

Thayne Elementary School



Stronger Together

Newsletter - December 2018

From the desk of our Principal, Dr. Lori Schieffer:



"December is here! The upcoming weeks can become quite overwhelming as families prepare for gatherings, special travels, and perhaps some shopping outings --in preparation for holiday traditions. As much as we'd all like to feel that we are organized, well-prepared and ready for the upcoming weeks, each family deals with the stress of the holidays in different ways.

Oftentimes, children fall victim to later bedtimes, hectic schedules, and occasionally experience the financial stress that plagues many families during this time of the year. Routines often fall to the wayside; along with daily reading practices, consistent homework support, and even family meals. At times, the rush and stresses of the holiday season seep into children's daily routines. TES encourages families to take time to have fun together, while keeping routine to decrease stress.

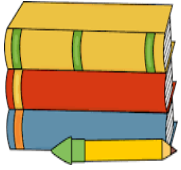
In a time where the hope for a peaceful and tranquil holiday season is sought, and the act of giving is contagious, our school theme for December is giving.

I wish you and your family a Merry Christmas and a Happy New Year!"



Mr. Dave Ruthardt, Occupational Therapist at Thayne Elementary would like parents to know, "For proper growth and development, all students should wear shoes at school. If they wear boots to and from school, please send shoes in your child's backpack."

Christina Leeper, School Psychologist



“We are offering availability to a Parent Resource Library. Books and workbooks on a range of topics can be borrowed. These items focus, particularly, on social emotional needs. Impulse control, bullying, understanding our feelings, ADHD and divorce are several of the topics on which resources are provided. Books can be checked out in Mrs. Leeper’s room at Thayne Elementary. Take them for however long you may need; but, please return them once you are finished so other parents can enjoy and learn.”

Dec	7	Pearl Harbor Remembrance
Dec	7	NO SCHOOL
Dec	24-Jan 1	Christmas Break
Jan	2	NO SCHOOL
Jan	3	School Resumes

NURSE NOTES

Skyla Hamilton-Holderman, RN, BSN
Feel free to call with questions: 885-7110



‘Tis the Season....for lots of viruses being passed around! Remember, if your student has a temperature over 100, or is vomiting, or has drainage coming from their eyes, or has a rash with pustules, he/she should not be in school! Please remind your students to cover their coughs/sneezes and wash their hands!

November was Diabetes Awareness month. Students and Staff in the district wore Blue on November 14th to help raise awareness of both Type 1 and Type 2 diabetes.

Millions of people around the world live with diabetes or know someone living with diabetes. The majority have type 2 diabetes, but an important minority have type 1 diabetes (~5%). Contrary to popular belief, type 1 diabetes is not a childhood disease. It occurs at every age, in people of every race, and of every shape and size. Do you know the signs and symptoms?

Type 1 Diabetes –

- Extreme thirst
- Frequent urination
- Sudden weight loss
- Change in appetite
- Vision changes
- Fruity breath odor
- Rapid, deep breathing
- Feeling tired, drowsy, lethargic
- Often mistaken for a cold or flu, growth spurts, dehydration, stomach bugs or UTI.

Type 2 Diabetes may have similar signs and symptoms or no signs and symptoms. Visual changes or loss of feeling (neuropathy) in your lower extremities might be the first clue. There are ways to prevent type 2 diabetes or diagnose early. Diet and activity are the keys. Activity doesn’t have to be strenuous, 30 minutes of movement each day like walking after each meal for 10 minutes can reduce your risk of getting Type 2 diabetes. On the other hand, drinking one soda or high sugary drink each day increases your risk of developing Type 2 diabetes by 18%! Annual eye/vision exams and blood test can help diagnose pre-diabetes and diabetes!

I wish you a happy, healthy and safe holiday season! Remember to “Buckle Up” ©