

News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

Principals Message

Welcome to the year 2020! It is great to have all of our wonderful staff and students back with us after winter break. I hope everyone has had a chance to relax and enjoy some quality time with family and friends over the Holiday Season. The start of school, after a significant break, always provides a good opportunity to re-establish a focus on learning. I hope the break has been kind to all of you. I know the time given makes me even more appreciative of my family and my school family. I hope that you were able to take some time to just enjoy one another. The holiday season can be so busy and stressful that we often forget to take a breath and just enjoy our time together. I know for myself it is very easy to get caught up in the craziness of life, the running kids around, the cleaning, the cooking, and the never-ending to-do list. I promised myself that I would cherish our time together and set other things aside as our kids are not young forever and it is the time together that will be the memories they keep.

We are returning to school on January 6th, so the month is well on its way. With the transition back to school, please make sure that you begin setting those routines and schedules into place. We all need schedules and our students definitely need them. Schedules and routines help students begin their day in the right mindset and ready to do the best that they can during school.

The New Year is a time of reflection and determined new action. As we look to the future, many people begin making new goals. One lesson that can be learned as we pay attention to these good intentions is that we should always act as if what we do makes a difference – because it does! Parents and teachers significantly influence children's lives each day. Making a positive impact in the lives of our students is vital. Kauri Sue Hamilton's dedicated staff, volunteers and parents all work very hard to benefit children. What we do each day matters!

As we embark on a new year, we are looking forward to many exciting school activities planned for KSHS students in 2020! Happy New Year to you and your family! I hope that the transition back to school has been smooth for your child(ren) at Kauri Sue Hamilton School this week!

Courtney Titus

Nurses update

What is pneumonia?

Pneumonia is an infection in your lungs that makes it hard for you to breathe. It can be caused by a virus, bacteria, or fungus. You may have a fever, chills, or cough; breathe rapidly; or feel short of breath. You may also cough up mucus, feel sick to your stomach, or vomit. If you have these symptoms, call your healthcare provider right away.

How will my healthcare provider know I have pneumonia?

First, your healthcare provider will examine you, including listening to your lungs, and you'll have a chest X-ray. The healthcare provider may take a sample of mucus from your lungs and order blood tests to decide the best treatment for you.

How is pneumonia treated?

Treatment for pneumonia depends on its cause, how sick you are, your age, and your overall health. Your healthcare provider will prescribe medicine to treat the pneumonia; the type will depend on whether it's caused by bacteria, a virus, or fungus. You may also receive medicine to loosen up the mucus in your lungs. If you're having a lot of trouble breathing, you may be admitted to the hospital for oxygen and I.V. medication until you feel better.

Here are some things you can do to get better faster:

- * Get plenty of rest. Getting enough sleep will give your body the strength it needs to fight the illness.
- * Take deep breaths and cough several times each hour to loosen up mucus and get it out of your lungs.
- * Wash your hands with soap and water or use an alcohol-based hand rub after blowing your nose or using the bathroom, and before eating.
- * Cough or sneeze into a tissue or into your elbow or sleeve.
- * If you smoke or vape, stop. Ask your healthcare provider about support groups, medicines, and other ways to help you quit smoking.
- * Drink several glasses of water a day. Fluids help thin and loosen up the mucus in your lungs and throat.
- * Eat a balanced diet so your body can work its best and heal quickly.

What do I do if I don't feel better?

You should start to feel better 2 to 3 days after starting your treatment. If you still have a severe cough, trouble breathing, or fever, call your healthcare provider.

What can I do to avoid getting pneumonia?

- * Get a flu vaccine. A flu virus is a common cause of pneumonia, so a yearly flu vaccine may help you stay well.
- * Don't smoke or vape and avoid other people's smoke. Smoke bothers your lungs and makes it harder for them to fight off infections.
- * Keep asthma under control. If you have asthma, follow your treatment plan. You may need extra medicine to open up your airways.
- * Get a pneumonia vaccine. Your healthcare provider may suggest this vaccine if you're 65 or older, have a chronic disease (such as lung, heart, or kidney disease; sickle-cell anemia; or diabetes), or are getting over a severe illness. You shouldn't get the vaccine if you're sick or pregnant.
- * Stay active. Even a little exercise may help your lungs fight off infections in the future.

KSHS Nurses

801-567-3037

kshs.nurses-uc@jordanschooldistrict.org

Health Services

It's a New Year! Time to set new resolutions and goals. When planning for the future, something to consider is the Guardianship process for your child. For some parents this may sound overwhelming. But we are here to provide you with information and resources.

Once a student turns 18 they have all the legal rights of an adult. If they are unable to fully understand and exercise these rights, a judge can appoint a guardian to protect them and make decisions on their behalf.

You are probably wondering when to begin the guardianship process...

You cannot go in front of a judge before your child turns 18. But you want to begin the process typically 2-3 months before their 18th birthday. At gaudianshiputah.org you can look up more information and also register for the Basic Guardianship Class as well as the Pro Se Training where you will learn how to represent yourself in the guardianship court proceedings and fill out court documents. Register early, class size is limited and locations vary from month to month.

For questions on how to get started or what you will need, contact Health Services at **801-567-8515** and have a safe and happy 2020!!



A Season of Giving

This past holiday season has given us a great opportunity to serve our students and their families in many different ways. We have been able to provide Thanksgiving meals, give each student hats and gloves, send home food, and provide Christmas presents for families who wouldn't be having Christmas this year.

In November we worked with the group Thanksgiving Heroes to provide Thanksgiving for five families. These meals consisted of a turkey, potatoes, stuffing, vegetables and pie. The typical Thanksgiving meal. We also had classroom staff provide meals for families of students in their classes.



The week before Thanksgiving, we set up our "Giving Tree" in the main office. This tree had descriptions of things that children needed or would like for Christmas. The staff from Kauri Sue Hamilton School took the ornaments from the tree, purchased, and wrapped the gifts. These gifts were provided to families by the beginning of the winter break. Due to the generosity of staff and a few members of the community, we were able to provide presents for 29 children from 15 families. This is a very generous gift from staff and friends of our school.

Fort Herriman Middle School has been another great friend of our school. This year students from the school collected hats and glove sets that the student body officers along with members of the administration delivered to students. Each student went home with their own hat and glove set. What a great gift from Fort Herriman.

This school year a young man working on his Eagle Scout Project approached us regarding his project. His desire was to collect food for our Principal's Pantry. He did an amazing job collecting non-perishable food items that we were able to send home to 18 families to help feed them during the long winter break. We are so lucky to have so many of our neighborhood youth willing to serve the students of our school.

Another young man working on his Eagle Scout project put together a special package for each of our students. The package included socks, a fidget spinner, and a stress ball. These are items that all students can use and appreciate.



The Kauri Sue Hamilton School could not operate if it weren't for the generosity of others. We appreciate our staff for going above and beyond their duties, and thank friends and families of our community for giving of their time and resources for helping us meet the needs of our students.

Transition Update

So Fresh and So Clean

Its January, and everyone is starting fresh and clean! This month we are doing the same, by learning how to do our own Laundry! We will be learning everything from sorting our lights from darks, to starting the Washer/Dryer, to putting our laundry away. What is great about this skill is that you can practice this at home while getting chores done! Practice, Practice, Practice!



Important dates coming up

January 9th (1:30)

January 20th

January 21st

January 29th (1:00)

Assembly from Oquirrh Hills Middle School

No School Martin Luther King Jr Day

No School (Grade Transmittal Day)

School wide Dance with APA

Donors Choose

We are so grateful to be a part of such a giving community. Several of our teachers have had classroom projects funded through Donors Choose. We wanted to share our school page information so you can see some of the projects that are being funded through Donors Choose. Please feel free to share this link with others who may be interested in helping our school continue to do whatever it takes for every student. <https://www.donorschoose.org/school/kauri-sue-hamilton/98194?activeProjects=true>