

Deer Hill School News

February 13, 2015

Important Dates:

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| Feb. 27 | End of Readathon |
| Mar. 3 | SEPAC 7:00 – 8:30 pm, Pratt Library (see program below) |
| Mar. 4 | Early release (12:40) |
| Mar. 5 | PSO meeting 9:30 am |
| Mar. 6 | Readathon Closing Ceremony, 1:30 |
| Mar. 26 – Apr. 6 | MCAS ELA |

UPDATE ON SNOW DAYS

February 11th marked the seventh snow day for the district. We are legally bound to make up those days with full school days. At the February 10th School Committee meeting it was determined that the public and staff would be invited to respond to a survey to determine community preferences for making up days.

Special Education Parent Advisory Committee (SEPAC) EVENTS CREATING A VISION March 3, 2015

7:00 – 8:30 pm

Paul Pratt Library, Community Room

Presented by Federation for Children with Special Needs (FCSN). This is a participatory workshop during which parents are guided to transform their hopes and dreams into a written vision for their child's future. Handouts assist participants in breaking down their visions into skill categories. The group will engage in discussion about how these skills can be integrated into the IEP development.



EMC Spring Session

Grade level selections will go home with students today and should be returned by February 25th. Classes will begin March 11.

SAVE THE DATES: MCAS 2015

ELA, grades 3 – 5, March 23 – April 6
Math, grades 3 – 5, May 4 – May 19
Science, grade 5, May 5 – May 19

Schedule for Week One Only

3/23 Grade 5 ELA #1
3/24 Grade 4 Long Composition
3/25 Grade 3 Reading #1
3/26 Grade 4 ELA #1
3/27 No scheduled tests

3/30 – 4/6 TBD

Happy snowy February!

Robyn Lotspeich-Costa, M.A., LMHC,
E.T. School Adjustment Counselor

Daily I encounter articles that are easy to read and offer great advice on parenting and learning. I have attached two articles for this newsletter. The first article encourages parents to think about how to help their children become better problem solvers. It is a quick read but

has some helpful tips. Often times I see students asking for my help with a social situation and the first question I ask them is “What steps have YOU taken to help solve the problem?” This gives me an idea what the student(s) has tried and the skills they have to manage a problem before asking for adult help.

<http://families.naeyc.org/child-development/help-your-child-become-great-problem-solver>

The second article titled, The Secret to Raising Smart Kids is a longer read but has some great points on how students handle academic challenges. When students have succeeded in the past but are then faced with work that is more challenging, how do they manage that stress? A worthwhile read!

<http://www.scientificamerican.com/article/the-secret-to-raising-smart-kids1/>

On a lighter note, EMC menus are going home and the Kindness Squad is looking for their next local Kindness mission. If parents have ideas on a local charity that could use a little help from the Kindness Squad please feel free to email your ideas to rcosta@cohassetk12.org.

Have a wonderful and relaxing break!

From The Health Office ...

Cold and Flu Season

Many of our students have been ill with persistent coughs, colds, flu-like symptoms, strep throat, pneumonia & stomach viruses. The main symptoms of influenza (flu) include fever, cough and/or sore throat. Students may also have a runny nose, body aches, headache, chills and fatigue. **In addition to being highly contagious, children who have significant cold & flu symptoms have difficulty focusing on their school work and are best kept home**

where they can rest and recover. Students must be fever-free for 24 hours (100 degrees or less) without the use of fever reducing medication before returning to school. If your child has a persistent cough, please administer a cough suppressant prior to the school day. Parents may deliver cough drops to the Health Office as these are considered medication. Students with colds & allergies have a tendency to have bloody noses due to dry/fragile mucus membranes. Regular use of saline nasal spray can be helpful in preventing bloody noses. Student may bring vaseline/lip balm for dry, cracked lips and are reminded not to share with others. Students with cold & flu symptoms can easily become dehydrated and frequently have headaches as a result, so please encourage your child to drink plenty of water at home & school.

We have students who have been ill with stomach viruses which are also highly contagious. **Please do not send a child to school who has vomited or had diarrhea in the past 24 hours.** Offer clear fluids, a bland diet & rest.

The Massachusetts Department of Public Health recommends all children six months and older receive the flu vaccine as well as the following recommendations:

Proper hand washing (20 seconds with warm, soapy water& friction).

Use of hand sanitizers if hand washing is not an option.

Cover the cough or cough/sneeze into one’s elbow or use tissues.

Avoid touching one’s nose, mouth & eyes.

Avoid sharing drinks, utensils, mouth guards, water bottles, etc.

Dispose of plastic water bottles daily. Wash non-disposable bottles daily.

With your support, the spread of contagious illnesses can be significantly minimized in our school and community. Please contact me at 781-383-9418 or email mmastromarino@cohassetk12.org with any questions.

Mary Mastromarino RN
School Nurse
Deer Hill School