

March, 2019

"Work Hard Every Day...Every Day Work Hard"

Upcoming Events

3/1
4th/5th Grade
Author
Presentation
Field Trip to
MHS

3/8
5th Grade
Field Trip to
Boise Capital

3/10
Daylight
Savings
Begins—Set
Clocks Ahead 1
hour



3/12
Kindergarten
Graduation
Pictures



3/17
Happy St.
Patrick's Day!

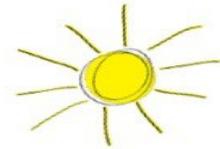


3/25—3/29
No School
Spring Break



MIDDLETON SCHOOL DISTRICT #134

Kindergarten Registration
Thursday, April 11th
1:00–4:00 p.m. &
5:00–7:00 p.m.



Students must be 5 years old by
September 1st of this year. Parents will
need to bring the following documents
to the registration:

- 1) your child's certified birth certificate
- 2) updated immunization record, and
- 3) proof of residence (utility bill, lease agreement, etc.).



Please call your local Middleton school office to
make an appointment for your child.

Middleton Heights Elementary 208-585-3021
Mill Creek Elementary 208-585-3065
Purple Sage Elementary 208-455-1148

Counselor's Den—by Mrs. Fogg

This is one of my favorite quotes and I often repeat it to students. I am excited to be adding *Courage* as one of our character traits this year. Throughout the year I talk frequently to students about the idea of having courage and what it represents. We talk about having the courage to do the right thing, having the courage to stand up for ourselves and others, having the courage to be true to who we are or want to be and much more.

How do you use courage? Do you encourage it in your children? I'm not talking about the courage to watch a scary movie or to take unnecessary risks. I would like our students to learn that courage comes in many forms and being brave during difficult times can lead to great rewards. Taking risks to do things that make us uncomfortable or trying things that might not have a favorable outcome are important lessons that children should begin learning at a young age.

Sometimes all you need is
twenty seconds
of insane courage.
JUST LITERALLY
twenty seconds of just
embarrassing bravery
And I promise you,
SOMETHING GREAT
WILL COME OF IT.



Nurse Notes:

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or severe cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child(ren) at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache



Definitely keep your child(ren) at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100.2 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100.2 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose



To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away, and wash hands
- Avoid close contact with people who are sick



Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until “fever free” for a minimum of 24 hours. A child who has started antibiotics needs to be on the medication for 48 hours before being considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring them to school. Your child should be physically able to participate in all school activities upon return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Box Tops Update—by Sandy Berry

I am thrilled to be here in the Computer Lab at PSE! We participate in Box Tops for Education in order to raise money to fund computers and other programs in our school. Each box top is worth \$0.10 and they add up fast. If we all contribute together, there is so much potential.

Thank you for your support of our school!



What you can do to help:

- Look for products with the Box Tops for Education coupons on them as you shop.
- Make sure to check the expiration date.
- Clip them! (along the dotted lines please)
- Turn them into our collection bins.
- Ask friends, family and even co-workers to support our school too!