



PRINCIPAL'S MESSAGE

APRIL 2019

Did you know your child will participate in the Great Utah Shakeout? On April 25th we will join together with more than 820,000 others to take part in THE WORLD'S LARGEST EARTHQUAKE DRILL.

As we prepare for emergencies at KSHS, our emphasis is on providing safety for your children by *preparing our staff to handle emergency situations that may occur*. Your child and his/her teachers participate in several drills throughout the year:

- Quick and safe evacuation of the building
- Sheltering of non-mobile students in classrooms until help arrives
- Securing classrooms if events occur inside or outside of the school
- Keeping students safe from a bomb threat or violent situation

Please rest assured that we take your students safety seriously and we also want to share information that will keep all of us safe. For more information please check out the resources at <http://www.shakeout.org/utah/>.

Save the Date!

- April 10-11th- Spring Fling, 1:30 PM in The Kauri Sue Hamilton Atrium
 - Wednesday, April 10th- Classes 103, 201, 104, 112, 111, 211, 213, 209, 215, and 205 will perform.
 - Thursday, April 11th- Classes 204, 105, 202, 110, 212, 210, 206, 214, 208, and 106 will perform.
- April 15-19th- Spring Break, No School
- April 25th- The Great Utah Shake Out
- May 7th- Starlight Dance (Students ages 14 and older), 6:30-8:00 in the KSHS Atrium



Reach for the Stars!!!

Thank You Girl Scout Troop #241

Every year, Girl Scout Troop #241 donates Girl Scout Cookies to an organization of their choice. This year, they chose to donate to our school! The girls had the opportunity to tour the building, meet our students, and provide each class with boxes of cookies. We are thankful to Troop #241 for thinking of us. We are fortunate to live in a community with patrons who continually want to serve our school!



STAFF SPOTLIGHT

This month, we would like to spotlight class 212. This class works with students who have orthopedic impairments. The number one goal they have for their students is to have them increase their communication through the use of speaking, picture symbols, and augmentative communication devices. Staff in this room love coming to work each day because of the positive interactions that they have with their students. They also love to see the progress that their students make throughout the year. One fun activity that both the staff and students look forward to each week is Sharing Time. For this activity, students get to share an item from home that they enjoy. This allows the students to practice communication in front of their peers, as well as to have the spotlight on them. Joanna, Amy, Jentry, Jessi, and Laurie do exceptional work, and we want to thank them for their efforts each day!



EASIEST FUNDRAISER EVER

Please send in a check for \$20 as your donation to our school fundraiser this year. We are raising funds in part to help provide community-based experiences for our students. In return, we will send you a copy of *This Land*. And, the first 100 people to reply will get a copy signed by the author, Ramona Merrill.

This Land is a book that was created in celebration of Utah and the grand opening of the new Mountain View Village shopping center in Riverton. The project was funded by CenterCal, the properties company developing Mountain View Village. The books were donated to our school thanks to Mayor Staggs suggesting us as a benefactor of this endeavor. It is a beautiful book and any money received is 100% profit for our school!

We have tried hard to sell this book. . . at the grand opening of the Mountain View Village shopping center, at the Riverton Town Days, in our main office, and throughout the district. Unfortunately, we have only sold a few copies. I'm hoping this new approach will help us raise money for our school and get this beautiful book into the hands of some appreciative readers.





JORDAN SCHOOL DISTRICT HEALTH SERVICES OUTREACH

Kauri Sue Hamilton School
2827 West 13400 South Riverton, UT 84065
(801) 567-8508 Fax (801) 567-8521
sarah.woollard@jordandistrict.org

Tuesday April 30th is the last day that applications will be accepted for the **HEAT** (Home Energy Assistance Target) program. **HEAT** provides families with utility bill assistance. This program is invaluable for the families who qualify based on income. Although the cold winter months have ended (hopefully!), you can still apply if you meet these income guidelines.

Household Size	H.E.A.T. Monthly Gross Income
1	\$1,518
2	\$2,058
3	\$2,598
4	\$3,138
5	\$3,678
6	\$4,218
7	\$4,758

***If more than 7, add \$540 dollars per person

Please call Health Services @ 801-567-8515 with questions or to make an appointment.



**HEAT
PROGRAM**

Home Energy Assistance Target

NOTES FROM NURSING

Sun Safety

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and repeated unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even skin cancer. Even people in their twenties can develop skin cancer.

Most kids rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

Facts About Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they cause tanning, burning, and other skin damage.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC.

1. **UVA** rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because UVA rays pass effortlessly through the ozone layer (the protective layer of atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure. Beware of tanning beds because they use UVA rays as well as UVB rays. A UVA tan does **not** help protect the skin from further sun damage; it merely produces color and a false sense of protection from the sun.
2. **UVB** rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
3. **UVC** rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.

What's important is to protect your family from exposure to UVA and UVB, the rays that cause skin damage

Seek shade when the sun is at its highest overhead and therefore strongest (usually 10 a.m. until 4 p.m.) One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

Sunscreen

For kids age 6 months and older, select an SPF of 30 or higher to prevent both sunburn *and* tanning. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). In general, sunscreens provide better protections against UVB rays than UVA rays, making signs of skin aging a risk even with consistent use of sunscreen. To avoid

possible skin allergy, don't use sunscreens with PABA; if your child has sensitive skin, look for a product with the active ingredient 'titanium dioxide'.

For sunscreen to do its job, it must be applied correctly. Be sure to:

- Apply sunscreen whenever kids will be in the sun.
- Apply sunscreen about 15 to 30 minutes before kids go outside so that a good layer of protection can form. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves).
- Don't try to stretch out a bottle of sunscreen; apply it generously.
- Reapply sunscreen often, approximately every 2 hours, as recommended by the American Academy of Dermatology. Reapply after a child has been sweating or swimming.
- Apply a waterproof sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Waterproof sunscreens may last up to 80 minutes in the water, and some are also sweat- and rub-proof. However, regardless of the waterproof label, be sure to reapply sunscreen when kids come out of the water

Some medications increase the skin's sensitivity to UV rays. As a result, even kids with skin that tends not to burn easily can develop a severe sunburn in just minutes when taking certain medications. Fair-skinned kids, of course, are even more vulnerable.

Ask your doctor or pharmacist if any prescription (especially antibiotics, seizure medications, psychotropic medications and acne medications) and over-the-counter medications your child is taking can increase sun sensitivity. If so, always take extra sun precautions.

