

# News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

## Principals Message

Whether you enjoyed a staycation at home or headed off for some family fun, I hope you all had a safe and relaxing Spring Break! As we leave March behind, spring flowers have started to bloom, the days are getting longer, and winter's chill is fading away. April has some of the best weather. It is not too hot and it is not too cold. You can get a little bit of rain and a bit of sun on the same day and be able to appreciate the rainbows. Who doesn't love April? There are three holidays in April. April Fool's Day, Easter, and Earth Day. April Fool's Day is an annual custom on April 1st consisting of practical jokes and hoaxes. Jokesters often expose their actions by shouting "April Fools!" at the recipient. Easter and its decorative eggs, delicious hams, cheerful baskets, cute bunny rabbits and copious amounts of chocolate, the celebration has evolved over the years with a whole host of customs both new and old. Earth day falls on Thursday April 22nd this year, but that doesn't mean you can't be thinking about ways to be 'green' the entire month! Being 'green' means you take steps to be thinking about the environment and the ways you and your friends/family can help protect the land, water and air around us.

Do you still need more reasons to celebrate? Well, April 2nd is National Peanut Butter and Jelly Day. My favorite April 12th is Grilled Cheese Sandwich Day. Whether we're talking about a simple slice of American cheese on white bread or aged brie on sourdough, grilled cheese always makes for an awesome meal. Whip up your favorite grilled cheese sandwich for breakfast, lunch, or dinner to celebrate this day. And April is Autism awareness month!

I just want to reiterate how much your support and cooperation with pandemic guidelines means to our community. I know we all see a light at the end of the tunnel, but there are still a lot of hills to climb.

And of course, we all know, "April showers bring May flowers," so if the rain of April ever gets you down, never forget the silver lining!

*Courtney Titus*  
*Principal*

## Music Corner

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### Spring Fling Update:

We made it to filming month! It takes a village to pull off Spring Fling and I'm so grateful for the support I've already received to do so. For those of you who might have not experienced Spring Fling, each year Kauri Sue puts together a full length musical. Complete with sets, choreography, dialogue, costumes, props, lighting, you name it! Everything you would expect in a typical musical theater performance happens right here at Kauri Sue. It's a chance for our students to get in the spotlight and experience something their peers would get to do.

Special thanks to Mikell Gunderson for all her time and energy making the leads costume accessories, Carrie Davidson for designing the props, Hailee Baryshnikov for helping with the choreography, Carrie Bowles for helping supplement costumes, Marti Beesley for helping wherever she's needed, Katelyn Jones for programming the devices, Riverton High School PLT's for the backdrops, Korbi Brey for her wisdom and knowledge, Courtney Titus for always listening and supporting whenever I need it, and every staff member at Kauri Sue for smiling and encouraging me during the process. I'm grateful everyday to work with such compassionate and caring people.

We can't wait for you to see the show in May!

Cassie Bringham

Music Therapist

## Spring Fling

We were so sad to not have Spring Fling this last year and are excited to have it this year, even though it is a little different. If you are a new family to Kauri Sue, all students will participate in a Spring Musical. We want to wish tremendous success to those involved with our spring musical program during the production of 'Sing'. Due to COVID-19 protocols, this year's production will be filmed throughout the Kauri Sue Hamilton School and will be available to view online. Information on how to view the performance will be forthcoming. The work and planning invested in this project is substantially different than anything the school has done before, and I want to commend Cassie our Music Therapist for her incredible passion and commitment to this production. We will be practicing and filming the first two weeks back from Spring Break.

## School Climate Survey

School culture is something that is important to build and improve upon. Here is a letter and link to the School Climate Survey. Please help us celebrate what is going well and identify things we can do to improve our climate.

Dear Parents/Guardians:

We want to hear about your experience with your student's education. We invite you to participate in completing the Utah School Climate Survey from the Utah State Board of Education. This survey includes questions about your student's learning, school safety, and interpersonal relationships, as well as your attitudes about the institutional environment and your personal involvement in school. Your responses will be very helpful in improving student relationships, learning conditions, and the overall school environment.

We invite all parents, guardians and caretakers to complete this survey. We ask that you please take this survey for each school at which you have one or more students enrolled. The survey is completely confidential and brief; it will take about six minutes to complete. Please submit your responses by May 7, 2021.

Survey results will only be reported as group responses. There are no right or wrong answers. We just want to know about your personal experiences. Responses are housed securely in an anonymous format with the Utah State Board of Education (USBE) for evaluation research purposes. All evaluation research projects are in compliance with the Family Education Rights and Privacy Act, (343 CFR 99.31 (6)) and human subjects regulations (Protection of Human Subjects 45 CFR 46).

As you respond to each item, think about your own personal experiences as a parent, caregiver or guardian at your student's school. Please answer all of the questions.

We hope you will take the time to provide us with this valuable information. Each school's total survey results will be used to inform and develop appropriate strategies, procedures, and/or programs to enhance our school climate.

The link to complete the survey is below:

[Utah's School Climate Survey](#)

If you have questions about this survey, please contact Ben Jameson, Director of Evaluation, Research & Accountability, at [ben.jameson@jordandistrict.org](mailto:ben.jameson@jordandistrict.org).

Thank you for your time and participation!

## Great Utah Shakeout

On Thursday April 15th Kauri Sue Hamilton School along with many other groups in Utah will be participating in the “Great Utah Shakeout” to get prepared for an earthquake. For resources at home you can visit their website at <https://www.shakeout.org/utah/>

## Celebration of Life

On Friday April 23rd we will be Celebrating Life. We have lost several members of our Kauri Sue Family over the years including a few this year. We invite you to take a moment and remember loved ones lost at 11 AM on April 23rd. Every Life Is Precious to Us.

# Important dates coming up

**Thursday April 15th**  
**Friday April 23rd**  
**May 7th**

**Great Utah Shakeout (Earthquake prep)**  
**Celebration of Life**  
**School Climate Survey Due**

## Speech and Communication



Hey, Good Looking!

Whatcha Got Cooking in Speech?

Put on your chefs hat everyone! There is so much language involved in cooking that we’ve been talking all about supplies, adjectives, and actions that you use in the kitchen.

Think of all the fringe words: bowls, spoons, drinking cups versus measuring cups, whisk and saute, etc.

Think of all the adjectives: wet and dry ingredients, sticky, smooth, solid, liquid

Think of all the actions: open, close, pour, mix, stir

Expand on this vocabulary at home! What fringe words do you often use in the kitchen?

What picture symbols might you need at home to use more language while cooking? Model

2 word phrases using adjectives and nouns such as: big spoon vs. little spoon, wet dishes versus dry dishes.



## Nurses Update

### GERMS 101

Germs are microscopic life forms that exist all around us. There are 3 main types of germs that can cause illness: bacteria, viruses, fungi.

1. Bacteria – are one celled organisms. There are approximately 1600 species of bacteria, but less than 200 species actually make us sick, such as: Group A streptococcus bacteria - causes “strep throat”, Escherichia coli (commonly called “E. coli”) can cause food poisoning & urinary tract infections
2. Viruses – are even smaller than bacteria. Unfortunately, unlike bacteria, antibiotics do not work on viruses. Some examples of viral illness include: the “common cold”, the flu caused by the influenza virus, chicken pox caused by the varicella zoster virus
3. Fungi – are simple plants that can grow on our bodies. Fungi thrive in warm, moist, dark areas of the body. Some examples of fungal infections are: Athlete’s foot and Candida – a yeast, similar to a fungus, that can cause diaper rashes or thrush

### HAND WASHING TIPS

- Wash before eating and cooking
- Wash after touching animals
- Wash after using the bathroom
- Wash after blowing your nose, coughing, & sneezing
- Use warm water
- Use soap and lather for 10-15. Make it fun by singing a favorite song!
- Use colorful soap made for kids – some even come in fun shapes and scents!
- Make sure to get in between your fingers, under fingernails, and around the wrists
- Rinse & dry well with a clean towel

### WHEN SHOULD STUDENTS STAY HOME FROM SCHOOL?

- For a temperature above 100.3 degrees Fahrenheit
- Students must be fever-free without fever-reducing medication (such as Tylenol or Motrin) for at least 24 hours before returning to school.
- Vomiting and/or diarrhea.
- Suspected communicable disease (i.e. chicken pox)
- Suspected infection of the eyes (i.e. conjunctivitis), nose, throat (i.e. strep throat), or skin
- A rash of unknown origin –
- Students should stay home for the first 24 hours on antibiotic therapy to prevent spreading infection to friends and teachers!

## Sensory Spotlight

What is SPD (Sensory Processing Disorder)?

<https://www.twentynesenses.org/2020/02/18/sensory-spotlight-what-is-spd/>

### The Eighth Sense

Interoception “the hidden sense”

This is the sensory system that lets us know when we are hot, cold, hungry, thirsty; if we need to use the restroom, if we are ill or in pain. It’s believed that there is a link between the vestibular system and the interoceptive system.

<https://sensationalbrain.com/brainworks/>

Ideas that may help improve interoception?

### **Activities that improve body-awareness**

**Squeeze pressure vest or snug vest**

**Vestibular activities**

**Heavy Work activities**

#### **Body Awareness**

- Simon says
- Identifying body parts
- Teach Spatial Relations-Stand in front of chair, behind chair, side of chair
- March to music while clapping hands
- Right/Left Discrimination- Hokey Pokey, jumping jacks

#### **Vestibular Awareness**

##### Front to back movement

- Rocking chair
- balance board
- Swinging
- Rolling over large therapy ball

##### Up and down movement

- bouncing on a trampoline or therapy ball
- riding in elevator
- sliding
- teeter totter

##### Side to side movement

- rocking chair
- balance board
- therapy ball
- swing

##### Rotary movement

- merry go round
- swivel chair
- sit and spin
- swing

#### **Proprioception (Heavy Work)**

- climbing
- pulling a weighted wagon
- pushing a weighted cart or stroller
- crawling
- squeeze toys
- gum or chewy foods
- mini trampolines
- catching/throwing



*The Utah Parent Center is excited to bring you a series of 3 free classes to help with your child's transition into adulthood.*

*Transition from School to Adult Life, Advocacy, and the History of Disability Rights*

**Thur., Apr. 15 | 6:00 - 8:30 pm**

At the age of 14, your child will have a transition plan in their IEP. But what does that mean? Come learn how you and your loved one can effectively advocate

*Daily Life, Community Living, & Employment*

**Thur., Apr. 22 | 6:00 - 8:30 pm**

What will your young adult do day to day? We will give you ideas, tips and tricks to making and keeping friends and connecting with your community. Learn about employment options for your young adult with special needs or disabilities.

*Healthy Living, Safety, Supported Decision Making, & Guardianship*

**Thur., Apr. 29 | 6:00 - 8:30 pm**

Learn how to help your youth discuss their needs and describe their medical history directly with health care professionals so they can play an active role in their health. We will go over strategies to practice internet, home and phone safety as well as how to guard against abuse. You will learn the different types of guardianship and what steps can be taken to support your young adult.

Transition starts at 14 years old or earlier. The more you do now, at a younger age the more your student will be prepared for life after school. We will be discussing the little steps you can take now to make a big difference in your child's future success. Please join us for 3 interactive discussions focused on your student and their needs. Attend all or just one of the workshops in our Transition University Series

**Register: [bit.ly/TUSpring](https://bit.ly/TUSpring)**



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# Need **HEALTH INSURANCE?**

*Sign Up Now through  
May 15, 2021!*

JORDAN SCHOOL DISTRICT  
HEALTH SERVICES - OUTREACH

Call now to see if you qualify! We are an Eligibility office for Medicaid and CHIP. Plus now is a Special Enrollment Period for ACA through May 15th.

Phone: (801) 567-8508

[nichole.conk@jordandistrict.org](mailto:nichole.conk@jordandistrict.org)

**WE'RE HERE TO HELP.**

**HealthCare.gov**