

# News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

## Principals Message

It's February already! Where did the first half of the school year go? Even with all the challenges we have faced, this year is flying by. It is hard to believe that half of the school year is over.

As I have worked with and talked to many people, the effects of the pandemic are wearing on many as it continues. Creating balance in our lives is an important part of wellness. Balance means making sure we have time to do the things that make us feel happy and fulfilled. This includes working, having fun, spending time with family, participating in the community, being physically active, praying, relaxing and sleeping. We often need to re-balance from time to time, to adjust to what is going on in our lives. When we're trying to get through a tough time, balance is especially important. In these times, our habits and routines can help us get that feeling of control back. This means focusing on ourselves as well as the roles we play in the lives of others. Our roles and relationships with others help define who we are and give us a sense of purpose. Being engaged in life and relationships provides a measure of balance and overall wellness. This month as a staff we are focusing on wellness. Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

February 1<sup>st</sup> we will start a wellness challenge that cultivates a healthy competition among employees while encouraging positive lifestyle behaviors. With our staff wellness challenge underway, we are focusing on the following and would like to invite all of our families to participate in this as well - drinking more water, eating veggies, eating fruit, lessen carb intake, exercise 30 minutes a day, lessen the amount of treats eaten, walking - increase the amount of steps you take each day, and extra points for not eating after 8 pm.

Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. With so much today out of our control, let's control the things we can!

*Courtney Titus*  
*Principal*

## Music Corner

We are excited to announce that Spring Fling is on for this year---COVID style. In order to adhere to our pandemic protocols, we will be filming a movie instead of the traditional musical event. Each classroom will be assigned a scene to film with certain students starring in lead roles. In May, families will receive a link to watch the full production. Although this year will be different, we are excited to showcase our students in a COVID safe way. We are looking forward to showing off our students unique abilities and talents.

Cassie Bringhurst  
Music Therapist



## A family in the KSHS community has a gently used hospital bed that they would like to donate

“Full electric hospital bed with bilateral rails and a twin mattress available for donation to any interested family. The equipment is in good working condition and has been very well maintained.”

Please contact Karl McKenzie (Assistant Principal) if this can fill a need for your family.

## HEALTH SERVICES

We've made it through the first month of 2021! Looking back, I think we can all agree it has been a year like no other. Hopefully the challenges have caused you to take a moment and find things to be grateful for.

As I look back on my 18 years with Jordan School District, I'm filled with gratitude to work in such a wonderful school. So many amazing memories and experiences are had at Kauri Sue. Keeping students, families, and staff healthy and safe is top priority, so that opportunities can continue to grow!

Health Services is an eligibility office for Medicaid and CHIP, Disability Medicaid and the New Medicaid Expansion for Adults. We are Certified Application Counselors for ACA and can answer questions about qualifications for Special Enrollment in the Marketplace and help you apply. Having and keeping health insurance through difficult times will help ensure your family is protected.

We can help you apply for a HEAT credit to pay your utility bills if you qualify as well. We have DI Vouchers for those in need of clothing for their children. We can also answer questions you may have about steps towards the Guardianship process when your child is about to turn 18, also on applying for SSI benefits and more.

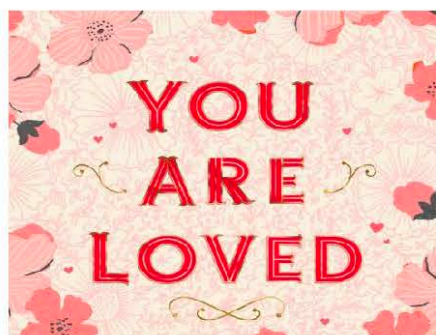
With the Pandemic, times have been tough on so many. Please don't hesitate to reach out. We want to make sure the students and families at Kauri Sue Hamilton are taken care of.

Sincerely,

Nikki Conk

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## Important dates coming up

**Sunday February 14th**

**Monday February 15**

**Sunday March 14**

**Valentine's Day**

**No School (President's Day)**

**Daylight Savings Time Starts**

## Nurses Update

Make Heart Health Part of Your Self-Care Routine

We  our KSHS Parents, Caregivers & Staff

- Devoting a little time every day to care for yourself can go a long way toward protecting your health. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.
- And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.
- "Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.
- It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.



Take care of yourself, so that you can  
take care of the kids





Here are daily self-care tips to try every day to make your heart a priority:

### ➤ Self-Care Sunday

- Find a moment of serenity every Sunday. Spend some quality time on yourself.

### ➤ Mindful Monday

- Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

### ➤ Tasty Tuesday

- Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

### ➤ Wellness Wednesday

- Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

### ➤ Treat Yourself Thursday

- Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

### ➤ Follow Friday

- Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the Journal of the American Heart Association. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

### ➤ Selfie Saturday

- Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

## Sensory Spotlight

Screen Time (the good, the bad and the ugly)

APA Recommendations:

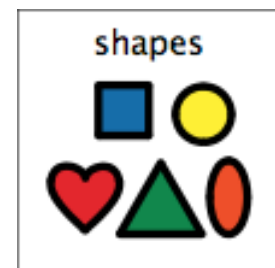
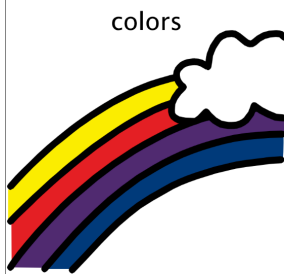
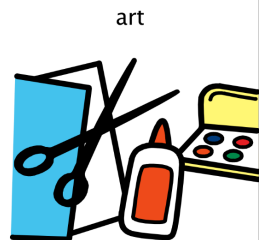
- Young children are exposed to screens far more than what is recommended by the American Academy of Pediatrics.
- The Academy recommends that children under the age of 2 not be exposed to screens at all, and 2-5 year olds less than one hour a day and older children should be limited to two hours a day.
- It is estimated that some children are tuning in to electronics in excess of 10+ hours a day.



With online school, and usage of personal electronic devices and television, children are being exposed to excessive amounts of screen time. It is important to try to limit screen time when possible to allow children time to actually physically and socially interact with their environment, family and friends. Screen time replaces the very things we know to be critical to brain development: bonding, movement, eye contact, face to face verbal interactions, loving touch, exercise, free play and exposure to nature and the outdoors. Reduced exposure to these factors can negatively impact brain integration, IQ and resilience in all children.

## Speech Spotlight

The Speech team will be pre-teaching language commonly used during Art time. We will begin with colors and shapes and then use that vocabulary to complete a Valentine Art activity. We will then pre-teach Art supplies and actions vocabulary. The final week we will use all this vocabulary to create another Art project. Some of the target core and fringe words include: 'I want, I see, colors, shapes, Valentines, love, paint and paintbrush, color, glue, paper, who, and push'. Don't forget to check the Speech folder in your child's Google Classroom for a slideshow and picture symbols. TIP: If your child is communicating at a 1-word level, speak to them using 2-word phrases, etc. HOME ACTIVITY: Pick a color each day and point out items that are that color and label them (i.e. red stop sign, green tree, blue car, yellow bus).



# Language in ART