

October 26, 2018

Dear Parents,

In this week's notes, I would like to share some of what your child is learning in school related to physical and emotional health.

Health and Safety Education

Through our Health program, "**The Great Body Shop**," our teachers engage students in lessons on topics such as caring for and respecting their bodies, preventing the spread of illness, and how to stay safe in a variety of situations. September Health lessons focused on safety, including bus safety, fire safety, and the people in our community who keep us safe. Today, we had a special visit from **Cold Spring Harbor firefighters** Jim Felton, Sr., Jim Felton, Jr., Adrian Benvenuti, and Nicole Cato. They taught the children about fire safety and the role of firefighters in our community. Here are some of the points they shared with the children:

- Dial 911 to call for help in an emergency. (The definition of emergency was reviewed.)
- All children should know their home address.
- Families should have an evacuation plan and a designated meeting place.
- If there were a fire in your house, go to the meeting place. Don't hide or look for other family members or pets.
- Sleep with the bedroom door closed -it keeps smoke out of the room.
- Change smoke detector batteries when the clocks change.
- Never touch matches or lighters. Stay away from flames.
- Stop, drop, and roll if your clothing catches fire.

The children received a coloring book and firefighter hat as a gift from the CSH Fire Department. Please talk with your child about the important lessons s/he learned today.

Emergency Communication

As you know, the school district communicates with families via email, and I often send emails with important reminders (in addition to these notes). In the event of an emergency, from a bus delay to notification of a school closing, we will add **text messages** to our communication.

***If you have not already done so (or if you are not sure that you have done so), you can activate texts to a cell number in your portal account by texting "Y" or "Yes" to 67587.

Preventing the Spread of Illness

Many lessons this month will focus on preventing the spread of illness. The children are taught the importance of handwashing after sneezing, coughing, using the bathroom, and before eating. They are taught to cough into their elbows and to discard used tissues right away. Please note, that while it is important that children learn good hygiene, we are careful not to create fear about germs. Bacteria and viruses are all around us. We simply practice common-sense ways to try to prevent illness from spreading.

With cold and flu season upon us, please be sure to assess your child's condition if s/he complains of not feeling well. Always keep your child home if s/he has a fever. A child may not return to school until s/he has been fever-free for 24 hours. (and not using fever-reducing medicine) Other childhood illnesses, such as **Fifth's Disease** are common at this time of year and we have had cases in our school. For more information about Fifth's (and other health-related topics) I recommend the website: **www.kidshealth.org**

Here is a link to the website and its page on the topic of Fifth's Disease:

<https://kidshealth.org/en/parents/fifth.html>

Growing Social-Emotional Learners at Goosehill

This month, students learned that mindfulness is paying attention to the present and if thoughts about the past or the future enter our minds, we acknowledge them and return our attention to the activity we are working on. Students practiced by giving their attention to either a piece of an orange or a leaf as one way to practice mindfulness.

As a parent you can model mindfulness anywhere and anytime, particularly during a challenging situation. Simply hold an object in your hand and notice its color, whether it is warm or cold to the touch, its texture, whether it is light or heavy, etc. Taking a moment to focus your attention on something else can be a great way to center yourself and manage the situation in front of you.

Check out the attached link for other mindful activities.

<https://www.cosmickids.com/mindfulness-activities-kids/>

Outdoor Recess

With the cold weather upon us, please be sure to send your child to school with a warm jacket. Many children also will benefit by being taught to use some form of lip balm to prevent or treat chapped lips.

Halloween

We look forward to seeing you at our Halloween Festivities on Wednesday. Please remember that we ask that costumes not be too scary or gory, and that weapons and other accessories be left at home. Remember, we do not distribute or celebrate with food and candy is not permitted in school.

I will offer another Parent Lunch-Recess Volunteer Training after the 1st grade sing-along on Halloween. (10:45)

Have a nice weekend!

Lynn Herschlein