

## K-2 FIREWEED NEWSLETTER

November 13, 2017

### HAPPENINGS!

## FRESH FRUIT FUNDRAISER EXTENDED DEADLINE!

We have been given one more week to sell our fresh fruit. New sale forms are due back to me no later than November 20, 2017



Remember this is our major fundraiser for the year, generating money for the kids Artist in the Schools program participation as well as fieldtrip travel expenses. So please support this program!

## COMMUNICATION PROJECTS THIS WEEK!

Written, verbal, nonverbal and visual communication all immersed in our theme and homeroom times.



Working with fairy tale sets    Animal Communication

Cartographers making compass roses

## Homer Youth String Orchestra Club

HYSOC is giving a free Fall Concert on Tuesday, November 14<sup>th</sup> at the Homer Public Library from 6:30pm-7:30pm. It is free to the public and Fireweed has 4 students in the performance. The music video the kids made with Johnny B will also be shown. Should be a good time...

## Coast Guard visit THIS WEEK!

Brent Mellon and his Coast Guard colleagues are coming this Friday as our guest speakers to do a presentation on different forms of communication they use in their line of work.

## New Gryphon Logo!

Big Fireweed 5<sup>th</sup> grade student, Annabelle, won the new gryphon logo contest over at Big. You can view her logo below. Be looking for information on when you can order one! Congratulations to Annabelle and all the other hardworking artists!



### **NITTY GRITTY INFORMATION**

- [Cold Weather GEAR TIME!!! Full on!](#)
- [Health Screenings this month on Fridays.](#)

### **HEARTY THANK YOUS**

- Thanks to Robin for all her aide time in the Snow Leopards homeroom.
- Thanks also to Whitney for keeping us in sharp pencils, and working markers in the Fox Pup homeroom. Our supply totes are looking good.

### **Upcoming K-2 Dates: Mark your calendars!**

Fri. Nov 17 <sup>th</sup>	Coast Guard Guest Speaker Brent Mellon and Friends
Mon. Nov. 27 <sup>th</sup>	Guest Speaker KBBI's Kathy Gustafson and Matt Strobel
Weds. Nov 22 <sup>nd</sup>	Early Release Day- <b>prompt pick up at 12:50</b>
Th/Fri Nov 23 <sup>rd</sup> /24 <sup>th</sup>	Thanksgiving- No School
TBA	STEM Project w/Sheryl Sotelo

### **NOTES FROM THE NURSE**

#### **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 and let you know what does or does not see.

#### **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

## **HEALTH SCREENING INFO**

Little Fireweed Academy

11/1/2017

**To: Parent(s)/Guardian(s)**

Health screenings will be administered in November/December to all students by school district policy.

### **Why is health screening at school important?**

The purpose of school health screenings is to detect any health concerns that might interfere with a child's education. If a child has poor, uncorrected vision or hearing, it makes it harder for them to succeed in school, sports, social situations, and in life. In addition, children with unhealthy growth patterns are at an increased risk for a variety of health problems. In the Kenai Peninsula Borough School District, we address our children's health and wellness with a comprehensive approach that includes health screenings, health foods and drinks as well as physical activity.

**Health screenings will consist of one or more of the following:**

#### **Vision Screening**

1. Distance visual acuity - ability to see objects far away
2. Binocular vision - how well your child's eyes work together
3. Photoscreening - ability to see far away, up close, and how well the eyes work together
4. Color vision - ability to see colors

5. Near visual acuity - ability to see objects up close

#### **Hearing Screening**

1. Hearing acuity – use of an audiometer to determine the clarity or clearness of hearing, a measure of how well a person hears
2. Tympanometry – use of a machine to measure how easily the eardrum vibrates to detect fluid or pressure problems
3. Otoscopic examination – use of an instrument to examine the ear canal and eardrum to observe for abnormalities or infection

#### **Growth Screening**

1. Measurement of height and weight to calculate an individual's Body Mass Index, or BMI, which is used to show a person's "weight for height for age" percentile; these measurements are also used to screen for deviations from normal growth patterns
2. Screening for risks of developing diseases such as type 2 diabetes, cardiovascular disease, metabolic syndrome which consists of a visual inspection of the neck

#### **Blood pressure screening**

1. A measure of the pressure of the blood on the walls of the blood vessels

#### **How will the results be shared?**

Individual results and referral recommendations will be shared with parents/guardians.

Health screenings are not a substitute for a complete examination by healthcare provider such as family practitioner, pediatrician, eye care specialist or audiologist (hearing specialist). If you have any questions about the school health screening program please contact your school nurse. Healthy students are our mission!

Sincerely,

Melisa Miller RN

Little Fireweed Academy School Nurse

[MMiller@kpbsd.k12.ak.us](mailto:MMiller@kpbsd.k12.ak.us)

(907)299-3593

#### **BREAKFAST/HOT LUNCH PROGRAM**

We have a breakfast/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 \$.? if you qualify for reduced or \$3 full price. Milk is also available for \$.60. In regard to breakfast.... If your student is on the free/Reduced program, there is no fee for breakfast, otherwise the cost is \$2. The 'Student Programs' application is what you fill out to see if you are qualified for free/reduced meals-it is in your first day packet.

#### **ALL INTERESTED PARENT VOLUNTEERS**

We love 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](http://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.