



# Noble Elementary School

## Support Staff Newsletter

October 2018



### Did you know?

- ⇒ Starting in kindergarten, too many absences can cause children to fall behind in school.
- ⇒ Missing 10% (or about 18 days) can make it harder to learn to read.
- ⇒ Students can still fall behind if they miss just a day or two days every few weeks.
- ⇒ Being late to school may lead to poor attendance.
- ⇒ Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school - and themselves. Start building this habit early on so they learn right away that going to school on time, and every day is important. Good attendance will help children do well in high school, college, and at work.

### What you can do:

- ✪ Set a regular bedtime and morning routine.
- ✪ Lay out clothes and pack backpacks the night before.
- ✪ Don't let your child stay home unless he/she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- ✪ If your child seems anxious about going to school, talk to teachers, the school counselor (Ms. Buckner, 320-4908), or the school social worker (Ms. Burkey, 320-5023).
- ✪ Develop back-up plans for getting to school if something comes up. Call on a family member, neighbor, or another parent.
- ✪ Avoid medical appointments and extended trips when school is in session.



## EAT WELL, BE ACTIVE, AND STAY HEALTHY

Greeting from Ms. Kaufman, your school nurse! As a parent, you can encourage your children to develop healthy habits in their food choices and physical activity that will result in lifelong benefits. Here are some tips and guidelines to get you started.



### EAT WELL:

- Eat a balanced diet with a variety of fruits, vegetables, and whole grains every day. Limit foods and drinks that are high in calories, sugar, salt, and fat.
- Start off with a healthy breakfast. A good breakfast provides energy and will keep your child attentive and alert in class.
- Make dinner your family time. Everyone develops good eating habits together and there is the additional bonus of quality time with family.
- Drink plenty of water.

### BE ACTIVE:

- ◆ Children should have at least one hour of physical activity each day - raising their breathing and heart rate strengthens muscles.
- ◆ Let your children try different activities and find ones that they really enjoy.
- ◆ Plan activities for the whole family to do together and everyone benefits.
- ◆ Make sure to remember to dress for the weather, use sunscreen, insect repellent, and wear helmets.
- ◆ Limit TV, video games, and computer time to no more than two hours of screen time per day. Turn off all electronics at least one hour before bedtime.



## WHEN IS SICK TOO SICK FOR SCHOOL?



### Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



### Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



### Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

# ORAL Language

## THE IMPORTANCE OF ORAL LANGUAGE

(Ms. Mazzone, Speech/Language Pathologist)

The term “oral language” includes the understanding and use of new words, the building of longer, complete sentences, the use of speech sounds to produce clear words, and the social interaction that is possible because of spoken language. Oral language skills are also the very important basis for the development of literacy (reading) skills. Children who hear and interact with strong language models at home will be more likely to develop their own strong language skills. One of the most important ways that parents can have an impact is by giving young children rich language experiences.

There are many fun ways you can encourage your child to learn and use more words. One of the easiest (and most under-rated!) things to do is to have regular conversations with you child. In our fast paced, technology based world, it’s easy to forget the importance of connecting with others through conversations.

**Here are some tips for enhancing your conversations and language-based interactions with your children when reading books, watching TV, eating dinner, or riding in the car.**

- ◊ Encourage your child to express and explain their opinions and points of view.
- ◊ Give your child answers that explain and not just state. Instead of saying “yes” or “no”, explain WHY.
- ◊ Ask your child to explain what they would do in real or fictional situations.
- ◊ When watching TV or movies together, take guesses together about what might happen next.
- ◊ Talk with your child about your feelings and their feelings, and discuss the reasons.
- ◊ Show interest in your child’s activities and interests, and encourage them to share more with you. Ask questions!
- ◊ Allow “think time” pauses within conversations so your child can process what they’ve heard and will have time to respond.



### Winter Coats

Before we know it, winter will be upon us! Thanks to Bethel Church, Noble Road Presbyterian Church, and Airgas we will be able to supply coats to kids whose family is experiencing financial hardship at this time. If you are interested in receiving a coat for your child(ren), please contact Wendy Burkey at 320-5023.

