



## **PRINCIPAL'S MESSAGE DECEMBER 2018**

Thank you for your generous donations to our food pantry. Your kindness allowed us to share food pantry items with many of our very own families this Thanksgiving. And, we have food packages ready to go home for the long winter break as well. What a pleasure it is to help our families in every way possible. The Kauri Sue family is a large and diverse group and includes everyone from our youngest student to our oldest grandparent. We couldn't do it without everyone's love, support and involvement.

Speaking of our large and extended family, I am sorry to tell you that Allie Chandler, a student in Susan Fitzgerald's class, passed away over the holiday weekend. Losses are so difficult for our school family and, unfortunately, this is the third loss for Susan's class this year. Please keep Allie's family and Susan and her team in your thoughts and prayers during this holiday season. It is difficult to face holiday celebrations without those who have passed away, but our smiles are brightened when we imagine them running, dancing and singing like they've never been able to do on this earth.

***THANKS FOR SHARING YOUR CHILD WITH US EVERYDAY!  
HAPPY HOLIDAYS!***



## Save the Date!

- Food will continue to be collected for families until Friday, December 21<sup>st</sup>
- December 24<sup>th</sup>- January 2<sup>nd</sup>, 2019- Winter Recess, no school
- January 14<sup>th</sup>- Grade Transmittal Day, No School
- January 21<sup>st</sup>- Martin Luther King Jr. Day, No School



*Reach for the Stars!!!*

Parents/Caregivers - We need your help!

### Gift Basket Raffle

We are doing a fundraiser gift basket raffle to benefit the ELF fund - the Extra Love Fund program we have at school that helps teachers and staff who are in need. To make this a success, we need your donations! We are looking for individuals or groups of people to put together a basket that can be raffled off. Past themes have included: Italian Cooking, Book Lover's Heaven, Basket for a Pet, Kid's Art Supply Basket, Scrapbooking, an afghan, a lap quilt, etc. Let your imagination fly!

It would be greatly appreciated to receive donations from anyone who might have a connection to get restaurant gift certificates, movie passes, sporting event tickets, haircut coupons, etc.

We would like donations to the school by Thursday, December 20<sup>th</sup>. You may drop them off in the main office. Just let them know they are for the ELF Fund Raffle. Thanks! Happy Holidays!



## STAFF SPOTLIGHT

This month, we are spotlighting the wonderful speech department here at The Kauri Sue Hamilton School. Bonnie, Susie, Tyrell, Heather, Kelsey, and Carrie work hard to ensure that our students are provided with the tools needed to communicate their wants and needs. They spend tireless hours providing individual and large group services, as well creating communication boards, picture symbols, and programming communication devices for students. Their efforts provide an immediate impact on an improved quality of life for our kids through communication. We thank them for their efforts and recognize the great work that they do 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.



# GYM MEMBERSHIP DISCOUNT

The Plus One Pass is for residents who have a permanent disability and want to bring one assistant with them at no additional cost to any of the Salt Lake County Recreation facilities. The assistant is not required to, but may also participate in all activities that the owner of the Plus One pass is doing. They must however stay within a reasonable proximity to provide any assistance required to the owner of the Plus One pass.

Plus One and Family Pass: The person with a disability qualifies as the first person on a family pass. The individual with a permanent disability will be identified by the +1 after their name, for example (John Doe +1). They are the only one in the family that can bring an assistant at no cost.

The Pass is good for one year from the date of purchase.

An individual who is permanently disabled and provides one of the following pieces of documentation at any Salt Lake County Recreation center can obtain a Plus One pass that permits the holder an assistant at no cost.

1. A statement signed by a licensed physician attesting that the applicant has a permanent physical, mental, or sensory impairment that severely limits one or more major life activity, and stating the nature of the impairment.
2. A document issued by a federal agency, such as the Veteran's Administration, which attests that the applicant has been medically determined to be eligible to receive federal benefits as a result of disability. Other acceptable federal agency documents include proof of receipt of Social Security Disability Income (SSDI) or Supplemental Security Income (SSI) due to disability.
3. A document issued by a state agency, such as the vocational rehabilitation agency, which attests that the applicant has been medically determined to be eligible to receive that agencies benefits or services as a result of medically determined permanent disability. Showing a state motor vehicle department disability sticker, license plate, or hang tag is not acceptable documentation.

For any additional questions, please call or go to the website listed below:

**Adaptive Recreation**

(385) 468-1515

<https://slco.org/adaptive/plus-one-pass/>

## CHANGE4LOVE

On Monday, November 26<sup>th</sup>, class 208 went on a field trip to South Town Mall and came across a wonderful organization. Change4Love is a nonprofit organization that teaches adults with disabilities how to paint. They paint for kids that are going through trauma or in need of inspiration. They can't paint for every child, so they raise money at the malls to enable them to donate thousands of prints to hospitals, group homes, orphanages, disability centers and more. Their artists are Glenn who had a traumatic brain injury as a child, Lorri Beth with Down syndrome, Michelle with dwarfism, Angela who is deaf, and Aysha who is a stroke victim. Their mission is to "Inspire individuals to unleash the hero within and focus on our abilities, not our disabilities." Their goal is to someday have their own art academy for adults with disabilities. They hope to be able to fund it through selling art through a fundraising process.

Each student in 208 was given a piece of artwork at no charge. The school reached out to thank Change4Love for their donation, and Bart Hawkins, the founder of the organization responded by donating art to every student in our school! If you are at South Town Mall, look for the Change4Love booth, or check out their website at <https://www.change4love.org/>.





**JORDAN SCHOOL DISTRICT  
HEALTH SERVICES OUTREACH**

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**FREE GIFT IDEAS!!!!**

*Give the gift of H.E.A.T.*

If you know of a family having trouble paying their power/gas bills due to low-income, our Health Services Department can assist them in applying for the H.E.A.T. program.



*Give the gift of Health Insurance*

The Health Services Department is dedicated to ensuring that every child has access to quality health care. We can assist in applying for the Marketplace through December 15<sup>th</sup>, 2018 and Medicaid or CHIP any time.



# NOTES FROM NURSING

## Let's Talk About Bowel Movements!

Let's talk about bowel movements. Sure, it's not exactly dinner-party conversation, but it's important to learn all you can about bowel movements — what's weird, what's normal, what's healthy, what's not. That's because poop is an important clue to overall digestion and health. Bowel movements can reveal serious signs of infections, digestive problems, and even early signs of cancer, according to gastroenterologists. Common bowel movement concerns include diarrhea, constipation and changes of color, texture or smell of the poop.

Most people have experienced diarrhea, whether from a GI virus, an allergic reaction to food in the diet or even as a result of stress or anxiety. Diarrhea is loose, watery stools that occurs two or more times in one day. This problem is common and usually lasts about one or two days and goes away on its own. Diarrhea lasting more than a few days may be a sign of a more serious problem.

People who are constipated may experience any one or more of the following symptoms: difficulty passing stools, feeling of incomplete emptying after defecation, hard poops, painful bowel movements, reduced stool frequency or straining with a bowel movement.

The color can also vary — a lot — depending on what kinds of food you've ingested and other factors. People have gotten full work-ups for bright red stools that turned out to be nothing more than the passing of beets. Leafy vegetables can cause green stools, while certain medications can make your stool look white or clay-colored. Look out for jet-black stool. Though it could be from something as harmless as iron supplements or black licorice, the color could be a sign of bleeding in the upper gastrointestinal tract.

The perfect stool is log-like and S-shaped, not broken up into pieces. Part of getting that log-style shape, compared with stools that comes out more pebbly-looking, comes from eating fiber, which lends bulk to stool and acts as a glue to keep the stool stuck together as it exits your body. Pencil-thin stools, on the other hand, can be a sign of rectal cancer, which narrows the opening through which stool passes.








It's no news that bowel movements never smell pleasant, but particularly pungent stool is often a sign of infection. Terrible-smelling stools are a signature side effect of one stomach bug caused by the parasite giardia, ingested most often by swimming in freshwater lakes. It could also suggest a more serious digestive condition such as ulcerative colitis, Crohn's disease, or celiac disease.

Incidents of flatulence are embarrassing, at least for some, but this result of harmless bacteria breaking down food in the large intestine is completely healthy. Your colon is filled with bacteria that release gas as a by-product of digesting the food you eat. Your body absorbs some of it into the bloodstream, which you breathe out through your



lungs, and expels the rest out of your other end. It's normal to pass gas anywhere from 10 to 18 times a day, according to the American College of Gastroenterology.

This is the chart used by gastroenterologists to determine normal and abnormal bowel movements.

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	<b>SEVERE CONSTIPATION</b>
	Type 2	Lumpy and sausage like	<b>MILD CONSTIPATION</b>
	Type 3	A sausage shape with cracks in the surface	<b>NORMAL</b>
	Type 4	Like a smooth, soft sausage or snake	<b>NORMAL</b>
	Type 5	Soft blobs with clear-cut edges	<b>LACKING FIBRE</b>
	Type 6	Mushy consistency with ragged edges	<b>MILD DIARRHEA</b>
	Type 7	Liquid consistency with no solid pieces	<b>SEVERE DIARRHEA</b>

Congratulations! You are now officially a bowel movemnt expert!

# 2018 Noisy Toy List

Adapted From The Arizona Commission for the Deaf and Hard of Hearing

Black and Decker Junior Leaf Blower	113.8dB
Marvel Avengers Infinity War Infinity Gauntlet Electronic Fist	108.5dB
My Little Pony Singing Rainbow Dash	108.4dB
VTech Go! Go! Smart Wheels Minnie Convertible	107 dB
Star Wars: The Last Jedi Bladebuilders Electronic Riot Baton	106.3 dB
B.toys Woofer Hound Dog Guitar	106.2 dB
Marvel Avengers Infinity War Mission Tech Iron Man	106.1 dB
Fisher-Price Sing & Learn Music Player	105.6 dB
Fisher-Price Bright Beats Spin & Crawl Tumble Ball	104 dB
Fisher-Price Laugh & Learn Puppy's Busy Activity Home	103.7 dB
B. toys Meowsic Keyboard	103.4 dB
B. toys YouTurns Steering Wheel	103.3 dB
Fisher-Price Rock 'n Sort Snail Pail	103 dB
Marvel Black Panther Slash & Strike Erik Killmonger Figure	101.6 dB
Fisher-Price Shimmer & Shine Tummy Rubs Nazboo	100.7 dB
VTech Pull and Discover Activity Elephant	100.3 dB
VTech Drill & Learn Toolbox	99 dB
Spider-Man Homecoming Super Sense Spider-Man	99 dB
VTech Sort & Discover Drum	98.8 dB
Playskool Friends Sesame Street Tickle Me Elmo	90 dB

Measurements taken as if child had ear next to speaker of toy

**Consider avoiding these toys and purchasing one on the "safe" or "super safe" list.**

This list is not all-inclusive.

**Use a free smartphone app to measure sound levels of toys you're considering purchasing, and toys already in your home.**

**Noise is a leading cause of hearing loss.**

85dB is the maximum volume a child should be exposed to for no longer than eight hours. Sounds louder than 100dB can damage hearing in less than 15 minutes. (ASHA)

**Noisy toys: any toy that reaches a sound level of 85dB or higher consistently.**

If the toy has a volume control, always set it to the lowest level.