

# News of the Stars

**A Newsletter of shining stars of Kauri Sue Hamilton School**

## Principals Message

As much as I love the summer months – I love October. Cooler weather, the smell of wood-burning smoke on crisp fall mornings, the changing autumn leaves, and the excitement I see in my own kids as we kick off the start of the holidays by decorating for Halloween.

We are happily into the swing of things for Kauri Sue Hamilton's 2020-2021 school year. Happy Autumn to you and your family. Our teachers, staff and students have spent time over this first month of school getting to know one another, building their classroom communities, and focusing on positive expected behaviors and routines for success.

Students, staff, and parents have done well adjusting to the COVID guidelines that have been put in place. As a result, students and staff have been healthy and have been allowed to stay in school. I appreciate everyone's efforts during this new and challenging time. It has been great to hear students and staff laugh and to see smiles. Being together is truly a blessing that I think we took for granted prior to the Spring of 2020.

I want to thank our entire school community as we have worked tirelessly to prepare for and complete our engagement accreditation review the last week in September. As a school team our mission is to strive each day to work collaboratively to maximize student achievement, build relationships, teach communication skills, foster independence, nurture creativity and to improve quality of life for each student within their home, school and community.

I feel so lucky to get to know and work with each of your children. They're amazing people and it's so fun to watch them grow and learn. Of all the wonderful things happening, my favorite is watching the unfolding of each child's personality! I like to work with staff to figure out the different ways children learn and to find creative ways to aid them in their process of finding meaning, regulating, and becoming part of a community.

*Courtney Titus*

## Nurses update

### 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.

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

**kshs.nurses-uc@jordandistrict.org**

**We are sad to announce that there will be No Halloween Parade this year. Students are welcome to wear costumes and we will have classrooms get video of all of their activities to share with families.**

**Follow us on Facebook:**

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

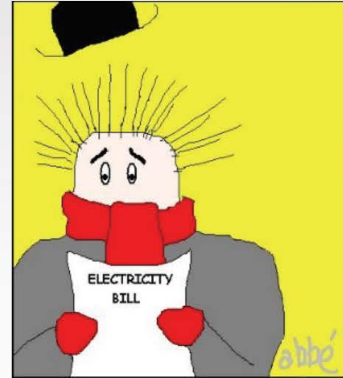
## Health Services

[nichole.conk@jordandistrict.org](mailto:nichole.conk@jordandistrict.org)

(801)567-8508

Now is a good time to find out more about ACA! Open Enrollment is November 1-December 15!

At HealthCare.gov you can answer a few quick questions to see available Quality Health Plan options with estimated prices based on your projected income for the year. You may even qualify for Premium Tax Credit savings and Cost Sharing Reductions! Call us with questions and we can help you apply. Everyone deserves affordable health coverage.



**HEAT is now year round applications accepted  
October 1, 2020-September 30, 2021.**



### Pandemic Rental Assistance

For renters who have lost income but are not receiving unemployment, do not qualify for unemployment, or have applied but have not been approved or denied unemployment benefits, and/or due to circumstances related to COVID-19 are unable to pay their rent... you may be eligible for rental assistance! Call today for information on how to apply!

**(801)567-8508**

| INCOME ELIGIBILITY<br>Monthly Pre-tax Income Limits |                          |
|---|--------------------------|
| Household size                                      | H.E.A.T.<br>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     |

## Sensory Spotlight

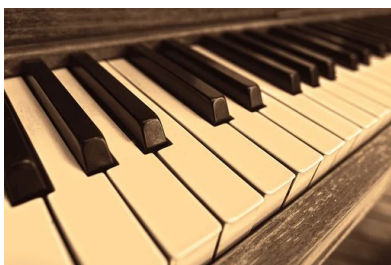
Brought to you by the KSHS Occupational Therapists:

What is SPD (Sensory Processing Disorder)?

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

- \* Children who are gifted and those with ADHD, Autism, and Fragile X syndrome, the prevalence of SPD is much higher than in the general population.  
(STAR Institute, 2016)

## Music Corner



School's a little different this year, but we are so happy to have our students back in the building! In music therapy this month, we are focusing on things that are different this year and things that have stayed the same. We have had fun playing musical games like "who's behind the mask" to introduce our students to this new normal. If you haven't gotten a chance, check out our video (linked below) to show your student(s) how school is a little different this year.

<https://www.youtube.com/watch?v=G9gvR32TtjQ>

### **Music At Home:**

Practice taking turns by using music as a social story. Try this social story sung to the tune of "The Farmer and the Dell".

*It's \_(name)\_\_\_\_ turn to play*

*It's \_(name)\_\_\_\_\_ turn to play*

*Hey ho, did you know.*

*It's \_(name)\_\_\_\_\_ turn to play*

*And then he'll/she'll stop.*

*And now it's \_(new name)\_\_\_\_\_ turn to play.*

## Important dates coming up

|                          |  |
|--------------------------|--|
| <b>October 9th</b>       | <b>Boo to the Flu (Flu Shots from 2-6pm for KSHS family &amp; friends)</b> |
| <b>October 15th</b>      | <b>Picture Day</b>   |
| <b>October 16th</b>      | <b>End of 1st Quarter</b>  |
| <b>October 19th-23rd</b> | <b>NO SCHOOL Fall Recess</b>   |
| <b>October 26th</b>      | <b>NO SCHOOL Grade Transmittal Day</b>                                     |
| <b>October 28th</b>      | <b>Pumpkin Event</b>   |
| <b>November 6th</b>      | <b>NO SCHOOL Teacher Work Day</b>  |
| <b>November 13th</b>     | <b>NO SCHOOL PTC Comp Day</b>  |

### Transition Update

#### Pre ETs

In this class, we are learning about the students and what they like. What they do well, and what their interests are. We keep track of their work and compile a Positive Personal Profile.

Every month we will learn a new topic ranging from Safety to Good Hygiene to Manners and much more. This will prepare the students to be more independent someday where that is possible. Otherwise, they are learning to listen and participate with help, learning about jobs, and community helpers this month.

I am new this year and have so far enjoyed every student that comes to my classroom. They are all so different and bring a wonderful learning experience for me.

I look forward to getting to know each student's name and about their likes and dislikes.

Melinda Smith (Transition Teacher)