

West Burlington Elementary Falcon Flyer

January 2020



Principal's Corner

- Welcome back and Happy New Year!
- We will welcome students back on Monday, January 6th, 2020. This is different than other area schools.
- With the New Year brings new opportunities. This year, my resolutions are pretty simple. I plan to take every opportunity to practice kindness, take time to show people they matter, give thanks and show gratitude. I challenge each of you to adopt a similar, healthy approach to resolutions. We all can achieve the above things and together, serve as positive models for our kids.

Celebration Time

Join us on Wednesday, January 8th at 2:35 pm to celebrate the good character, hard work and responsibility of our students at the Student Recognition Assembly. Hope to see you there!

Cold Weather Information: Revisited

- Please make sure your child is dressed appropriately for cold, wet and snowy weather.
- We use Accuweather's "Real Feel" to determine if we will go outside for recess. The "real feel" takes into consideration the temperature, wind chill and humidity. If the temperature is above 9 degrees, we will go outside. All students need to wear warm winter coats, hats and mittens. If your child wants to play off the cement out in the snow, they must have boots and snow pants. If school is cancelled, delayed or dismissed early due to inclement weather, it will be posted on the website and broadcast on various TV and radio stations. See page 33 in the handbook for a complete listing.

Attention Parents: Parking, Pick Up and Drop Off Revisited

The lot between the elementary building and the administrative building AND the crosswalk are not to be used for pick up or drop off at anytime before or after school. Also, please use the crosswalk to cross the street during pick up and drop off. We have had several close calls with kids and parents almost getting hit because these practices are not being followed. Please please please.....practice safety!

And a final PSA: Please do not stop or park in the areas of the painted curbs (basically, the whole front of the school) to pick up/drop off kiddos. And, pull ALL the way up in the pick up/drop off lane before allowing kiddos to enter or exit your vehicle. Your attention to these things are much appreciated! Thanks!

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 WINTER BREAK	30 WINTER BREAK	31 WINTER BREAK	1 WINTER BREAK	2 WINTER BREAK	3 WINTER BREAK	4
5	6 WELCOME BACK TO SCHOOL	7	8 Recognition Assembly 2:35pm	9 Hearing Screenings	10 Early Out 2:15 pm	11
12	13	14	15 PTO Meeting 5:30 pm	16 QTR. 2 AND SEM 1 END	17 NO SCHOOL Teacher Inservice	18
19	20 START QRT. 3 School Board 6:00	21	22	23	24 Early Out 2:15 pm	25
26	27	28	29	30	31 Early Out 2:15 pM	February 1

Lunch Account Reminder

Lunch Accounts can be paid online at www.wbisd.com. They can also be paid in the office by cash, check, or credit card. Go to Parent Links and click on JMC Access (menu on the left side). Click on Parent icon on top of page. Enter username and password. The username is parents last name and password is the one assigned or chosen at registration. Next, on menu on left side, click on Lunch. Next, click on blue tab on top (JMC Online Deposit (Family Account)). Fill out information box and click on submit button on bottom of box.

UPDATE CONTACT INFORMATION -- The end of the second quarter will be January 16 and this is a good time to check contact information and update Parent phone numbers, addresses, and work numbers. You can do this by going into the Parent Links on WB Home Page; click on JMC Access; click on the Parent icon, enter User Name (last name), enter password, and log in. Click on Parent information on the left side of screen. On the right side of the screen is where you make sure the boxes are checked to get; Late start, Snow days, and information that is being texted from the school. Make sure you click SAVE at the bottom of the page to save the changes. If nothing has changed and you received text messages recently, then everything is updated. If you need to add an emergency contact or someone new that may be picking up your child from school, please contact the office. If you have any questions or would like the secretaries to make changes for you, don't hesitate to call. Thank you for giving us current information so that we can better serve your child.

Nurse's Notes

Flu season is upon us! Please keep children home if they are running a fever, vomiting or diarrhea. Please remember kids can return to school if they are fever free (without medicine) for 24 hours. For example, if they leave at 1:30 pm on a Tuesday, they cannot return until Thursday. When medication needs to be given at school, the pharmacy needs to give medication in a separate, labeled bottle and the parent will need to fill out information form. If our child has any health conditions or if any develop, please contact Nurse King. We look forward to serving your children's health needs as best as we can.



Head Lice - It is that time of year when we start wearing hats and scarves. Is your child at risk for Head Lice? Yes. Head lice will spread as long as children play together. They spread almost completely through human hair to hair contact and pets do not spread lice. What does head lice look like? Adult lice are the size of a sesame seed and can be seen by the human eye. They lay nits (eggs) on the hair shaft. Live nits are found less than $\frac{1}{2}$ inch from the scalp and most often on the hair at the back of the head in the neck region. Some children will complain of itchiness but many have no symptoms.

What can you do? Parents, grandparents and guardians are key to looking for and treating head lice! The Iowa Department of Public Health **advises parents to spend 15 minutes each week on each child carefully looking for head lice or nits.** Persons with nits within $\frac{1}{4}$ inch of the scalp OR live lice should be treated. Careful use of a nit comb can potentially remove all lice. Each child should have his or her own comb or brush. Teach your child NOT to share hats, scarves, brushes, combs, and hair fasteners. We have a brochure in the office if you need more information.

HEARING SCREENINGS

WB Elementary will be having Hearing Screenings on Thursday January 9th. This is for Preschool, Kindergarten, 1st, 2nd, and 5th grade. If you do not want your child to participate please email or call Nurse King -- stephanie.king@wbschools.us or 754-5726.



10 Healthy New Year's Resolutions for Kids

The following tips are from the American Academy of Pediatrics (AAP)

1. I will clean up my toys, and keep my room in good order.
2. I will brush my teeth twice a day, and wash my hands before eating and after the bathroom.
3. I won't tease dogs, even friendly ones - and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get into the car.
9. I'll be nice to others, and friendly to kids who need friends - like someone shy or new to school.
10. I'll never give out personal information or pictures of myself to strangers or over the internet.

School Counselor News - Aaron Wagner, Elementary School Counselor

Books are often used to supplement guidance lessons or to introduce topics for further discussion. This month I decided to list some of the titles that I've used in guidance lessons or plan to use later in the year. My hope is that you will check out some of these titles for yourself or even add them to your shelves at home. Younger students love to show their parents books that were read at school. Older students will sometimes pull down familiar books when the internet is down.

The Burlington Public Library carries many of these titles. Some are available for digital download to phones and tablets...perfect for long waits and the doctor's office.

What Should Danny Do? - Ganit and Adir Levy

This is a "choose your own adventure" book about choices! There's one book about home choices, another about school choices. If you visit their website, there's some fun printable material as well.

Be Brave - Dr. Sharie Combes

One of our amazing associates shared this activity book with me. It's chock full of helpful tips from managing fears to summoning courage.

The Juice Box Bully - Bob Sorson and Maria Dismondy

This book follows some Love and Logic teachings to help kids feel empowered to solve some challenging school issues on their own. Standing up for others, perseverance and handling frustration are all addresses in this read.