

Deer Hill School News

December 5, 2014

Important Dates:

Dec. 1 – 5	Circus Week
Dec. 5	Circus Performance, 5 th grade, 7:00 pm
Dec. 8 – 15	Stanford/OLSAT tests, Grade 5 only
Dec. 10	Early Release (12:40)
Dec. 16 –	Hanukkah begins (sundown)
Dec. 24	
Dec. 18	Holiday Concert 7:00 pm
Dec. 19	Grade 3 Field Trip to LegoLand
Dec. 24 –	Vacation, No School
Jan 2	



The Deer Hill Holiday Concert

will be presented on Thursday, December 18th at 7:00 p.m. in the gymnasium. The performers include Chorus and Grade 5 Band. Performers need to arrive at 6:30 p.m. Boys should wear shirts and ties. Please avoid jeans, jackets, and sneakers. Girls usually wear skirts or dresses, but anything neat and festive is fine. We are looking forward to a wonderful performance!



From The Health Office ... BMI Screenings

The Massachusetts Body Mass Index (BMI) Screening Program is currently taking place for students in Grade 4. The results of the screening compare your child's height and weight to other children of the same age and sex, recorded as a percentile. BMI calculations provide information about how your child is growing and if they have a healthy weight. Screening results are a confidential part of your child's school health record and are available upon request from the Deer Hill Health Office.

From The Health Office ... Dressing For Recess

Recess is an important part of your child's day; fresh air, exercise and a break from their studies. Rarely is recess cancelled due to weather conditions. We are now seeing colder temperatures combined with wind chill factors. When temperatures are below freezing, the administration determines whether it is safe for students to play outside. Students with cold-air induced asthma are assessed within the hour prior to

recess time with appropriate medications administered.

Please be sure your child wears a hat, gloves, a warm jacket, pants (no shorts or skirts please) and boots (as needed) for the remainder of the winter months. Students should be dressed properly in order to safely enjoy recess. There is sufficient room in student lockers to keep an extra pair of gloves, socks, a hat and change of clothes for those wet, snowy days which we will see over the winter months. A change out of very wet clothing assures a quick return to the classroom and less time in the Health Office waiting for dry clothing to be dropped off. **Currently, we do not have a supply of extra clothing at the Deer Hill. Donations of shirts and pants would be appreciated.**

Please contact me at 781-383-9418 or email mmastromarino@cohassetk12.org with any questions you may have.
Mary Mastromarino RN, School Nurse

Welcome to December!

This month often has many of us running in a million different directions. With activities, events, travel plans (and the list continues) many of us can feel overwhelmed.

I have attached a brief article on 10 simple things WE can do to prevent parent/caregiver burn-out. You might feel too burnt out to even read it but trust me it is a quick and helpful read!

<http://grownupsmag.com/avoid-parent-mommy-burnout/?pp=0>

At this time of year it is also important to remember that continuing regular routines and expectations will only help your child. Attached is an article about

handling holiday stress and thinking about maintaining our everyday routine. Take a look at it!

<http://childparenting.about.com/od/healthsafety/a/holidaystresskids.htm>

Here at Deer Hill we are enjoying the circus and all the fun that comes along with it! The Kindness Squad has another kindness mission planned for the week before the Holiday break which is very exciting!

We are asking students to bring in a family picture to hang on our new “We Are Deer Hill Family” bulletin board in the front hallway. Please feel free to send along a photo of your family to put on the board.

Wishing everyone a relaxing weekend!
Robyn Lotspeich-Costa, M.A., LMHC,
E.T., School Adjustment Counselor

Attention Fifth Grade Families:

If you placed a Kinnealey meat order please remember that pick-up is Saturday, December 6th from 8-10am at Deer Hill in the parking lot. If you are unable to be there at that time please arrange to have someone else come in your place as we unfortunately have no way of storing unclaimed items.

Thank you!
Stacy Heinlein

stacyheinlein@hotmail.com

Beth Mullaly bethmullaly@me.com

Reminder for afternoon pickups: In order to alleviate backed up traffic on Sohier Street, drivers are asked to form a double line coming into the driveway rather than allowing cars to back up on the street.