

# Gator



# Gazette

DECEMBER 2017 Mt. Horeb School PTO Newsletter

## *From Mr. Cook.....*

Dear Mt. Horeb Families,

What do increased vitamin D, improved creativity, elevation of mood, better concentration, increased alertness, less anxiety and better sleep all have in common? They are all benefits of being outdoors for just 15 minutes per day as noted by [rodalorganiclifecom.com](http://rodalorganiclifecom.com). To that end, and it should be no secret, I try to get our students outside on as many school days as possible. While we know a light rain won't make kids melt, it isn't ideal. So we do have indoor recess days, but our count so far this year is two. That is, we have only had two days indoors for recess. On outdoor recess days the benefits can be seen as students file in the building giddy from the social interactions, sunlight, fresh air, movement, healthy competition, and non-academic time. The advantages of the outdoors aren't just read about, they are observed. As you may know, we will continue to go outside even as the temperatures plunge into the 30's and yes, on occasion, into the 20's. Seeing frozen eyelids and purple lips is not my idea of safety and enjoyment, so I do have a limit. We keep a close watch on wind chill and take note of how much sunlight is out there. No child has ever complained to me about going outside.

Additionally, our Snow Patrol group (kids in charge of determining when we play in the snow at recess!) will be helping me decide when we are going to play in the snow during recess. I will provide ample notice to you all. Please send your children in with appropriate snow gear including a warm coat, hat, gloves, snow pants, boots, etc. And yes, we will accept donations of sleds if you have extras sitting around!

## *A Note from the School Nurse.....*

### **HEALTHY CHILDREN LEARN BETTER**

Healthy New Year's Resolutions for Kids

(American Academy of Pediatrics)

- I will eat breakfast every day.
- I will drink milk and water and limit soda and sugary drinks.
- I will brush my teeth twice a day.
- I will find a sport or activity I enjoy and do it 3 times a week.
- I will wash my hands frequently during the day and before I eat.
- I will apply sunscreen when I play outdoors.
- I will always wear a helmet when bicycling or boarding.
- I will wear my seatbelt every time I ride in a car.
- I will be kind to others (including online/texting).
- I will make a new friend!

### Shoe Lace Tying

Please encourage your child to tie their shoes when undone. I have seen a number of injuries related to untied shoe laces.

Although plenty of children shoes have Velcro closures, tying laces is still a big-kid accomplishment worth teaching. Many kids learn by age 6, though some aren't comfortable with it until they're closer to 8, says Julie Lumeng, M.D., a developmental-behavioral pediatrician at the University of Michigan, in Ann Arbor. To help:

- 1. Watch for readiness.** If your child's pretty adept with scissors, can handle small buttons easily, and draws simple stick figures; he/she is probably ready for a lesson in laces.
- 2. Break it down.** Demonstrate the whole process once, then separate the steps for the child (the usual

way of tying is fine, even for beginners; if he/she struggles, you can instead teach the child to make two loops and then knot the loops). The child can practice each step until they're comfortable. Sometimes it's easier to learn with the shoe off the foot, or on a bigger shoe, like Dad's.

**3. Keep practicing.** Shoe tying is like riding a bike, not a skill that's hardwired once learned, like walking, says Dr. Lumeng.

**4. Don't force it.** If he/she has a hard time, put the laces aside for a month or so. If the child still struggles by age 8 and has difficulty with other fine motor skills, such as holding a pencil, talk to your pediatrician.

### DONATION CAMPAIGN

We would like to thank everyone who contributed to this year's Donation Campaign. Every donation is very much appreciated and will be put to good use supporting the PTO programs throughout the school year. Be on the look out for a receipt for your donation and don't forget to indicate if your company offers matching gifts.

### Book Fair



The book fair was a great success. Thank you to all of the students, parents, and staff who supported it. The students and parents were able to come and browse the great selection of books and through everyone's purchases we were able to raise over almost \$3000 in Scholastic Dollars to buy educational items both for the library and from teacher wish lists.

We would like to thank all the members of the book fair committee, plus extra volunteers who helped out over the three days of the fair and made sure everything ran smoothly. Thanks also to Ms. Burkhardt and all of the teachers for helping kids choose books during the fair.

Darby & Jill

### DIRECTORY

We thank you for your patience while the directory was being prepared. If you joined the PTO, you should have received your directory by now. Please let us know if you have not.

### ICE CREAM DAYS



Ice cream can be purchased for \$1.00. Mark your calendars for the next Ice Cream Days, which will be held on December 1<sup>st</sup>, December 15<sup>th</sup>, and January 5<sup>th</sup>.

Snack cards are a convenient alternative to cash, and are available for \$5. At any point throughout the year, please send in your payment with your child's lunch and they can purchase a card at the snack table. Checks can be made out to Mt. Horeb PTO, or cash is accepted.

### SPIRIT WEAR

**REMINDER:** The PTO is selling sweatshirts and fleece jackets embroidered with the Mt. Horeb logo. What a great holiday gift for your Mt. Horeb kid and a perfect way to show your school spirit!

To order, please return the order form (sent home via backpack) with your payment (cash or check payable to: Mt. Horeb PTO) in an envelope marked "School Clothing."

For holiday delivery, orders must be received by 11/29. **NO EXCEPTIONS!**

Any orders received after 11/29 will be filled but will not be delivered until after the new year. Any questions can be directed to Stacy Sackett.

### CULTURAL ARTS

We are excited for our private showing of the movie Wonder, this Saturday at the Regal Hadley! This is a great opportunity for Mt. Horeb students and families to watch the **movie together** before our school assembly myFace on December 13th.

### SAVE THE DATE

Parents' Night Out – Friday, February 2<sup>nd</sup>  
**DON'T FORGET TO PURCHASE YOUR TICKETS**

<b>DECEMBER 2017</b>	<b>C A L E N D A R</b>
1	SCHOOL SPIRIT DAY ICE CREAM DAY PRESCHOOL OPEN HOUSE 9:30—10:30 AM
8	K-3 MARKING PERIOD ENDS
12	PRESCHOOL OPEN HOUSE 1:00—2:00 PM
13	PTO CULTURAL ARTS ASSEMBLY
14 & 15	CAP PROGRAM K & 3
15	SCHOOL SPIRIT DAY ICE CREAM DAY
21	K-3 REPORT CARDS EMAILED
22	EARLY DISMISSAL AT 1:30 PM w/LUNCH PERIOD This is NOT a PTO Food Service Day. Please provide lunch.
12/23-1/1	SCHOOLS ARE CLOSED

### Superintendent's Corner

On November 20, 2017, the district hosted Sergeant Tom Rich, a Summit police officer and nationally recognized cyber-safety expert. In addition to his full-time duties in Summit, Sgt. Rich has been a key-note speaker at over 700 events nationally, reaching over one million students. In Warren Township, Sgt. Rich spoke to all fourth and seventh grade students during the day and then met with parents in the evening. This was the second straight year Sgt. Rich came to the district to support our efforts to provide students and parents with actionable information about how to keep students safe online.

You can see a short video overview of Sgt. Rich's presentation on his website at [www.alwaysconnected.org](http://www.alwaysconnected.org).

Many parents are likely considering the purchase of cell phones or other technology devices as holiday gifts. If so, I recommend taking a look at Janell Burley Hofman's website at [www.irules.co](http://www.irules.co). The focus is on developing a contract between parent and child about the responsible use of personal technology.

Best wishes for a wonderful holiday season that includes as much face-to-face time with friends and family as possible!

Matthew A. Mingle, Ed.D.