

# News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

## Principals Message

Happy New Year! I hope everyone had an enjoyable and relaxing winter break. As we celebrate this new year, 2021, it is always a great time for looking back to the past, but more importantly, looking forward to the coming year. To say the least, this has been a year of change. Unlike any other school year, the first half of this year brought fear, concern, and struggles. It highlighted the anxiety that has been felt across the nation. Since March, an anxiety felt deeply by all of our staff, parents and students. In order to protect our staff and students, both physically, mentally and academically, we needed to be flexible and embrace changes that often challenged us. It is a time to reflect on the changes we want, or need, to resolve to follow through on those changes. As we begin 2021, I want to assure everyone that the high expectations in health, safety and academics set from the beginning of the year will continue through the second half of the year.

If you enter the word “Change” in a search engine there will be over eight billion options. Who knew something so prevalent and inevitable could trigger uncertainty and nervousness. There is a quote that says, “If it doesn’t challenge you, it won’t change you,” which assumes that change is something we all expect but aren’t always willing to earn. As I welcome everyone back to school from winter break I hope to both challenge and change!

Roosevelt said, “Doing what you can, with what you have, where you are” has been a guiding thought as we are challenged with today’s circumstances. It helps to remind us all that we have the choice to do the best we can versus complaining. It also helps us to remember that at Kauri Sue we are a collection of individuals who have our own strengths and talents and that every day we have an opportunity to make the most of what we have and to learn more to grow more.

*Courtney Titus*  
*Principal*

## Music Corner

### Reviewing Routines

We made it to 2021! I hope everyone had a wonderful break. I'm so happy to be back with all our amazing Kauri Sue students. In January we are reviewing our "get ready" routine with our original "get ready" song. We also are reviewing the words "wait" and "turn". In music, we write social stories that are turned into songs to help our students learn and review important social concepts. Check out our "get ready" song for an example of how we turn social stories into a song.

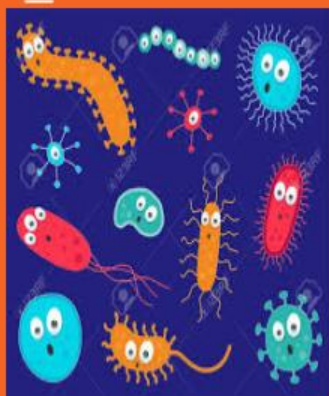
<https://drive.google.com/file/d/13cJSnN1wVzvF428i7Nkviw-ullx64E4/view?usp=sharing>

Cassie Bringhurst

Music Therapist



## Nurses update



# Let's talk about something beside Covid!

Just a friendly reminder that there are still other contagious illnesses circulating in our community such as pink eye, stomach flu, strep throat, etc. Please be watchful and help us keep all our kids safe and healthy!



*We are excited to announce that our Tubie Friend has a name . . .*

Please welcome “Stellar the Fellar” (our new training bear) to the Nursing clinic.

## Sensory Spotlight

Brought to you by the KSHS Occupational Therapists:

**Aspie World: 5 Sensory Processing Disorder Effective help Tips**

I also like reading the comments because it gives us an idea of what some of our students may be going through but are unable to verbalize their discomforts.

[https://www.youtube.com/watch?v=A\\_bWJ\\_g8sOU&t=9s](https://www.youtube.com/watch?v=A_bWJ_g8sOU&t=9s)

### Adaptive Clothing for Individuals with Special Needs

<https://www.kohls.com/catalog/adaptive.jsp?CN=Feature:Adaptive>

<https://www.kozielclothes.com/>

### AFO Friendly Shoes

[https://www.zappos.com/shoes/CK\\_XAToCuSfiAgIBBw.zso](https://www.zappos.com/shoes/CK_XAToCuSfiAgIBBw.zso)

### Sensory Friendly Clothing

<https://sensoryprocessingdisorderparentsupport.com/sensory-friendly-clothing.php>

[https://www.etsy.com/market/spd\\_clothes](https://www.etsy.com/market/spd_clothes)

<https://www.kozielclothes.com/>

# Important dates coming up

**Monday January 18**  
**Tuesday January 19**

**No School (Martin Luther King Jr Day)**  
**No School (Grade Transmittal Day)**

## It takes a village ...

We are so grateful for our community and all of the ways that they help us to help each other through the challenges we go through. We were grateful to be able to help over 20 families in our school with some food and gifts and we could not have done this without the help of our greater community.

Specifically we want to thank our friends at Copper Hills High, Bingham High School, Commercial Travelers, HBA (Home Builder's Association), Steven Dailey Construction. The groups donated to the presents on our angel tree and to the food donation that were able to be provided to some of our families. We are also grateful for Utah Community Volunteers for providing shoes for many of our students.



**Picture of our friends from Steven Dailey Construction as they dropped off some gifts and food for our families**

Kelsey wanted to do something to help others during the pandemic, rather than feeling sorry for herself because so many things have been cancelled. We're talking about 29-year-old Kelsey who has Down Syndrome. Kelsey is described as pretty amazing and she is proving it! With some extra time on her hands and a really big heart, Kelsey created her own business called "Special Needs Beads." Kelsey makes lanyard necklaces designed to help keep track of your mask. A portion of the sale of each necklace is donated to fund something someone else needs. Kelsey decided she wanted to help students at the Kauri Sue Hamilton School so she donated \$100 to Emily's classroom so they could purchase a swing. Thank you, Kelsey, for your kindness and support of students. Keep up the great work! The website for Kelsey's company is <https://specialneedsbeads.com>







A couple of the gingerbread creations from our classes



## HEALTH SERVICES

### LET IT SNOW!!

With the HEAT program you'll be warm all winter long!!

HEAT (Home Energy Assistance Target) is a program through Utah Community Action where you can receive a credit towards your utility bills based on your income and household size. Specifically targeted are families with small children, people with disabilities and the elderly. We want you to take advantage of this help if you need it. We are here to help with your application and submit it to the HEAT office for you.

INCOME ELIGIBILITY Monthly Pre-tax Income Limits	
Household size	H.E.A.T. Gross Income
1	\$1,595
2	\$2,155
3	\$2,715
4	\$3,275
5	\$3,835
6	\$4,395
7	\$4,955
If more than 7	Add \$560 per person

**Call Health Services for more information:**  
**801-567-8508**  
**Monday-Friday 8:00-3:30 pm**  
**Applications are accepted October 1 2020 -**  
**September 30 2021**