



Kauri Sue Hamilton News of the Stars

PRINCIPAL'S MESSAGE DECEMBER 2017

Happy Holidays!

As the holidays approach, I reflect on how thankful I am for our extended Kauri Sue family. It is always a pleasure to see the families of our students throughout the school year but it is a pure delight to see their brothers and sisters grow up right before our eyes. We are the only school in our district that has students for 17 years so we have the unparalleled privilege of working so closely with our families for many years and through many trials and celebrations. We are here for you everyday and we appreciate working with you to create the best opportunities for you children. Thank you for sharing your kids with us each day!

Save the Date!

- December 14th - School Christmas Program
- December 15th - District Christmas Program
- December 22nd - January 1st - Winter Recess
- January 2nd - School Resumes
- January 15th – Martin Luther King Day, No School
- January 16th - Grade Transmittal 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 Friday, December 8th. You may drop them off in the main office. Just let them know they are for the ELF Fund Raffle. Thanks! Happy Holidays!



UTAH GRIZZLIES HOCKEY TEAMS UP WITH KAURI SUE HAMILTON!



Enjoy a Discount Ticket for President's Day – Monday, February 19 2018.
Puck Drops at 1:30PM!

Pricing

Center: \$20 (reg. \$29)

Corner: \$14 (reg. 21)

Party: \$9 (reg. \$14)

**MUST Call Jesse @ (801) 988-8009 to
purchase tickets**

***Make sure to mention Kauri Sue! You will
receive 30% off of each ticket purchased, and
you will help the Grizzlies raise money for the
Kauri Sue Hamilton School!**

Offer can NOT be redeemed at box-office.

Come Support Kauri Sue with the Utah Grizzlies as they celebrate an Ability Day!

Come hang out with the Utah Grizzlies as we take a day to promote inclusivity! This special pricing is available to you for this special day. ADA seating IS available, upon request.



We would like to extend a big thank you
to

TAYLOR'S BIKE SHOP

For fixing our adapted trikes here at the
school.

Your efforts are most certainly
appreciated!



Social Security Information

At each IEP meeting we discuss the transitions your child will face in the coming years. We share DSPD information and we have a Medicaid specialist in our school but we haven't had information to share with you about SSI. Well now we do! We hope you will find this information useful as you consider applying for SSI.

To be eligible for SSI benefits, a child must be either blind or disabled.

If a child is under age 18, not married, and lives at home with parent(s) who do not receive SSI benefits, they may consider a portion of the parents' income and resources (assets) if they are available to the child. They may also count a portion of a stepparent's income and resources if the child lives with both a parent **and** a stepparent (or an adoptive parent **and** a stepparent). They call this process "deeming."

A child who gets SSI benefits can get Medicaid to help pay medical bills (Even if the child is not eligible for SSI benefits, the child still may be eligible for Medicaid under other State rules)

The maximum amount of SSI will be \$750 for 2018, this amount does decrease with income

For more information, refer to the website: <https://www.ssa.gov/ssi/text-child-ussi.htm>

Social Security Benefits Claim Form

Complete this accurately, giving as many details as possible. Failure to do so may result in the

Personal Information		Other Names
Forename		

de:

Merry Christmas



NEWS FROM HEALTH SERVICES



As you go around doing much good during this special time, please remember that Health Services can help. Whether by helping a family get insurance through the Affordable Care Act, or Medicaid if they qualify; or helping them pay their utilities bills during these cold winter months (H.E.A.T.); or even helping them with a D.I. voucher, Health Services is here to help our families in need.

Household size	HEAT Poverty Level (Gross income)
1	\$1,508
2	\$2,030
3	\$2,553
4	\$3,075
5	\$3,598
6	\$4,120
7	\$4,643
If more than 7	add \$522 per person

Let us know how
we can help:
801-567-8515

And A Very Happy 2018



Speech in December

Speech will be reading and experiencing two books in December: *A Snowy Day* by Ezra Jack Keats and *Polar Express* by Chris Van Allsburg. We will eat snow cones and drink hot chocolate. We'll talk about what we see, hear, smell, feel, and taste. Our target vocabulary and concepts include: snow, snowball, train, white, black, red, cold/hot, melt, excited, wet/dry, go/stop, and up/down.

Speech Sounds and Zoo-Phonics cues to address:

/t/ for 'train' or 'hot' – Timothy Tiger

/m/ for 'melt' -Missy Mouse

/h/ for 'hot' or 'Hohoho' – Honey Horse

/p/ for pocket-Peewee

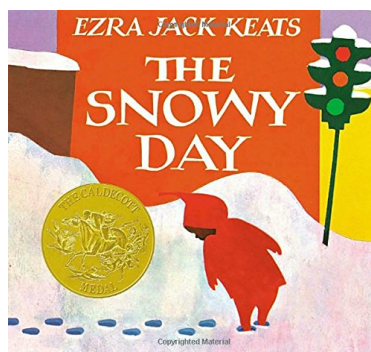
Penguin

/b/ for 'ball' or 'bell' – Bubba Bear

/s/ for 'Santa' - Sammy Snake

Here is a great link to *The Snowy Day* being read:

<https://youtu.be/MzzDrl03nDo?list=PL9MdLmIVxW8CQkW2f5y9yWjph4CAQHBzJ>



Notes from Nursing

Cold and Flu remedies: What works, what doesn't, and what can't hurt

Cold remedies are almost as common as the common cold, and many are nearly as ancient. The use of chicken soup as a congestion cure dates back centuries. But is longevity any guarantee that a cold remedy works? Do effective cold remedies even exist? Here's a look at some common cold remedies and what's known about them.

Cold remedies: What works

If you or your children catch a cold, you can expect to be sick for one to two weeks. But that doesn't mean you have to be miserable. These remedies may help:

- Water and other fluids. You can't flush a cold out of your system, but drinking plenty of liquids can help. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which make dehydration worse.
- Salt water. A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat.
- Saline nasal drops and sprays. Over-the-counter saline nasal drops and sprays combat stuffiness and congestion. In infants, experts recommend instilling several saline drops into one nostril, then gently suctioning that nostril with a bulb syringe. Saline nasal sprays may be used in older children. Unlike nasal decongestants, saline drops and sprays don't lead to a rebound effect — a worsening of symptoms when the medication is discontinued — and most are safe and nonirritating, even for children.
- Zinc. For years, cold sufferers have treated their symptoms with over-the-counter remedies containing zinc. But without sound evidence to support this treatment, doctors generally didn't recommend it. Now a comprehensive analysis of clinical-trial data on zinc and colds has concluded that zinc really does appear to be beneficial. The conclusion comes with a few caveats. Researchers haven't determined the most effective formulation, dose or duration of zinc treatment for colds. Zinc lozenges can leave a bad taste in your mouth, and some trial participants reported nausea as a side effect of the lozenges. Zinc-based nasal sprays, not included in the recent, positive analysis, pose a different problem; the Food and Drug Administration (FDA) warns that these products can take away your sense of smell, possibly for good.
- Chicken soup. Generations of parents have spooned chicken soup into their sick children. Chicken soup may be soothing because of its possible anti-inflammatory and mucus-thinning effects.
- Over-the-counter cold and cough medications in older children and adults. Nonprescription decongestants and pain relievers offer some symptom relief, but they won't prevent a cold or shorten its duration, and most have some side effects. If used for more than a few days, they can actually make symptoms worse.

Experts agree that these medications are dangerous in children younger than age 2. The FDA is evaluating the safety of over-the-counter cold and cough medications in older children.

Keep in mind that acetaminophen (AKA Tylenol) can cause serious liver damage or liver failure if taken in

doses higher than recommended. It's common for people to take Tylenol in addition to flu medications that also contain acetaminophen, which can lead to acetaminophen overdoses. Read the labels of any cold medication carefully to make sure you're not overdosing.

If a cough lasts after your other cold symptoms have resolved, see your doctor. In the meantime, try soothing your throat with warm lemon water and honey and humidifying the air in your house. Avoid giving honey to infants.

- Antihistamines. First-generation (sedating) antihistamines may provide minor relief of several cold symptoms, including cough, sneezing, watery eyes and nasal discharge. However, results are conflicting and the benefits may not outweigh the side effects.
- Humidity. Cold viruses thrive in dry conditions — another reason why colds are more common in winter. Dry air also dries the mucous membranes, causing a stuffy nose and scratchy throat. A humidifier can add moisture to your home, but it can also add mold, fungi and bacteria if not cleaned properly. Change the water in your humidifier daily, and clean the unit according to the manufacturer's instructions.

Cold remedies: What doesn't work

The list of ineffective cold remedies is long. A few of the more common ones that don't work include:

- Antibiotics. These destroy bacteria, but they're no help against cold viruses. Avoid asking your doctor for antibiotics for a cold or using old antibiotics you have on hand. You won't get well any faster, and inappropriate use of antibiotics contributes to the serious and growing problem of antibiotic-resistant bacteria.
- Over-the-counter cold and cough medications in young children. OTC cold and cough medications may cause serious and even life-threatening side effects in children. The FDA warns against their use in children younger than age 2. The Consumer Healthcare Products Association (CHPA) has voluntarily modified consumer product labels on over-the-counter (OTC) cough and cold medicines to state "do not use" in children under 4 years of age, and many companies have stopped manufacturing these products for young children. The FDA is evaluating the safety of these medications in older children.
- Newer antiviral drugs used to relieve flu symptoms do not help reduce cold symptoms

Cold remedies: What probably doesn't hurt

In spite of ongoing studies, the scientific jury is still out on popular cold remedies such as vitamin C and echinacea. Here's an update on some common alternative remedies:

- Vitamin C. It appears that for the most part taking vitamin C won't help the average person prevent colds. However, taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C may provide benefit for people at high risk of colds due to frequent exposure — for example, children who attend group child care during the winter.
- Echinacea. Studies on the effectiveness of echinacea at preventing or shortening colds are mixed. Some studies show no benefit. Others show a significant reduction in the severity and duration of cold symptoms when taken in the early stages of a cold. One reason study results have been inconclusive may be that the type of echinacea plant and preparation used from one study to the next have varied considerably. Research on the role of echinacea in treating the common cold is ongoing. In the meantime, if your immune system is healthy and you are not taking prescription medications, using echinacea supplements is unlikely to cause harm.

Alternative treatments are safe for most people. However, some alternative treatments may cause side effects or allergic reactions. For example, some people are allergic to echinacea. Herbs and supplements may also change the way other medicines work. Talk to your doctor before trying an alternative treatment.

Take care of yourself

- Although usually minor, colds can make you feel miserable. It's tempting to try the latest remedy, but the best thing you can do is take care of yourself. Rest, drink fluids and keep the air around you moist.
- Always wash your hands: Children and adults should wash hands after nose-wiping, diapering, and using the bathroom, and before eating and preparing food.
- Disinfect: Clean commonly touched surfaces (such as sink handles, door knobs, and sleeping mats) with an EPA-approved disinfectant.
- Use instant hand sanitizers: These products use alcohol to destroy germs. They are an antiseptic, not an antibiotic, so resistance can't develop. A little dab will kill 99.99% of germs without any water or towels.
- Use paper towels instead of sharing cloth towels.

When to Contact a Medical Professional

Try treating your cold at home first. Call your doctor if:

- Breathing becomes difficult at any time, shortness of breath, fast breathing or wheezing
- Your symptoms get worse or do not improve after 7 to 10 days
- Fever over 103, or any fever lasting more than 3 days
- Nasal drainage that is foul smelling, one-sided, or a color other than white or yellow lasting more than 3 days **and** accompanied by fever.
- Earache or drainage from the ear
- Changes in mental state (such as difficulty waking up, unusual irritability, confusion or seizures)

