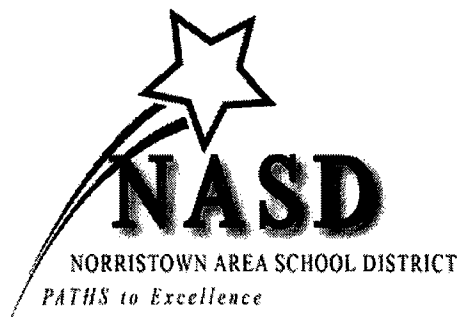
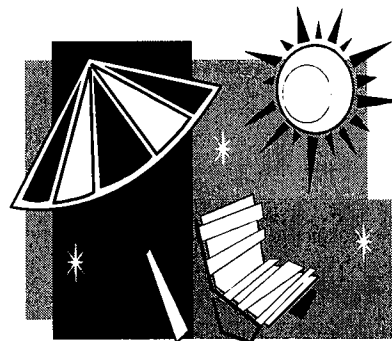


# WHITEHALL ELEMENTARY NEWSLETTER



JUNE 2010



## **PLEASE READ CAREFULLY**

**IF YOUR CHILD RIDES THE SCHOOL BUS OR YOU PICK THEM UP AND YOU WANT TO CHANGE HIS/HER MODE OF TRANSPORTATION, THEN PRIOR WRITTEN PERMISSION MUST BE GIVEN TO THE TEACHER. WE WILL NO LONGER ACCEPT PHONE CALLS TO CHANGE THEIR WAY OF GOING HOME FROM SCHOOL.** *We have had situations which could have comprised the safety of our students, and we want to make sure that the students arrive home safely.*

## **SCHOOL SUPPLIES**

Your child will receive a school supply list that they will need for the 2010-2011 school year. The supply list should be in your child's report card which they receive on the last day of school, June 17th. If your child does not come to school on the last day, we do not mail report cards home, you will have to stop by school and pick it up. Please call before coming to school in the Summer to make sure that someone is here to assist you.

## **JUNE CALENDAR**

- 2 Recycle assembly for grades 2,3,4
- 3 PFC meeting at 7:00pm in the Library
- 11 SCHOOL PICNIC FOR THE STUDENTS
- 17 Last student Day, dismissal at 12:20, LUNCH IS SERVED

## **PLEASE NOTE:**

**THE FIRST DAY OF SCHOOL IS TUESDAY, SEPTEMBER 7TH. IT IS A FULL DAY FOR STUDENTS IN GRADES 1-4 AND A 12:20 DISMISSAL FOR KINDERGARTEN STUDENTS.**

## **BUS BEHAVIOR AWARDS**

*When students behave on the buses, our buses are safer. In order to encourage this, we are recognizing buses each month that have the best behaviors with a certificate to post on the bus and a fruit snack for each student on the bus. The busses that we are recognizing for the month of May are 15,33,54. Congratulations on their good behavior.*

## A MESSAGE FROM THE SCHOOL NURSE - June 2010

Spring brings us green grass, beautiful flowers, blossoming trees and shrubs...and, ticks! Although these annoying and sometimes debilitating parasites are with us all year, we tend to notice them more in the spring and summer. An ounce of prevention can save you from a very unpleasant experience.

### TICKS

Ticks are blood feeding external parasites of mammals, birds and reptiles. In the Northeast and Atlantic Coast area of the United States are familiar with the deer tick, which spreads Lyme disease. Lyme Disease was discovered in 1975, in Old Lyme, Connecticut. Lyme disease is a bacterial infection caused by the bite of certain infected ticks. In our area, the tick responsible for the infection is the deer tick. The deer tick is smaller than the usual ticks found on dogs or cattle. Lyme disease cannot be spread person to person. You can only get Lyme disease from a tick bite. Dogs, cats and horses can get Lyme disease from a tick bite, but they cannot spread the disease to humans. Pets can bring the ticks into contact with humans so it is important to check your pets for ticks.

**Symptoms** of Lyme disease are: rash (which may expand 3-30 days after the bite); a flat, circular "bulls eye" as large as 2 inches in diameter; flu-like symptoms; fever; fatigue and muscle aches. Recovery is possible with early detection and treatment with anti-biotics. If detection and treatment is delayed, the heart, joints and nervous system can be affected.

**Prevention** is very important. If you are going to be outdoors, working or playing (hiking), it is important to follow these simple rules: dress in light colored clothing; wear long sleeved shirt and long pants tucked into socks; wear a hat/cap. Light colored clothing helps to make ticks visible. Keep grassy areas mowed. Use repellants (check labels for warnings) on clothing and areas where ticks may be found. After hiking or camping or being outdoors in a 'tick environment' check your entire body—head to toe, for ticks. Check pets as well.

Removing a tick as soon as it is found is important. Immediate removal avoids allowing the tick to bury its mouthparts deeper in the skin. Use tweezers to grasp the **HEAD** close to the skin. **Pull out firmly—do not wiggle.** Cleanse the wound with soap and water or other disinfectant. Observe the area and contact your physician if a rash develops.

### **Healthy tips for Summertime fun:**

- *Always wear sunscreen when out of doors—even (especially) on cloudy days*
- *Exercise is important—get outdoors and enjoy the sun and fresh air*  
*Drink plenty of fluids (water is best)—avoid caffeinated drinks—when participating in outdoor activities*
- *Never swim alone*
- *Wear protective equipment when bike riding(helmet) or skating boarding/rollerblading-elbow/knee/wrist pads and helmet*
- *Remember the Rules of the Road when bicycling—be aware of the traffic*
- *Light colored clothing is usually cooler in the hot sun*

I want to thank all of you for your support during the 2009-2010 school year. It has really been a pleasure to work with your children and to see their growth from September. Have a great Summer and remember to read and enjoy your child/children.

Ms. Donnelly, principal

## June 2010

### Summertime Activities

Who says there ain't no cure for the summertime blues? With this list of fun and simple ideas, your kids will be singing "Hot Fun in the Summertime" in no time.

**Sidewalk Art.** Buy a box of pastel chalk and create a family masterpiece on your walkway or driveway. Work on it together or section off areas for each budding artist.

**Zoos.** Try and visit different parts of the zoo during feeding time.

**Outdoor concerts.** Bring a blanket to sit on, a cooler with something to drink, and a snack.

**Neighborhood map.** Go on a neighborhood trip with a map and a camera. Explore your town!

**Art gallery.** Go to an art gallery and then to the arts and crafts store and purchase supplies so your child can make their own masterpieces.

**Train trips.** This is a fun and leisurely way to travel.

**Trailblazing.** Walk into the woods and leave yourselves a trail with twig, rocks, or reusable flag markers. Pack a picnic lunch and a compass!

**Tiny gardeners.** Working in the dirt together can yield great rewards. Motivate little weeders by planting notes or gifts of shiny pennies wrapped in tin foil from the "earth fairy".

**Go Fishing.** It might surprise you how fun and peaceful it is!

**Helping hands.** Volunteer a day's time at a soup kitchen, food pantry, or nursing home.

**Kiting.** Make, then go fly, a kite!

Adapted by Elizabeth Berg