

November 2018

Morgan Newsletter

Important Dates

Nov. 9: No School

**Nov. 14: 9:30 Kdg. to
Fox**

**Nov. 16: Picture
Retakes**

**Nov. 20: Birthday
Lunch**

**Nov. 21-23: No School
Thanksgiving Break**

“All our dreams can come true, if we have the courage to pursue them.”

-Walt Disney



Principal's Postings

Time flies when you are having fun! Halloween came and went, we were impressed with how many parents and grandparents showed up to get a glimpse of the kiddos in costumes. They seemed to bring a smile to many peoples' faces especially to our neighbors at Washington Heights. Thank you for taking the time to come take pictures and wave. Also thank you for your investments in planning the parties, providing snacks, games, and assistance with classrooms, students and teachers greatly appreciate all that parents do to support Morgan Elementary.

We are nearing the end of the 1st trimester, which means we are already 1/3 of the way into the school year. The next few months will go by rather quickly as they become filled with Thanksgiving and holiday events. This may cause extra excitement or stress for students. We can help reduce stress by sticking to a predictable schedule, spending a few extra moments with them playing a game, or just talking with them to gain perspective from their point of view. Find out what they like to do to help reduce stress. We have conversations with students daily about monitoring their feelings. You may here students reference a feeling to a color, these are the zones of regulation. The next time you see your student a little dis-regulated ask if they can name what zone they are in, and if so see if they can name what will help them get back to green. The zones we teach are yellow, green, blue, and red. Each color is association with potential feelings. Our goal is to teach students to recognize when they may be feeling dis-regulated and learn to use some healthy effective strategies to become regulated. This is a lifelong skill we hope to instill at a young age.

Quote “You’re braver than you believe, and stronger than you seem, and smarter than you think.” – A.A. Milne/Christopher Robin



Counselor’s Corner

In counseling lessons for the month of November, we have started focusing on being thankful. With Thanksgiving around the corner, I have been discussing with students what it truly means to be thankful as well as ways in which they can show others that they are thankful.

As a resource to families, Emanuel Lutheran Church, 140 E. 30th Ave., is offering a free Thanksgiving meal to families from 11 a.m. to 1 p.m. on Thanksgiving Day, Nov. 22. If families are needing assistance with transportation, this can be provided to them. Call the church office for reservations and transportation information at 662-8622. Have a great Thanksgiving!

As always, please contact me with any questions, comments, or concerns you may have.

Office Number: (620) 615-5238

E-mail Address: rosenhagen.brandi@usd308.com

Thank you and I look forward to working with you all this year,

Brandi Rosenhagen

Nurse's Notes



Vision and Hearing Screenings were completed

Oct. 8-12th Morgan Elementary school. Watch for any referral sent home requiring your child to be further evaluated by a doctor.

You can access your child's screening results in Skyward Family Access:

Click on

1. Health Info
2. Display Options
3. Tests

Display Options Tests

School Year	Date	School	Test	Examined By	Referred By
2014-2015	10/09/2014	Morgan Elementary	Hearing Test (Results)		
2013-2014	10/07/2013	Morgan Elementary	Hearing Test (Results)		
2013-2014	10/07/2013	Morgan Elementary	Vision Test (Results)		
2012-2013	02/13/2013		Vision Test (Results)		



Too Sick for School?

When should your child stay home from school? You don't want your child to miss school; but neither do you want to send a sick child to school and endanger him or her and other children as well. Here are a few guidelines you should follow:

If your child is ill and has a fever of 100.4 or above, **they must stay home** for 24 hours after the fever breaks – WITHOUT FEVER REDUCING MEDICATION – this means that if they don't have a fever, but they have had Acetaminophen (Tylenol) in the last 4-6 hours, or Motrin/Advil (Ibuprofen) in the last 6-8 hours, they are **NOT** considered to be fever free. Remember, many of the over-the-counter cough and cold medicines contain Acetaminophen and Ibuprofen them – be sure to read the labels.

If your child vomits – even if you think they ate something, or they were jumping around too much - they must stay home for 24 hours after the last vomiting episode. If your child is not running a fever or vomiting, but they are feeling poorly and listless, having difficulty with runny nose, sneezing & coughing uncontrollably or otherwise just not right, think hard before you send them in to school. Would you want your child sitting next to someone feeling like your child? Would you want to try and concentrate all day if you felt that way?

Good hand washing and covering your nose and mouth when coughing or sneezing are the most effective and simple ways to prevent the spread of contagious illnesses. As always, call the school and report contagious illnesses to the nurse/office.

For a complete reference of conditions for exclusion from school please visit the USD 308 web page tab-parent resources/health forms

<http://www.usd308.com/node/24>

<http://kidshealth.org/parent/general/body/fever.html#>