

News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

Principals Message

It seems February passed by in the blink of an eye, and I, for one, am looking forward to sunshine and brighter days! March signals the beginning of spring, although it's clear most of the time, winter isn't quite ready to let go. The month can be chilly and doesn't experience the gorgeous blooms April and May produce, but it ushers in the new season nonetheless. It is hard to believe that March is already here. Spring is right around the corner. The weather will be improving and we are all looking forward to sunshine and warmth. This is the time of year when we get to watch the Earth come back to life with the greens and vibrant colors blooming all around us. The warmth of the sun fills us with energy and enthusiasm to be outside. It is my goal to bring all of this color and energy into our work here at the school. Our Kauri Sue Hamilton Team - students, teachers, support staff, itinerant service providers, nurses, custodians, cafeteria staff, parents and community are an amazing group of people. We are not afraid of hard work or the challenging demands that come our way.

March is also a time to celebrate reading. Although life as a parent is often hectic, you should try to read with your child at least once a day at a regularly scheduled time. But don't be discouraged if you skip a day or don't always keep to your schedule. Just read to your child as often as you possibly can. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills.

Almost every evening, after tooth-brushing and before lights out, I snuggle with my kids and read. Despite the inevitable ups and downs of family life, we end the day connected.

“You're never too old, too wacky, too wild,
to pick up a book and read to a child.”

-Dr. Seuss

Courtney Titus

Principal

Music Corner

Spring Fling Update:

We are so excited to start gearing up for our Spring Fling production of Sing. March will be the month we prepare as we plan costumes, choreography, program devices, design sets, and so much more! In April we will film, and in May we will have our movie premiere. The months are flying by! We can't wait for each of you to watch our students shine.

Music at Home:

Looking for ways to engage with your kiddos at home? Try some of these music apps. They are accessible via a web browser on a computer, laptop, iPad, or phone. They use touch to activate different sounds and are a lot of fun for the whole family.

[Chrome Music Lab](#)

[Blob opera](#)

[Groove Pizza](#)

Cassie Bringhurst

Music Therapist

A family in the KSHS community has a gently used mobile lift that they would like to share

Liko™ M220 / M230 Mobile Lift

The Liko™ mobile fully electric lift features an intuitive design that makes the lift extraordinarily easy to use, even for caregivers new to lift operation.

With the included sling, the lift creates a secure and comfortable lifting experience for both students and caregivers.



Please contact Karl McKenzie (Assistant Principal) if this can fill a need for your family.

SIBS night March 17th at 6 via Zoom

Meet us on Zoom @ 6:00

**SAVE
THE DATE**

**SIBS NIGHT
"A DAY IN
THE LIFE"**

Come learn what it's like to
attend Kauri Sue Hamilton

**03
17
21**

[https://uetn-org.zoom.us/
j/85463286652?
pwd=MWFUUDIeam5TSFN
VUElvTW9MSUhpUT09](https://uetn-org.zoom.us/j/85463286652?pwd=MWFUUDIeam5TSFNVUElvTW9MSUhpUT09)

"A Day in the Life", will be March 17th at 6:00 via Zoom. Siblings will get to learn what "a day in the life" of their siblings looks like at Kauri Sue and participate in activities such as slime making, art, and music. Link is below.

<https://uetn-org.zoom.us/j/85463286652?pwd=MWFUUDIeam5TSFNVUElvTW9MSUhpUT09>

Transition Update—Selective Service Reminder

We recently received a letter from the Selective Service System. In the letter, the Director, Donald M. Benton mentions that there is an increase in the number of young men who fail to register for the Selective Service. There has been a decline in schools reminding young men of their obligation to register within 30 days of their 18th birthday. This is a legal requirement. When we read the letter, we thought that this must not apply to students that attend Kauri Sue Hamilton School, so we investigated.

According to information found at www.sss.gov/registration all of our young men (unless they require full-time medical care) must register within 30-days of their 18th birthday. The exceptions to registering are:

Lawful non-immigrants on current non-immigrant visas.

Incarcerated, or hospitalized, or institutionalized for medical reasons.

If the young man is able to function in public with or without assistance, they must register. The process to register is very simple. Using the internet browser of your choice, log on to www.sss.gov. Click on the “register” tab on the left-hand side of the page. The questions you will answer are name, birthday, address, social security number, and how you were informed about registration. NOTE: If your son is over the age of 18 and has not registered, it is important for his to do.

If you have any questions about this process or whether or not your son must register, please contact a member of administration.

Important dates coming up

Sunday March 14th

Wednesday March 17th

Friday March 19th

Friday March 26th

March 29th through April 2nd

Daylight Savings Time Starts

SIBS Night “A Day in the Life”

Grade Transmittal Day (No School)

No School

Spring Break (No School)

HEALTH SERVICES

Due to the Public Health Emergency there is now a Special Enrollment Period for ACA. Starting February 15 – May 15, 2021 you may be able to enroll in a Marketplace plan if you were impacted by the Pandemic and you need health insurance. Call us to find out if you qualify and how to enroll.

Other important reminders:

- If your child is on Medicaid or CHIP, Utah Department of Health will not be closing eligible cases as of March 18th, 2020 in response to the Families First Coronavirus Response Act. Also, CHIP premiums will be waived during this emergency period and refunds will be made if you happen to pay your premium.
- Its tax season again! VITA – Volunteer Income Tax Assistance, offers free tax help to individuals whose income is less than \$35,000 a year and families with a joint income less than \$57,000 a year (some exceptions apply). Visit <https://taxhelp.ut.gov/> for more information.
- HEAT is year round! You can apply once in a season. We will submit your application for you so you can get a credit towards your utility bills. Call us today!

nichole.conk@jordandistrict.org

801-567-8508

Nurses Update

Spring Allergies

It's hard to believe that spring is just around the corner. We can look forward to warmer temperatures, clearer skies and new sprouts popping up. But with the warm breeze comes airborne pollen and mold spores. And if you suffer from seasonal allergies, you probably feel them with every inhale. Allergens send the body's immune system into overdrive, leading to allergy symptoms such as sneezing, a stuffy nose, and itching. In the springtime alone, which typically begins in March, hay fever — an allergy to pollen or mold — affects 30 to 60 million people in the United States.

Pollen is the biggest culprit triggering spring allergies. Medication can help treat the symptoms once they hit but there are many different steps you can follow to minimize your exposure to pollen.

- Keep windows closed and use air conditioning if you're allergic to pollen. Don't use fans since they can stir up dust.

- Filter the air. Cover air conditioning vents with cheesecloth to filter pollen and use high efficiency particulate air filters. Clean air filters frequently and air ducts at least once a year.
- If you have pets, consider keeping them outside. Animal dander and saliva are common allergens for many people. If you must keep your pets indoors, do not allow them in the bedroom and be sure to bathe them often.
- Use plastic covers for pillows, mattresses and box springs. Avoid overstuffed furniture and down-filled bedding or pillows.
- Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable. When possible, choose hardwood floors instead of carpeting.
- In the car, keep windows closed and set the air conditioner to use recirculated air.
- Check the forecast. Stay indoors as much as possible on hot, dry, windy days when pollen counts are generally the highest.
- If possible, stay indoors between 5 and 10 a.m. when outdoor pollen counts are usually highest.
- After being outdoors, take a shower, wash your hair and change your clothes to remove pollen that may have collected in your clothes and hair.

If you or your family members are bothered by these symptoms and you've tried some of the home remedies, check with your doctor. It may be time to try some over the counter medication or other treatment.

Most of all, enjoy Spring!!

Sensory Spotlight

Skills Required for Dressing

Fine Motor Coordination	Pinch Grip & hand strength
Gross Motor Coordination	Balance
Body Awareness	Bilateral Coordination
Right/Left Discrimination	Postural Stability
Cognitive Awareness	Motor Planning

1. Reach in all directions.
2. Rotate the trunk and cross midline.
3. Bend at the waist.
4. Maintain sufficient postural control to allow the extremities to complete the skill.
5. Squat and return to standing.
6. Maintain balance in sitting and standing while reaching.
7. Stand on one foot while the other half of the body is moving.
8. Be aware of where the body parts are in space (i.e. body awareness)
9. Motor plan multiple steps.
10. Coordinate both sides of the body and the eyes/hands to work together.

Gross Motor Activities

Batting a balloon in the air while maintaining foot position to encourage trunk rotation, postural control, eye-hand coordination, reaching and balance
 Hula Hoop- Pick it up and bring it overhead to practice squatting and reaching
 Pick up a large ball with both hands for balance and squatting
 Teach Catching, throwing and kicking skills

Fine Motor Activities

Play Doh- for hand strengthening, use cookie cutters for teaching push and pull, and pinch grip strength
 Bilateral Fine Motor Tasks- Pull-apart activities, ripping paper, pull tubes
 Reaching- magnets on/off board, Squigz

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