

Winthrop School

January 26, 2018

Newsletter



Hello Winthrop Families,

We began the week with our monthly whole school meeting, hosted by two fifth graders. During the meeting Ms. Lindsey led a mindfulness activity with the school community called Tense and Release. We practiced tensing our bodies for five seconds and then slowly releasing with a calming breath out, being mindful of the different way our bodies feel when tensed and when relaxed. We also recognized the students who have been participating twice a week in Mrs. Coburn's fifth grade running/walking club with individual names and mileage categories announced. New to our meetings this year is a slide show of activities that have taken place in the classrooms during the past month. The students enjoyed this glimpse into the other classrooms and it is a way to build on the idea of community within the school.

Speaking of community, we are nearing our 100th day of school which will be celebrated with a luau theme on February 9. In preparation for "Random Acts of Kindness Week", we will be servicing our local community in two ways: Collecting \$1 (100 pennies) to be donated to Cradles to Crayons for the "purchase" of a lei, and collecting 100 food items for the ACORD Food Pantry. The specific food items per grade level are listed later in this newsletter. It would be great to add a layer of effort/earning for the students to help you at home with a task or chore as a way of earning the donation, so they can then use their good deed to help someone else. Thank you in advance for assisting with your child's participation in these caring activities.

To all Kindergarten families, next Friday is report card day. The report cards will be published in Aspen, and you will receive an email when they are ready for viewing in your family portal. Please check that you can log in, and email any problems to aspenhelp@hwschools.net. If you have older children in the district, you will log in to your existing family account but choose your kindergarten student in the drop down list. New families were mailed a letter with login instructions in the fall. If you have misplaced this information, please email Mrs. Brockenbrough in the office.

One last reminder - please call the office at 978-468-5340 with dismissal changes that arise during the school day. If a staff member is emailed but happens to be out for the day, the message may not be retrieved in time to make the change, so email is not always reliable. As always, we appreciate if these changes are kept to a minimum due to the number that we process on a daily basis. End-of-day changes are strongly discouraged as they have a negative impact of our established dismissal procedures. Thank you for your help and support keeping our school safe and efficiently dismissing close to 300 students.

Enjoy the weekend,

Christopher Heath

The Hamilton-Wenham Regional School District does not discriminate on the basis of race, color, age, gender, religion, national origin, sexual orientation, gender identity, disability or homelessness in accordance with Title IX of the Education Amendments of 1972 and Chapter 622 of the Acts of 1971.

If your child is going to be absent or tardy, please call the Safe Arrival Line at **978-468-5344**. You may leave a message 24/7.

Upcoming Events:

February 6

Curious Creatures Gr. 1

February 8

3:00-4:00 Kids Care Club

February 9

100th Day of School Luau and ACORD collection

8:30am Friends of W. meeting

Mainely Stars Gr. 4 & 5

February 16

8:45 Family Music

Morning K. & Gr. 1;

2:00 Whole School Mtg.

February 19-23

Winter Break No School

March 8

Gr. 4 to the BSO

March 9

F.O.W. sponsored Drop-n-Dine 6-8pm

March 12

7:30pm Friends W. mtg

Still collecting for Puerto Rico

In February, I have the opportunity to travel to Puerto Rico. I will be filling one extra suitcase to provide donations to Hogar Niños Ave María, which is a shelter home for kids who have suffered physical and emotional distress and/or who have been abandoned by their parents. They are still recovering from the devastating hurricane and are in need of help.

If you would like to donate any new summer clothes for newborn children through eight years old or any Costco gift cards (which will be used to purchase baby supplies), please drop them off on the stage in the box, or in my classroom (Room 12) by Friday, February 9th and the Kids Care Club will help organize.

Thank you for your donations!

Jemma Pasmore
Winthrop School
Kids Care Club

A message from Nurse Baker:

Worried your sore throat may be strep?

Strep throat is a common type of sore throat in children, but it's not very common in adults. Healthcare professionals can do a quick test to determine if a sore throat is strep throat. If so, antibiotics can help you feel better faster and prevent spreading it to others.

Many things can cause that unpleasant, scratchy, and sometimes painful condition known as a sore throat. Viruses, bacteria, allergens, environmental irritants (such as cigarette smoke), and chronic postnasal drip can all cause a sore throat. While many sore throats will get better without treatment, some throat infections—including strep throat—may need antibiotic treatment.

The most common symptoms of strep throat include:

- Sore throat, usually starts quickly and can cause pain when swallowing
- A fever
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots on the roof of the mouth (the soft or hard palate)
- Swollen lymph nodes in the front of the neck

Other symptoms may include headache, stomach pain, nausea, or vomiting. Someone with strep throat may also have a rash known as scarlet fever (also called scarlatina).

Strep throat symptoms typically do **not** include:

- Cough
- Runny nose
- Hoarseness (changes in your voice that makes it sound breathy, raspy, or strained)
- Conjunctivitis (also called [pink eye](#))

These symptoms suggest that a virus is the cause of the illness.

Wash Those Hands!!!

The best way to keep from getting strep throat is to wash your hands often. Also, avoid sharing eating utensils, like forks or cups. Anyone with a sore throat should wash their hands often and cover their mouth when coughing and sneezing. There is no vaccine to prevent strep throat.

INFLUENZA (FLU)

If your child gets the flu

Children younger than 5 years old have a greater chance of having problems with the flu. Children with a long-term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu. If your child is younger than 5 years of age or of any age with a long-term health condition (like asthma or diabetes), and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

Most children will get better without needing to go to the doctor. Other children may have more severe illness from the flu. A child of any age with severe signs of the flu should go to the doctor. Antiviral drugs used to treat the flu work best when started within the first 2 days (48 hours) of getting sick.

If your child has a fever there are medicines that can be used to reduce the fever. Some are sold at stores (over-the-counter) and you can buy them freely. Others require a prescription from a doctor. Make sure you talk to your doctor and see what medicine your doctor recommends based on your child's age and note that you should never give aspirin to a child who might have the flu.

To reduce the spread of the flu, keep your sick child at home until at least 24 hours after the fever is gone, except to get medical care.

Children can go back to school 24 hours after their fever is gone WITHOUT the use of medicine that lowers fever.

While your child is sick, make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants, Pedialyte®) to make sure his or her body has the fluids it needs.

Things to do to reduce the spread of flu to others in the house:

Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members.

Do not allow your child to share food or drinks with others.

Try to have one person as the main caregiver for the sick child. If possible the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma.

U.S. Department of Health and Human Services - Centers for Disease Control and Prevention

Important Dates for Upcoming Kindergarten Families for the '18-'19 School Year:



2018-2019

KINDERGARTEN REGISTRATON TIMELINE

ORIENTATION

Tuesday, March 13, 2018 @ Winthrop @ 6:30 pm

Please complete your registration packet, and return with all required documentation (**partial registration packets cannot be accepted**) to Donna Bunk, District Registrar @ 5 School Street, Wenham **during the hours listed below**. Your child will not be considered officially registered and you will not receive notification of school assignment until all documents have been submitted.

Required Documents to bring with you

1. Proof of residency (**utility bill OR fully executed Purchase & Sale; if you have just moved in and do not have a utility bill OR your rental agreement**)
2. Birth Certificate
3. Most recent Physical & Immunization certificate

REGISTRATION WEEK

Monday, March 19th - Friday, March 23rd 9:00 AM until 12:00 Noon

Wednesday, March 21st 9:00 AM until 12:00 Noon
&
2:00 PM until 6:00 PM

Our next all-school Makerspace STEM Challenge week is coming up in February! Students will be choosing from five Winter Olympic STEM Challenges to complete during Library/Media classes. We are looking for donations of the following items for those activities, as well as to restock the Makerspace for classroom teachers to use with their students. Thank you for supporting our students' STEM experiences.

- Mrs. Mastrianni

- Straws
- Pipe cleaners
- Recyclable materials (trays, yogurt cups, etc.)
- Toilet paper/paper towel tubes
- Clothespins
- Styrofoam or paper plates
- Toothpicks
- Cardboard

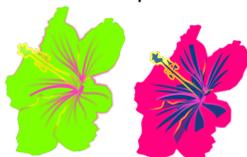
100th Day of School



100's Day is February 9 and we are collecting "100 items" for the ACORD Food Pantry by grade level:

- | | |
|-----------------|-----------------------------------------------------------|
| Kindergarten | School snacks (i.e. granola bars, popcorn, crackers) |
| Gr. 1 | Meals in a can (i.e. Chef Boyardi, beef stew, chili) |
| Gr. 2 | Baked beans or soup |
| Gr. 3 | Cereal (hot or cold) |
| Gr. 4 and Pre-K | Canned fruit (favorites are mandarin oranges & pineapple) |
| Gr. 5 | Coffee/hot chocolate |

We will also celebrate with a Luau theme. Encourage your child to wear bright clothing and bring in a donation of \$1 for a lei.



Spring 2018 MCAS Testing Schedule	
Gr. 3 MCAS-ELA	April 5 & 9
Gr. 4 MCAS-ELA	April 10 & 12
Gr. 5 MCAS-ELA	April 24 & 26
Gr. 3 MCAS-Math	April 30 & May 3
Gr. 4 MCAS-Math	May 1 & 7
Gr. 5 MCAS-Math	May 8 & 10
Gr. 5 MCAS-Science	May 15 & 17