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| Riverton Raccoon Newsletter |  | Image result for riverton raccoons |
| February 2019 |  |  |  |
| Principal’s Message  |  |  Calendar Celebrations! |
| By: Cynthia Tingey |  |  |
| Hello parents! We appreciate your continuous contribution to our school community and are grateful for your concern and care for the children in our community. Below is important information about various health concerns that arise during this time of year. Please read through it thoroughly and arm your student with the best precautions possible. **FLU AND COLD:** Cold and flu seasons is upon us, and we are beginning to see children who are showing signs of cold and flu symptoms. To prevent cold and flu viruses in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines. Consider keeping your child at home for an extra day of rest and observation if he/she has any of the following symptoms:* Stuffy or runny nose and/or a cough
* Mild sore throat
* Headache

Keep your child home for treatment and observation if he/she has any of the following symptoms:* Fever (greater than 100 degrees) For these symptoms, students may
* Vomiting return to school if they
* Diarrhea are symptom-free for 24 hours
* Chills
* Congestion (wet cough and/or nasal congestion)
* Muscle weakness, muscle aches
* Feelings of fatigue or malaise

Teach your child these tips to prevent the spread of germs:* Wash hands or use hand sanitizer frequently
* Do not touch eyes, nose or mouth
* Avoid close contact with people who are sick
* Cover mouth and nose when sneezing or coughing

**LICE:** As the weather changes, students are coming to school with hats, scarves, gloves and coats. Please remind your child not to share their hats, scarves and coats with other students to prevent head lice. Refer to the attached handout from Primary Children’s Hospital regarding treatment if you suspect lice. **SOCIAL AND EMOTIONAL HEALTH:** Maintaining social and emotional health takes extra effort just as physical health does. The little things like sleeping enough, eating well, and getting physical exercise make a big difference for our emotional health. Emotional health is also promoted through open conversations about feelings, daily gratitude, and mindfulness.Social health is a fundamental human need and also requires daily effort, especially with the distraction of modern technology. Every human has a need to feel connected and loved and taking the time to connect with friends and family members significantly improves our well-being. Daily practices that increase connection help our children socially and emotionally, whether that is having a regular technology-free meal or participating in activities together; a feeling of love and connection is essential for your child’s emotional health. Though each individual is different, there are things every family can do to promote social and emotional health. There are also some basic signs that your child may be struggling emotionally such as social withdrawal, changes in behavior, losing interest in activities, etc. For more information on social and emotional health, including information on community resources that are available, please visit **wellness.jordandistrict.org**.Thank you for your continued support of Riverton Elementary! |  |  |
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Calendar Events

* February 5: 5th and 6th School Stem Fair
* February 18: No School- President’s Day
* February 22: Moms and Minutes
* February 27: Birthday Bunch
* February 28: Early Out