



THE ARLETA CONNECTION

Off To A Great Start

The start of the 2010-2011 School year has been fantastic. Students and families arrived on the first day with smiles and welcoming hellos as the halls of Arleta came to life after its summertime slumber. As one of the newest members to the Arleta staff, the first day of school was a wonderful day for me. I have so enjoyed getting to know the children, parents, and volunteers. I look forward to working with you all in the years to come, continuing Arleta's reputation of excellence. I would also invite you to call upon me at anytime. I can be reached in the office, by phone at 503.916.6330, by email at kevinc@pps.k12.or.us. Be sure to also check out Arleta's school website at www.pps.k12.or.us/schools/arleta. There you will find all the latest news, an updated calendar of events for the school year, and connections to students work, classroom website, the boosters, and general news and information.

K. Crotchett
Kevin Crotchett, Principal

SEPTEMBER EVENTS

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Tuesday, September 7th
First Day of School

Wednesday, September 22nd
2 Hour Late Opening

Thursday, September 23rd
Back To School Night, 6:30 pm

Arleta Boosters

The Arleta Boosters is your school's parent organization. As Boosters, we help at numerous events through the school year. We also raise funds to finance various projects and initiatives to support the great job our school does to educate our kids. It's a fun way to meet other families, and you can be involved at a level that works for your family. **Want to learn more? Attend our next meeting: Monday, September 20th, 8: 05 AM.** Please check in at the office to sign in before going to room 7.

Thank You Arleta Community and Lewis and Clark College!!!

On Saturday, August 28th, three busses full of Lewis and Clark students joined community members to freshen up the Arleta Campus. Four hours later and a large dumpster full of weeds, more than five units of bark had been spread and two new garden boxes built. Thank you everyone who helped and thank you to the Freshman at Lewis and Clark College!!



Back to School Night – September 23rd

Mark your calendar for Arleta’s Back to School Night on Thursday, September 23rd beginning at 6:30pm. Parents, guardians, and students will begin in the auditorium. Following the annual Back to School movie, families will be invited to visit the classroom, meet teachers, staff, and classmates. The Back to School Night is a wonderful way for parents to learn more about their child’s daily routine, classroom curriculum, homework routines, and overall expectations. Teachers will also be able to speak about exciting classroom events that we can all look forward to throughout the school year.



How can I help my student? Three tips for every family.

Establishing just a few fundamental practices now – at the start of the school year – will make your family’s life easier and help your student thrive.

Here are three tips:



1. Sleep schedule: Stick to a nightly bedtime that enables your student to get at least eight hours of sleep. In addition to fending off sickness, sufficient sleep is critical for brain development and optimal mental processing. Concentration, memory and physical performance also benefit. This is as important for teens as young children – so ask them to turn off the electronics at a reasonable hour, too.



2. Give praise: Positive parenting improves child behavior and self-esteem – possibly far into the future. Look for opportunities to actively encourage your student. Feedback should immediately follow the desirable behavior, it should be specific (“Your handwriting is neat and

easy to read,” or “Good for you for starting your research now, instead of waiting until the night before it’s due”), and it should be genuine – kids can tell the difference!



3. Homework: Create homework spaces away from distractions – Internet, TV, phones – and a homework basket to keep all supplies in one place. Switching up study locations improves retention. Check homework every night.

“Now is the best time to establish healthy routines and good habits,” says Reiko Williams, who heads family engagement efforts for the school district. “Starting off on the right foot can make the difference between a good year and a tough one.”

More tips for families are on the school district’s Family Engagement Web page, which also includes homework resources for K-12 students.

Three ways to communicate your child’s absence...

1. Send a note to your child’s teacher
2. Send an email to your child’s teacher
3. Call the Arleta Attendance line and leave a message 503.916.6334

Please remember that children must return to school with a note or phone call from a parent or guardian after an absence (or prior communication with the teacher/office for planned absences).



From Your School Nurse, Sabrina

Hello! My name is Sabrina Bauer. I have been assigned as your school nurse for this school year. I have also been assigned to two other schools that will share my services. I am excited to be here and to have the privilege to help keep your children safe and healthy!



1. What does the School Nurse do?

The School Nurse supports students' health, safety and academic success at school, and provides for your child's special physical and mental health needs (for example, managing diabetes, seizures, severe allergies, or school anxiety). The School Nurse acts as a liaison between you, your healthcare provider and school personnel to determine if a special health/safety plan needs to be developed for your child. The School Nurse also provides a variety of health screenings according to school regulations and for appropriate grade(s) such as hearing, vision, dental, scoliosis and immunizations.

2. What kinds of health needs are important to tell the School Nurse about my child?

It is important to tell the School Nurse about any new and changing health problem that can cause learning or safety problems at school. This includes but is not limited to the following:

- Diabetes
- Life Threatening Allergies
- Asthma
- Epilepsy or Seizures
- Complex health problems (cardiac, kidney, or other conditions)
- Frequent complaints (headaches, stomach aches, not wanting to go to school)
- Children without health insurance or needing a doctor
- Toothpain
- Communicable disease issues
- Need for complex medical procedures (nebulizer, blood testing) or injections at school
- Newly diagnosed health conditions
- Complex medications needed at school

3. How does the School Nurse obtain the information that she needs to plan for my child's?

The School Nurse will get necessary information (for example, a health history, medical diagnosis and treatment/emergency plan) to assist students with special physical and mental health needs at school in a variety of ways. This could include any of the following:

- Review registration, other health forms, or medical records from physicians
- Talk with parents, students, school staff, and health professionals
- Check out child's health (listen to heart, feel skin, take blood pressure, look in ears/eyes/mouth, etc)

4. Does the School Nurse keep my child's health information confidential?

Yes. All health information is protected and can only be released by the parent, guardian or student of legal age. Health information is only shared, as necessary, between the school nurse, school personnel who may care for your child's special needs, emergency response personnel, and with your child's health care provider. The nurse will only use health information to develop appropriate emergency procedures for students at school or during field trips. When your child talks to the nurse, the information is also kept confidential unless your child's safety is at risk.

Sabrina, RN

From Your School Nurse, Sabrina

MEDICATIONS

Medication should be given at home if possible. At times, there are students who need to have medication in the school setting, in order to remain at school during the day.

Over-the-counter medicine and prescription medication, by law, is handled in the same way.

In all cases, written parental permission and physician instructions must be on file for protection of both students and staff.

I'd like to take a few minutes to review some of the basics:

- Medication must be brought to school and picked up by a parent.
- **A parent** must fill out an 'authorization for medication' form for each medication brought to the office.
- Medication must be delivered in the original container. Never send medication in a plastic baggie.
- Parent instructions on the 'authorization for medication' form and the pharmacy label must match.
- Cough drops, eye drops and creams. The school is required to handle these items like any other medication. **A parent** must bring the medication to the office in the original packaging **and** fill out the 'authorization for medication' form.
- Medication must be picked up from the office at the end of the school year, or it will be thrown away.

WHEN SHOULD I KEEP MY CHILD HOME?

As a parent, I know that it is sometimes hard to decide if your child is too sick to come to school. Some illnesses are very obvious. Others may not seem that serious to you but could still cause problems at school. I would like to offer you a few guidelines to follow. If your child has any of the following symptoms, please keep your child home until symptom-free and without fever for 24 hours.

FEVER: No child with a fever of 100 degrees or more should be sent to school. A fever is a symptom that something is not right with the body and should be considered with any other symptom that may occur such as cough, sore throat, etc. If your child does have a fever of 100 degrees or more, do not send him/her back to school until he/she has been without a fever for 24 hours.

COLD/COUGH/SORE THROAT: If your child has a stuffy nose or slight cough he/she may come to school. However, if your child has green or yellow nasal secretions or is accompanied by a fever, do not send your child to school. If the cough is accompanied by a fever, your child needs to stay home. If your child's throat is red, has white spots on it, or is accompanied by a fever, your child needs to stay home and be seen by a doctor. Also, **remind your child to wash his/her hands after coughing or blowing his/her nose**, as this will stop the spread of germs to other people.

RASH: A rash can be caused by many things including chicken pox, poison ivy, allergies or something more severe. It is important for you to have a rash examined by your doctor so that he/she can determine the cause and also determine if your child can be in school. **PLEASE DO NOT SEND YOUR CHILD TO SCHOOL WITH A RASH** without a note from your doctor telling us that it is safe for your child to be in school.

DIARRHEA: If your child is having loose bowel movements it is a good idea to call your doctor to determine the cause and treatment. Because diarrhea can have many causes, some of which make your child contagious to others, you must have your doctor send us a note to let us know if your child can be in school with this condition. Return to school can occur when **symptom free from diarrhea**, as well as **symptom free from vomiting for 24 hours**.

LICE: There is a school policy for NO LIVE LICE . Keep your child at home and treat with the appropriate medicated shampoos. Children will be **checked** for lice and nits in the office **before** returning to the classroom upon arrival back to school.