

# News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

## Principals Message

I cannot believe that it is February already! Where did January go?? It was a busy month with some interesting weather to contend with. Thank you to our custodians for battling the ice, and keeping our sidewalks clear and safe for everyone.

It's hard to believe that football season ended on Sunday as the Chiefs defeated the 49ers to become the NFL Champions for the only the second time. Even if you're not a Chiefs or 49ers fan, many of us will celebrate with friends and family and enjoy the commercials shown throughout the game. It is also hard to believe that half of the school year is over.

Over the past few weeks, I have been reminded on several occasions the preciousness of life and the loving support of our families and close friends in our daily lives. Sometimes we get so busy with all of life's tasks that we forget to take a moment to simply remember and express how truly precious our children, and those that we love are to us. Often it is through a tragic event or a special celebration in life that we remember and embrace those feelings of thankfulness for the gift of others. Perhaps the busy schedule that many of us keep (me included) add to that difficulty in taking a moment to be thankful for what we have in those that we love and cherish, or to simply enjoy and be appreciative of the beauty of our surroundings and the world in which we live.

I am learning how important it truly is to be mindful of the gifts that surround us each day and to live in the moment as we recognize that gift. Be those gifts the crackling of a fire, a bird singing as it sits on a branch nearby, the sunrise as we drive to work, the quiet or conversation spent over dinner, the laughter of a child, or the love we have for our family. Being mindful is just one way to care for the emotional wellness of ourselves and our children. I hope each of us can be mindful and think about the gifts we have and cherish them.

*Courtney Titus*

## Nurses update

**PARENTS, PLEASE REMEMBER TO NOTIFY NURSES OR YOUR STUDENT'S TEACHER IF YOUR CHILD IS DIAGNOSED WITH ANYTHING CONTAGIOUS** (Such as Influenza A or B, Strep throat, Hand foot and mouth, Pink eye, Pertussis/Whooping cough, etc)

**Nursing will notify parents of other students in class or on their bus of potential for spread of illness.**

**Please make sure we have the most current phone numbers for parents and emergency contacts.**

### **What is influenza (also called flu)?**

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death\*. The best way to prevent the flu is by getting a flu vaccine each year.

### **Signs and symptoms of flu**

People who have the flu often feel some or all of these signs and symptoms:

- Fever, usually over 101°F and typically chills as well
- Bad “wet sounding” cough
- Sore throat
- Runny or stuffy nose
- Severe muscle and body aches
- Bad headache
- Fatigue (very tired)

\*Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening.

### **How flu spreads**

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

### **Period of contagiousness**

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy people may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

## **Prevent seasonal flu: Get vaccinated**

- The single best way to prevent the flu is to get a flu vaccine each season.

There are several flu vaccine options:

Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. In addition, flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines) also are available. The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses.

THE FLU VACCINE WILL NOT GIVE YOU THE FLU

- People who are residents of nursing homes and other chronic-care facilities;

- Health-care personnel;

- Household contacts and caregivers of children younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months; and

- Household contacts and caregivers of people with medical conditions that put them at higher risk for severe complications from influenza.

- There are certain flu shots that have different age indications. For example people younger than 65 years of age should not get the high-dose flu shot and people who are younger than 18 years old or older than 64 years old should not get the intradermal flu shot.

## **Who Should Get Vaccinated?**

**Everyone 6 months of age and older should get a flu vaccine every season. Most Importantly:**

- People aged 50 years and older;
- People with chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus);
- People who are immunosuppressed (including immunosuppression caused by medications or by human immunodeficiency virus);
- Women who are or will be pregnant during the influenza season;

## **Who should not be vaccinated against seasonal flu?**

- Children younger than 6 months are too young to get a flu shot
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, and eggs.

## Health Services



It is the month of LOVE... If you or someone you know is in need of assistance, information or resources, here is a list of what we do for families in Health Services. Please share the love and send them our way 801-567-8515:

### **APPLICATION ASSISTANCE FOR:**

- Medicaid
- Disability Medicaid
- Affordable Care Act (ACA)
- CHIP
- Food Stamps (SNAP)
- H.E.A.T Program: October-April
- NEW – Medicaid Expansion for Adult

### **INFORMATION ON:**

- Guardianship process
- Disability Medicaid for adults
- SSI application for disabled adults
- Food Banks/WIC
- DSPD- Division of Services for People with Disabilities
- Free/Reduced Lunch Program
- Prescription Discounts
- Free/Reduced Medical and Dental Clinics and Programs
- Grand Families of Utah
- Head Start, Baby Your Baby, Shriners... and Much more

## Important dates coming up

**February 17th**

**March 5th**

**March 6th**

**No School Presidents Day**

**Early Release day Thursday instead of Friday**

**No School (Grade Transmittal Day)**

## Transition Update

### Cooking



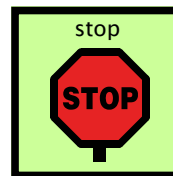
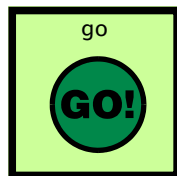
Did you know that a cooking session can teach a wide range of skills from Math to Self Esteem? That's what our February is going to be about! We are kicking off the month by creating some fun treats and cards for Valentines Day, then we will get into the nitty gritty and try our hands in the kitchen, learning about our favorite foods, where they come from, investigating how an oven works, how to read recipes, measuring ingredients, and even some taste testing! There are some fantastic recipes you can do at home as well, that can help you teach multiple life skills all at once, while rewarding you with something delicious!

## Speech Update

Read Our Lips: Speech is Sweet!



For the month of February, our speech department will be focusing on the following two core vocabulary words:



Why teach “stop” and “go,” you might ask? There are several reasons that benefit our students from learning to express these functionally important words. They are learning that they have control over their bodies, over their environment, and over the behavior of others. Many of our students have the impulse to just “go, go, go,” but by learning the functions of the words *stop* and *go*, they are learning that when their minds hear STOP, their bodies can listen. Therefore, by practicing stop and go games in a safe, relaxed, and fun setting, the control and listening skills can generalize to more vital and important situations when an immediate response is needed (e.g., holding hands in a parking lot, stopping when angry before acting out in an aggressive manner towards others or themselves, etc). Most importantly, it empowers our students by providing them a socially appropriate way of expressing protest to object to people, occurrences, and objects in their immediate environment.

How can we teach “stop” and “go?” These two words pair easily with movement-related activities (e.g., swinging, bouncing, jumping, running, silly dancing), music, videos, fans, moving toys, or engaging in any “annoying” behavior that will prompt an immediate response from the student to tell a communication partner to discontinue an activity.



## With Gratitude

Riverton High PLT has had a valued relationship with our school for many years. We wanted to introduce you to and do a shout out to our Peer Leadership Team (PLT) students from Riverton High School. They are an amazing group. We love the excitement that they bring to our school and to all of our classrooms each week. We are so thankful for them and the time that they share with our students. We appreciate all their help from decorating our Christmas tree, helping with our annual Spring Fling, putting on our Starlight Dance, and speaking at graduation. We are grateful for their teacher Mrs. Taylor who believes in us and her students and what they can bring to Kauri Sue. We love what they do for us and how they improve our student's experience here.

