



PRINCIPAL'S MESSAGE NOVEMBER NEWSLETTER

I am so thankful for the staff who work with your children each day. You know how hard they work each day, but I want to share just one example of the *creativity* they incorporate each day to keep things exciting for your kids. I recently enjoyed being part of a Halloween activity with Jenny Pedler's classroom where children were so interested and engaged. I'm so grateful that they included me in their fun! The students came into class on Halloween to find treats ready for their holiday party. They read the story *The Candy Corn Bandit* that had been personalized with the names of the students in Room 101. Then they discovered their treats had disappeared too! It seems the Candy Corn Bandit had hit! They answered important predictive questions to help them find him. They followed the Bandit throughout the school by deciphering clues and using picture symbols. Jenny involved several staff who were thrilled to be a part of this adventure. I was the luckiest of all because the Candy Corn Bandit was in my office with the treats. Julian raised his arms in victory when Bayler spotted the Bandit in one of my plants! I wish you could have seen the students' faces!

**THANKS FOR SHARING YOUR KIDS
AND THANKS TO OUR STAFF FOR SHARING THEIR CREATIVE TALENTS!**



Save the Date!

- November 16th- Discovery Toys sale from 9:00 a.m. -3:00 p.m. in the Kauri Sue Hamilton School Atrium
- Now through November 20th- Kauri Sue Hamilton Food Drive contest, **food will continue to be collected for families until Friday, December 21st**
- November 21st, 22nd, and 23rd- Thanksgiving Break, No School (**THERE'S NO SHORT DAY THIS WEEK**)
- December 24th- January 2nd, 2019- Winter Recess, no school



Reach for the Stars!!!

Pumpkins From the Prison

For years, the prison has grown and donated pumpkins to the students at our school. This year, they visited on October 23rd. Each student had the opportunity to pick their favorite pumpkin and take it home for Halloween. We want to thank the Utah Department of Corrections for continuing a wonderful tradition that we look forward to each year. We are grateful for the fact that so many wonderful community organizations reach out and think of giving back to our students.





Vivint Gives Back

On Thursday, November 1st, Vivint came to our school and donated over 200 sensory bags to the school. The contents of these bags included a stress ball, fidget toys, ear plugs, thinking putty, and chewing gum. Enough bags were donated so that each student at Kauri Sue Hamilton could take one home. In addition, seven Vivint employees volunteered in classrooms after distributing the bags. Sadie Bauserman, the Vivint employee who was in charge of this project, described the experience as both humbling and inspiring. Thank you to Vivint for thinking of our students!





Parents and Caregivers,

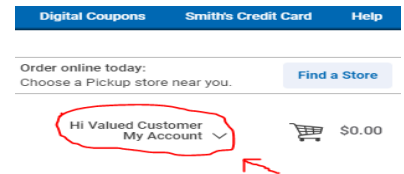
Please see the information listed below. If you shop at Smith's or through the Amazon Smile Program, a percentage of money goes to Jordan Education Foundation to support schools. The Foundation provides assistance to Jordan School District Schools. For example, the Foundation gives the District \$30,000 every year for Principal Pantries. Several times throughout the school year, Kauri Sue Hamilton sends bags of food home to less fortunate families within our school community. Without the support of the Foundation, we would be unable to provide this service to families.

Two Easy (No Cost) Ways to Support Jordan Education Foundation



With Smith's Inspiring Donations, it's easy to support our kids! Every time you shop at Smith's stores with your rewards card, Smith's Inspiring Donations will donate .5% of your total order to Jordan Education Foundation!

Simply go to - www.smithsfoodanddrug.com/topic/inspiring-donations
If your Smith's card is already registered, then **Sign in**



If not registered, you will need to **create an account**

If already registered - on the left-hand side, click on Inspiring Donations in the search field type UF938 for the organization number. You will see a green check mark at the top that says "you have successfully enrolled"



It's so easy to support students & teachers when you shop through Amazon Smile. The Amazon Smile Foundation will donate 0.5% of the price of eligible purchases to Jordan Education Foundation. The percentage given to JEF doesn't cost shoppers a thing. Nothing extra is added to your cost!

Instead of shopping on Amazon.com click: smile.amazon.com/ch/74-6356280

EASIEST FUNDRAISER EVER

Please send in a check for \$20 as your donation to our school fundraiser this year. We are raising funds in part to help provide community-based experiences for our students. In return, we will send you a copy of ***This Land***. And, the first 100 people to reply will get a copy signed by the author, Ramona Merrill.

This Land is a book that was created in celebration of Utah and the grand opening of the new Mountain View Village shopping center in Riverton. The project was funded by CenterCal, the properties company developing Mountain View Village. The books were donated to our school thanks to Mayor Staggs suggesting us as a benefactor of this endeavor. It is a beautiful book and any money received is 100% profit for our school!

We have tried hard to sell this book. . . at the grand opening of the Mountain View Village shopping center, at the Riverton Town Days, in our main office, and throughout the district. Unfortunately, we have only sold a few copies. I'm hoping this new approach will help us raise money for our school and get this beautiful book into the hands of some appreciative readers.

Share the Love FOOD DRIVE

Parents and Caregivers,

The Kauri Sue Hamilton School is having a food drive for our own school families. We provide food for our families in need before every long school break.

We are collecting nonperishable food for our Annual Food Drive.

We will be collecting food until Tuesday November 20th. As the donations come in we will keep a tally for the classes. The class which collects the most donations will win an ice cream party.

Items may be sent on the bus. Please mark your student's name on the packaging so that we can give the correct class credit. After the class donation contest ends on November 20th, we will continue to collect food for families until Friday, December 21st. We appreciate the generosity, support and love that our families have for each other.





The Kauri Sue Hamilton School in conjunction with Discovery Toys will be holding a toy/learning activities sale.

Date: Friday, November 16, 2018

Time: 9:00 a.m. to 3:00 p.m.

Location: Atrium at The Kauri Sue Hamilton School

All proceeds will go to The Kauri Sue Hamilton School

Happy Holidays!
Health Services News

Are you an **UNINSURED ADULT?**

**PCN Open Enrollment November 1 –
December 15, 2018 Jordan School District
Health Services 801-567-8515**

WHAT IS PCN?

The Primary Care Network (PCN) is a health plan offered by the Utah Department of Health. It covers services administered by a primary care provider. Applications are only accepted during open enrollment periods, which are held when resources are available to cover more people. The federal government requires PCN to enroll more parents than people without children. Because of this, PCN may schedule separate enrollment times for parents and those without children. To qualify as a parent, you must have children age 18 or younger living at home with you. **PCN covers primary care services:** • Visits to a primary care provider • Four prescriptions per month • Dental exams, dental x-rays, cleanings, and fillings • Immunizations • Eye exam; no glasses or contacts • Routine lab services and x-rays • Emergency room visits (restrictions apply; see PCN Member Guide) • Emergency medical transportation • Birth control methods



NOTES FROM NURSING

Cold and Flu remedies: What works, what doesn't, and what can't hurt

Cold remedies are almost as common as the common cold, and many are nearly as ancient. The use of chicken soup as a congestion cure dates back centuries. But is longevity any guarantee that a cold remedy works? Do effective cold remedies even exist? Here's a look at some common cold remedies and what's known about them.

Cold remedies: What works

If you or your children catch a cold, you can expect to be sick for one to two weeks. But that doesn't mean you have to be miserable. These remedies may help:

- Water and other fluids. You can't flush a cold out of your system, but drinking plenty of liquids can help. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which make dehydration worse.
- Salt water. A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat.
- Saline nasal drops and sprays. Over-the-counter saline nasal drops and sprays combat stuffiness and congestion. In infants, experts recommend instilling several saline drops into one nostril, then gently suctioning that nostril with a bulb syringe. Saline nasal sprays may be used in older children. Unlike nasal decongestants, saline drops and sprays don't lead to a rebound effect — a worsening of symptoms when the medication is discontinued — and most are safe and nonirritating, even for children.
- Zinc. For years, cold sufferers have treated their symptoms with over-the-counter remedies containing zinc. But without sound evidence to support this treatment, doctors generally didn't recommend it. Now a comprehensive analysis of clinical-trial data on zinc and colds has concluded that zinc really does appear to be beneficial. The conclusion comes with a few caveats. Researchers haven't determined the most effective formulation, dose or duration of zinc treatment for colds. Zinc lozenges can leave a bad taste in your mouth, and some trial participants reported nausea as a side effect of the lozenges. Zinc-based nasal sprays, not included in the recent, positive analysis, pose a different problem; the Food and Drug Administration (FDA) warns that these products can take away your sense of smell, possibly for good.
- Chicken soup. Generations of parents have spooned chicken soup into their sick children. Chicken soup may be soothing because of its possible anti-inflammatory and mucus-thinning effects.
- Over-the-counter cold and cough medications in older children and adults. Nonprescription decongestants and pain relievers offer some symptom relief, but they won't prevent a cold or shorten its duration, and most have some side effects. If used for more than a few days, they can actually make symptoms worse.

Experts agree that these medications are dangerous in children younger than age 2. The FDA is evaluating the safety of over-the-counter cold and cough medications in older children.

Keep in mind that acetaminophen (AKA Tylenol) can cause serious liver damage or liver failure if taken in doses higher than recommended. It's common for people to take Tylenol in addition to flu medications that also contain acetaminophen, which can lead to acetaminophen overdoses. Read the labels of any cold medication carefully to make sure you're not overdosing.

If a cough lasts after your other cold symptoms have resolved, see your doctor. In the meantime, try soothing your throat with warm lemon water and honey and humidifying the air in your house. Avoid giving honey to infants.

- Antihistamines. First-generation (sedating) antihistamines may provide minor relief of several cold symptoms, including cough, sneezing, watery eyes and nasal discharge. However, results are conflicting and the benefits may not outweigh the side effects.
- Humidity. Cold viruses thrive in dry conditions — another reason why colds are more common in winter. Dry air also dries the mucous membranes, causing a stuffy nose and scratchy throat. A humidifier can add moisture to your home, but it can also add mold, fungi and bacteria if not cleaned properly. Change the water in your humidifier daily, and clean the unit according to the manufacturer's instructions.

Cold remedies: What doesn't work

The list of ineffective cold remedies is long. A few of the more common ones that don't work include:

- Antibiotics. These destroy bacteria, but they're no help against cold viruses. Avoid asking your doctor for antibiotics for a cold or using old antibiotics you have on hand. You won't get well any faster, and inappropriate use of antibiotics contributes to the serious and growing problem of antibiotic-resistant bacteria.
- Over-the-counter cold and cough medications in young children. OTC cold and cough medications may cause serious and even life-threatening side effects in children. The FDA warns against their use in children younger than age 2. The Consumer Healthcare Products Association (CHPA) has voluntarily modified consumer product labels on over-the-counter (OTC) cough and cold medicines to state "do not use" in children under 4 years of age, and many companies have stopped manufacturing these products for young children. The FDA is evaluating the safety of these medications in older children.
- Newer antiviral drugs used to relieve flu symptoms do not help reduce cold symptoms.

Cold remedies: What probably doesn't hurt

In spite of ongoing studies, the scientific jury is still out on popular cold remedies such as vitamin C and echinacea. Here's an update on some common alternative remedies:

- Vitamin C. It appears that for the most part taking vitamin C won't help the average person prevent colds. However, taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C may provide benefit for people at high risk of colds due to frequent exposure — for example, children who attend group child care during the winter.
- Echinacea. Studies on the effectiveness of echinacea at preventing or shortening colds are mixed. Some studies show no benefit. Others show a significant reduction in the severity and duration of cold symptoms when taken in the early stages of a cold. One reason study results have been inconclusive may be that the type of echinacea plant and preparation used from one study to the next have varied considerably. Research on the role of echinacea in treating the common cold is ongoing. In the meantime, if your immune system is healthy and you are not taking prescription medications, using echinacea supplements is unlikely to cause harm.

Alternative treatments are safe for most people. However, some alternative treatments may cause side effects or allergic reactions. For example, some people are allergic to echinacea. Herbs and supplements may also change the way other medicines work. Talk to your doctor before trying an alternative treatment.

Take care of yourself

- Although usually minor, colds can make you feel miserable. It's tempting to try the latest remedy, but the best thing you can do is take care of yourself. Rest, drink fluids and keep the air around you moist.
- Always wash your hands: Children and adults should wash hands after nose-wiping, diapering, and using the bathroom, and before eating and preparing food.
- Disinfect: Clean commonly touched surfaces (such as sink handles, door knobs, and sleeping mats) with an EPA-approved disinfectant.
- Use instant hand sanitizers: These products use alcohol to destroy germs. They are an antiseptic, not an antibiotic, so resistance can't develop. A little dab will kill 99.99% of germs without any water or towels.
- Use paper towels instead of sharing cloth towels.

When to Contact a Medical Professional

Try treating your cold at home first. Call your doctor if:

- Breathing becomes difficult at any time, shortness of breath, fast breathing or wheezing
- Your symptoms get worse or do not improve after 7 to 10 days
- Fever over 103, or any fever lasting more than 3 days
- Nasal drainage that is foul smelling, one-sided, or a color other than white or yellow lasting more than 3 days **and** accompanied by fever.
- Earache or drainage from the ear
- Changes in mental state (such as difficulty waking up, unusual irritability, confusion or seizures)