

October 12, 2018

Wednesday, October 17th is a 12:45 dismissal for students.

On Thursday October 25th, the SW Human Services Department is hosting Kevin Briggs, a renowned speaker on Suicide Prevention. See the attached flyer.

Attached you will find the Veteran's Day Tiger Time form. Please review it and send it in if you will have a Veteran joining us on 11-12-18 and email a picture of your Veteran to me if you would like their photo and name in our slide presentation.

Please let me know if you would like to be a co-coordinator for the after school programs. We have one volunteer who can take over the administrative duties but we need someone who will be here periodically to ensure that the programs are running smoothly on Wednesdays.

Attached is Mrs. Heneghan's monthly health newsletter.

The Student Leadership Team is sponsoring a Thanksgiving Food Drive to benefit South Windsor families. All foods collected will be donated to South Windsor Human Services. The drive begins on Monday, October 15 and ends on Thursday, November 15. Any non-perishable Thanksgiving holiday foods would be greatly appreciated. Grocery store gift cards are also needed. Any donations can be dropped off in the boxes in the PRS lobby. Thank you for your support.

On Friday, October 19th we are asking students to wear red and donate \$1 to help save the Red Wolves. The money will be donated to Animal Welfare Institute.

We are collecting $\frac{1}{4}$ " ribbon which will be used to display student decorate birds around the school. This art project will follow a nationwide common read aloud called Read for the Record which will happen on October 25th. If you have any $\frac{1}{4}$ " ribbon to spare, we'd love it so we can creatively hang the birds around the school!

Each year we identify an area to improve upon in regards to our communication with families. This year we are really focused on updating parents about student progress prior to parents receiving the progress reports. Each grade level will address this in a variety of ways.

The fifth grade teachers have asked that parents of students in grades K-4 save pictures over the next several years so when the students get to grade 5 there will be a nice archive of pictures from through their PRS years that can be included in the grade 5 yearbooks!

This year Unity Day is scheduled for October 24th. We are encouraging students to wear orange and stand up against meanness and bullying.

This year International Mix it Up Day is scheduled for October 23rd. During lunch students will be asked to mix things up and sit with someone they ordinarily would not sit with.

Have a wonderful weekend!

Upcoming Dates...

PRS Bike Week for gr. 4: October 15-19

Mix it Up Day at lunch: October 23-kids encouraged to sit with someone new at lunch

Unity Day: October 24-unite against meanness-kids wear orange

Read for the Record: October 25

STEM Night: November 15th from 6-7:30.

Tiger Time Dates/Times

October 15th 2:30

November 12th 9:00

December 17th 2:30

January 14th 9:00

February 25th 9:00

March 11th 2:30

April 15th 2:30

May 20th 9:00

June 14th 2:30

Fondly, Michelle



PRS Nurse's Notes



Healthy Reminders and News from the Health Room

Colleen Heneghan RN

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Welcome Back- It's been a great start to our new location! My name is Colleen Heneghan and I am the registered nurse at PRS. Please call or email me with any concerns or questions. I hope you have all read through the lice letters sent home on Mrs. Dixon's blast. Just a few reminders below. Also, **please let the nurse know if you child has a contagious disease. We have many friends who have a weaken immune system and we want to keep everyone healthy.**

Medication

If it becomes necessary for your child to receive medication during the school day, a permission form (supplied by the school and required by Connecticut state law), must be completed by the doctor and parent **before** the medication can be administered. The medication must be delivered to the school by a responsible adult in a properly labeled container. Please **DO NOT** send any medication to school with your child, they are not allowed to transport any medication. **This includes over the counter medication. Please send in all medication ASAP-especially any student who needs an Epi Pen.**

Tylenol- Will be given out by the discretion of the school nurse (without a fever). I always call home and tell a parent first. The form maybe downloaded and printed from the website (under nurse-medication forms). I do keep Tylenol on hand. No liquid, but I have chewable and regular.

Ibuprofen/Sunscreen/Insect Repellent/Cough Drops have a separate form that must be filled out and signed by a parent. Ibuprofen/Sunscreen/Insect Repellent/Cough Drops all must be brought in from home and dropped off by an adult with form at the nurse's office.



Extra Clothes

Please consider keeping a change of clothes in your child's backpack. We see many students daily requiring a change...the weather, spills in the cafeteria, a trip down a wet slide, and various other reasons.



When to Keep Your Child Home From School

Cold and Flu Season are just around the corner. Please refer to the Elementary Parent Handbook: Guide for Communicable Diseases on our school website.

- Temperature of 100 degrees or greater within past 24 hours
- If they are receiving Tylenol or ibuprofen to reduce a fever
- Vomiting or diarrhea occurring within past 24 hours
- Strep Infections of any kind, untreated ringworm, conjunctivitis, or impetigo. These are all contagious infections and must be treated with medication for at least 24 hours before returning to school
- Persistent abdominal pain (more than 2 hours)
- Rash of unknown origin-this may indicate many different things and should be checked by your pediatrician
- Untreated head lice (pediculosis) or scabies
- Severe coughing or difficulty breathing
- Call your physician if these symptoms last for more than 24 hours. Be sure to notify the school if your child will be absent



I have been seeing an increase in **hand foot and mouth disease**. Here is a good article to recognize the signs and symptoms.

https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Documents/M3_HandFoot.pdf

The 24 Hour Rule

If your child has a fever over 100 degrees, he/she must be fever free, **without any medication, for 24 hours before returning to school**. This rule also applies for vomiting and diarrhea. If your child has an illness that requires antibiotics, he/she must be on the medication for 24 hours before returning to school.



Hand washing is Elementary

Nearly 38 million school days are lost each year due to colds or the influenza virus, according to the Centers for Disease Control and Prevention (CDC). When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth.

Good hand washing is the first line of defense against the spread of many illnesses — from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and most types of infectious diarrhea.

Help your children stay healthy by encouraging them to: cover coughs and sneezes, wash hands frequently, keep their hands away from their faces, and keep hands, pens, and pencils out of their mouths.

This message is worth repeating — hand washing is *by far* the best way to prevent germs from spreading and to keep kids from getting sick. Don't underestimate the power of hand washing! The few seconds your child spends at the sink could save you trips to the doctor's office.



INFLUENZA VACCINE

As per the State of Connecticut and the Department of Public Health:

All Pre-School Students are required to receive 1 dose each year between August 1st and December 31st. (Two doses are required for those receiving the flu vaccine for the first time and they must be separated by 28 days.)

**Documentation of the Influenza Vaccine or an Exemption as per the State of Connecticut is required for return to school after the Winter Break.



EMERGENCY CONTACT INFORMATION

It is so important that PRS has your most current and updated contact information.

Please make sure all of your personal and emergency contact information is up to date. It is important that P.R.S. School can reach you.



It is a good idea to send a copy of the latest physical to the health office. In the event you need a copy you know where to find one. Records are kept for 50 years after high school.

Breakfast

Breakfast is arguably the most important meal of the day. Whether your goal is weight loss or simply to be healthy, it is imperative that you make eating breakfast a regular habit. The benefits are numerous, ranging from lower rates of diabetes to increased satiety and weight loss.

When you skip your morning meal, you are telling your body that food may be hard to come by and that it should conserve energy. Thus, what happens is, is your metabolism slows and your body attempts to store fat.

Fortunately, we are no longer attempting to survive in the wild and we have a plentiful source of food and calories. However, your body does not know this. By eating breakfast to start your day, you will jumpstart your metabolism and be well on your way to reach your health goals.

Listed below are 5 amazing health benefits to eating breakfast to deter you from skipping your morning meal.

5 Health Benefits of Eating Breakfast

1. Breakfast decreases appetite.

Studies have shown that consuming breakfast first thing in the morning greatly decreases hunger and cravings throughout the day. Weird right? A lot of people skip breakfast to avoid eating extra calories, but by eating a [high-fiber, nutrient-dense breakfast](#) early in the morning, you are actually less likely to be hungry throughout the day.

2. You eat less.

This is kind of an add-on to the first benefit of this list. By decreasing appetite, you are less likely to be hungry, and thus, less likely to eat. If you are a skeptic, a study conducted by the Journal of Nutrition in 2011 showed just this, as subjects who ate breakfast reported decreased levels of hunger throughout the day in comparison to the subjects who ate no breakfast.

3. You will improve your memory

Carbohydrates are essential for healthy brain functioning. By consuming a high-quality breakfast to start your day, you can improve your memory and concentration levels, as well as improve your mood and lower stress. Different studies amongst children have shown that kids who eat breakfast tend to have improved cognitive skills and perform better at school.

Join us for a community presentation with

Kevin Briggs

“ Breaking the Silence: It Takes a Community”

Topic: Mental Health Awareness & Suicide Prevention

Date: Thursday, October 25th 2018 **6:30pm to 8:00pm**

Where: South Windsor High School Auditorium

161 Nevers Road, South Windsor, CT



Kevin Briggs is a former California highway patrol (CHP) officer and spent most of his career patrolling San Francisco's Golden Gate Bridge. Kevin completed the FBI's Crisis Negotiation course and trained new CHP officers as well as Golden Gate Bridge staff on crisis interventions, specifically involving mental health and suicide. He has used his experience of his encounters with people on the bridge as well as his own life experiences to improve mental health awareness across the world. He is a renowned public speaker and author and has been featured in a Ted Talks presentation regarding Suicide Prevention.

All are welcome. Come and hear from Kevin about his life experiences as well as how we can support the people we care about.

For more information, call SW Human Services Office at 860-648-6361





To all Philip R. Smith School Families:

On Monday, November 12th, at 9:00 a.m. we will celebrate Veteran's Day in the PRS Gym (350 Foster Street). Please wear Red, White and Blue or patriotic clothing.

We would also like to project pictures of Veterans in a slide presentation. Please email me a picture of Veterans in your family along with the Veteran's name, your child(ren)'s name and the Veteran and your child's relationship.

We will be creating a Celebration of Service Wall, listing all the names of Veterans that are a part of your family and the PRS Community. If your Veteran is local and available to attend our Celebration we would love to honor them in person. Please return the bottom portion to school by Wednesday, November 7, 2018.

Name of student _____ Classroom # _____

Name of Veteran & when they served (we will use this to create the class service wall):

Name of Veteran able to attend our Celebration (we will use this to order the correct number of roses and plan for the procession of Veterans):

Thank you so much for your help in creating a memorable and special
Veteran's Day Celebration!!