

News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

Principals Message

Welcome to November! It is hard to believe we are one quarter of the way through the school year. November is one of my favorite months of the year. The temperature is finally where it is cold in the morning and beautiful during the day. The fall colors are in full swing. And the holidays that are focused on family and gratitude and caring are upon us.

November can also be the start of the hectic holiday season that brings changes in school and family routines. We started the year with a lot of changes and have experienced another as assistant principal; Dr. Sheldon Russell has decided to return to the classroom to finish his career teaching high school students. We wish Sheldon luck in his new position. We are excited to welcome assistant principal, Karl McKenzie into our Kauri Sue family. Even the time of day and daytime changes as we “fall back” for Daylight Savings! This season of change can often be challenging to navigate both at home and at school, but with a bit of patience and cooperative teamwork, we can support each other in continuing to make Kauri Sue a great place.

We have much to be grateful for here at Kauri Sue. We have a wonderful, caring staff from our custodians, our instructional assistants, our itinerant staff, our office staff, to all of our teachers. I am grateful every day for the opportunity to work with all of them and I know your children are in good hands with them. We have supportive parents and community members. And finally, we have incredible students, who challenge themselves every day to learn and be engaged as well as challenging us to become better people. They are why we are here every day!

Nurses update

INFLUENZA (FLU) FACTS

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

Who Should Get Vaccinated This Season?

- 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;
- 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 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.

Transition Update

Sometimes, it seems that the joy of having a student at Kauri Sue Hamilton should never end but eventually our students will transition to life after Kauri Sue. We are preparing students for this eventuality through Transition training and instruction. We are excited to have Jen Workman working with all of our transition age students to prepare for life after Kauri Sue. Right now students are developing Positive Personal Profiles. These are a great way to take an inventory on the skills that our students have as related to their future life after Kauri Sue. Students create their own unique profiles that highlight their skills in preparing for the world. This information can be useful in developing

IEPs, a transition plan and job opportunities. If you have questions about what is happening with transition please feel free to contact jenifer.workman@jordandistrict.org.

Health Services

November is a time to be Thankful for your health and your family. Health Services is here to help you take care of them. As always, we can help you apply for Medicaid or Chip coverage. Also, ACA (Affordable Care Act) Open Enrollment is **November 1-December 15**. You can apply for affordable coverage through the Marketplace, and we can help! Visit HealthCare.gov for more info and call us to schedule an appointment.

Also, don't forget.....

H.E.A.T applications are being accepted **October 1-April 30**. As a courtesy, we will help you fill out the application and submit it to the H.E.A.T. office.

**Call Health Services to make an appointment
Monday-Friday 8:00 am – 3:30 pm
801-567-8515.**

Speech and Language

Our Words of the Week for November are 'more' and 'all done'. We talked about going Trick-or-Treating and wanting 'more' candy, 'more' music, or 'more' play with a favorite toy. For 'all done', we are talking about being 'all done' with our turn, 'all done' with a group, or 'all done' with school for the day. We are helping the students say these words using their communication system (i.e. verbal, picture symbols, speech devices, etc.). How many times a day can you model one of these words for your child? Will you be asking for more turkey, potatoes, pie, or football?



Annual Food Drive

Cooler temperatures mean the beginning of leaves falling, the World Series, putting away our summer clothes, and at Kauri Sue Hamilton School, our annual Food Drive. This year all food items that we collect will be added to our Principals Pantry that will provide meals for students within our own school community. Beginning November 4th, we ask students that can, to bring non-perishable food items to donate. We will have a friendly competition between classes and a prize for the one that collects the most food. The last day for donations is Friday, November 22nd. On November 26 we will announce which class collected the most food items and award them an ice cream party.

Thank you for your support of this program and helping our students that are in need this holiday season.



Important dates coming up

Friday November 8th

Wednesday November 20th

Friday November 22nd

Wednesday November 27-Friday November 29th

December 3rd (1:30)

No School (Elementary Comp Day)

Picture Day (Retakes or make up)

Last day for Food Drive

No School (Thanksgiving Recess)

Assembly from Mountain Ridge High

We are thankful

Grateful for our friends with Utah Corrections for their gift



Belonging to the Kauri Sue Hamilton School family whether as an employee, a student, a family member or an associate; has its advantages. One of those advantages is experiencing the delivery of over 200 pumpkins so that every one of our students can go home with a pumpkin. For those of you that aren't aware, the prison has a "Green Thumb" program that selected inmates participate in. They work in the prison's greenhouse where they are learning skills that will help them learn a trade that they can use once they are released from prison. They work all year in the greenhouse and grow several hundred varieties of plants from seed. The prison has been growing and donating pumpkins to many center-based schools in the Salt Lake Valley for over 15 years. It is something that prison officials look forward to and that we as a school look forward to as well. This year, pumpkins were delivered on October 29th. It put a smile on our faces watching students as they came to the atrium and wandered through the maze of pumpkins, investigated the many shapes and sizes, felt the bumps or smoothness and then picked the one that was just right for them. We look forward to many more years of pumpkin donations and hope you will show your thanks to the prison by supporting the many programs that they have teaching job skills for inmates. They also had some amazing painted pumpkins that they shared with us this year as well.

