

News of the Stars

A Newsletter of shining stars of Kauri Sue Hamilton School

Principals Message

It is my FAVORITE time of year! I absolutely loved the Fall colors and it serves as another reminder of how wonderful our four seasons are in Utah. I am certainly thankful for the many blessings in my life, including working with the amazing teachers, itinerant staff, assistants, nurses, custodial and cafeteria staff, students and parents. We were blessed this fall with beautiful colors and warm weather. I would like to wish you and your families a very Happy Thanksgiving and a terrific holiday season. As this holiday season progresses, it is important to keep in mind how the interruptions of the holidays impact the students. We would ask that you take a moment to help your child focus on familiar routines and to understand when a routine is different. We need to prepare our children for things that are different to enjoy this time of year.

It doesn't take scientific research to convince us that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness in life. I asked myself the question, what is gratitude? Gratitude is expressing thanks for anything we have received. The word gratitude comes from the Latin words: Gratia, meaning favor, charm, and thanks, and Gratus, meaning pleasing and grateful. The Power of Gratitude is undeniable. People who take the time to notice and appreciate the good things that come their way through grace, or luck, or the goodness of others are happier and more peaceful. Gratitude is one powerful emotion. Developing gratitude is surprisingly easy. I challenge each of you to work on developing gratitude. Here are some ways to develop gratitude: every day, write about the good things that happened to you that day. Write a letter of appreciation – express your gratitude to people who have helped you. Or write a list of things you have to be grateful for.

One of the best things of the Kauri Sue Hamilton School is that we simply never give up on any child. Our staff are working daily to adjust for the individual needs of our students. All staff meet throughout the week and analyze student learning data with their colleagues, so that we can make the best decisions for what our students need. During staff development days, our teachers are continuing these conversations and collaboration around student learning. Additionally, we also regularly talk about our students' social/emotional/behavioral needs as we believe in educating the whole child, and work hard to have an environment in which all kids are successful. We pride ourselves each day in knowing what our students need, and then delivering the instruction that best fits those needs. At Kauri Sue, we will continue to ensure that every student is given the opportunity to reach their potential. Thank you for letting us work with your children every day.

Courtney Titus

Health Services

Did you know...?

Medicaid Expansion covers all households below a certain income level? Also, your child may qualify for CHIP (Children's Health Insurance Program) even if you don't qualify for Medicaid.

If you don't have Medicaid, CHIP, Medicare, or insurance through a job, ACA (Affordable Care Act) or the Marketplace can help you get covered.

Marketplace 2021 Open Enrollment starts **Sunday, November 1st** through **Tuesday, December 15th 2020**. Plans sold during Open Enrollment will take effect January 1st, 2021.

After December 15th, you can enroll in 2021 Marketplace Health Insurance only if you qualify for a Special Enrollment Period. You can apply for Medicaid or CHIP at any time during the year.

Based on your income, you may qualify for a premium tax credit on your Marketplace plan. This will lower your monthly out of pocket costs.

To find out what you'll need to apply for Medicaid, CHIP or the Marketplace or to get more information, call or email us at:

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(801)567-8508

Find Kauri Sue Hamilton on Facebook:

<https://www.facebook.com/groups/949884138823320/>

Sensory Spotlight

We use our 5 main senses to make sense of our environment. In order to have good sense we need to know what's going on in our own body (senses 6,7,8).

- 1.Sight/Visual
- 2.Sound/Auditory
- 3.Touch/Tactile
- 4.Taste/Gustatory
- 5.Smell/Olfactory
- 6.Body Movements/Vestibular Systems
- 7.Body Awareness/**Proprioception**
- 8.Introception

Therefore, proprioceptive activities are best for teaching body awareness. Vestibular and tactile activities are great as well... (PLAY,PLAY,PLAY)!

Proprioception (Heavy Work):

- climbing
- pulling a weighted wagon
- pushing a weighted cart or stroller
- crawling
- squeeze toys
- gum or chewy foods
- mini trampolines
- catching/throwing

What is SPD (Sensory Processing Disorder)?

<https://www.twentyonesenses.org/2020/02/18/sensory-spotlight-what-is-spd/>

Music Corner



November is one of my favorite months. Although holiday gatherings might look different this year, one thing we can still focus on is everything we are grateful for. In music therapy this month, we are practicing saying "thank you" by learning this song. Whether your student can sing, speak, sign, gesture, or point to communicate, encourage them to say "thank you" by leaving off the ending of this song and making them fill in the blank.



Music At Home:

Practice taking turns by using music as a social story.

Grown up: Thank you, thank you, thank you.....**Student:** Thank you!"

Important dates coming up

November 6th
November 13th
November 18th
November 25th-27th

NO SCHOOL Teacher Work Day
NO SCHOOL PTC Comp Day
Picture Make Up/Online Students Day
NO SCHOOL Thanksgiving Break

Transition Update

Pre E.T.S. (Lifeskills)

I am having so much fun teaching the students everyday life information to help them develop an element of independence.

In September we learned about Crossing Streets and Train tracks safely. We practiced with a street and crosswalk made out of paper. It was fun and very safe!

We also learned about community signs and what they mean, I don't think I ever realized how many signs we have around us! There are so many to learn we could spend many weeks on that! Please point out the signs as you pass them to your students and help them learn what EXIT, CAUTION, etc. mean.

For the next 2-3 weeks, we will talk about getting dressed, practice dressing a person made out of paper, and fun stories and songs. I think I have more fun than the students with these lessons, I hope they are learning too.

Melinda Smith



Nurses update

We want to keep our students safe as we get into typical cold and flu season.

Students may return to school after the following general guidelines:

- 24 hours without a temperature/fever (>100 degrees F) and without taking fever reducing medications such as Tylenol or Advil/Motrin
- 24 hours without nausea, vomiting, diarrhea (and tolerating their normal diet)
- 24 hours of receiving medication for treatment of illness/infection (such as antibiotics, eye ointments)

If your child still seems unusually tired, very congested or with a lot of nasal discharge, pale, with little/ no appetite, or generally "not him/herself", PLEASE do not send him/her to school. Some viral illnesses may take longer before your child is well enough to return to school. We are trying to keep all of our students and staff healthy! Please feel free to call the nurses with any questions/ concerns.

A BETTER YOU

The Skinny on Snot

It's cold and flu season, which means a lot of snotty noses. **Cindy Gellner, M.D.**, a pediatrician at University of Utah Health Care, explains what the different shades of mucus mean:

Clear ► Colorless snot is normal. If you're producing more than usual and it's stringy, you may have allergies. If it's liquidy, you may have a virus.

White ► Thick, whitish mucus that lasts more than two weeks and includes sinus pain or a fever may indicate an infection.

Yellow ► When white blood cells fight off infections, it makes your snot yellow. The good news: Your body is doing what it should. The bad: You're probably sick. It may clear on its own, but if not, visit your doctor.

Green ► Your white blood cells are working overtime to fight off this infection. If it's been 10-plus days, your doctor may prescribe antibiotics to help the fight.

Red ► Pink or red mucus indicates blood, often due to irritated nasal passages. It's common in dry climates and high elevations, like Salt Lake City, and for people with allergies or asthma.

Brown ► Heavy air pollution can cause brown mucus. If the air quality is poor, limit your time outdoors. Tobacco use could also be the culprit.

Black ► Black mucus may indicate a serious fungal infection or other health issue. Head to your doctor right away.

healthfeed.uofuhealth.org


**UNIVERSITY OF UTAH
HEALTH CARE**

Please call or email us anytime for questions! 801-567-8500 ext 83037

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We are grateful

Thanks to our friends at Utah Corrections for their gift

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. We were nervous that we were not going to be able to do this like in years past but we were happy that with a few modifications we were able to pull this together. 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 28th. 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. They were so kind to our students and they brought "Justice" the eagle mascot and that was great for our students too.

