is needed to keep your child warm and dry. School policy states that all children will go outside at recess unless the chill factor exceeds -10 degrees or it's raining significantly. Studies have shown that

fresh air and exercise increase a child's ability to learn in the classroom, even for those who have, or are recovering from, a minor illness. Please consider the following guidelines:

1. Water repellent hat, coat and foot gear for damp and wet days.
2. Mittens or gloves
3. Clothing: Several layers of light clothing that fit comfortably without binding and/or snow pants and rain gear.
4. Hat or ear band: Should be worn even if your child's coat or snowsuit has a hood. Hoods frequently do not stay in place or fit snugly enough around the ears.
5. Foot Gear that will keep the feet dry: Insulated boots or rubber boots with warm socks. Both types should be removed when indoors. Boots worn indoors cause feet to perspire and become damp. Wet feet will become cold feet on the next trip outdoors.
6. A light shoe (i.e. tennis shoes) should remain in the classroom for indoor wear.
7. Stocking feet are not adequate in case of a fire drill.
8. All removable clothing should be labeled with your child's name.

As a general rule, children who are well enough to attend school benefit from outdoor recess time.

Because we don't keep spare clothing in the nurse's office, someone from the school will be calling you for dry clothes if your child needs them. Some families have chosen to send their child with an extra set of pants, socks and underwear to avoid that situation. If you have any questions or concerns, you can reach the nurse at 235-5788.

Laura Peek, RN, Melissa Miller, RN
West Homer Elementary
Fireweed Academy

Upcoming 3-6 Dates: Mark your calendars!

Mon. Dec. 18 th	Skating Field Trip
Tues. Dec. 19 th	Gift Exchange - look for more information shortly
Thurs. Dec. 20 th	Swimming Field Trip
Fri., Dec. 22 nd -Fri. Jan. 5 th	Holiday Break - NO SCHOOL
Mon., Jan. 15 th	Martin Luther King Holiday - NO SCHOOL

ALL INTERESTED PARENT VOLUNTEERS

If you would like to be volunteering at the school, please take a moment to complete this on line volunteer screening. It's easy! So... take care of it quickly and join us in the classroom!!!

Read this...School District News... Mandatory Volunteer Screening

Anyone interested in being a school volunteer needs to complete an online form and agree to a background check; only criminal activity will be checked. All information will be kept confidential and information can only be accessed by a few members of the Human Resources department. To complete the screening process, visit the District's web page at www.kpbsd.k12.ak.us and click on Employment, then click on Volunteer, then on Volunteer All Vacancies, and find the location where you wish to volunteer. Click the 'Apply' button that corresponds to that location, then follow the instructions. Please contact the Human Resources department at 907-714-8888 if you have questions.