

2014  
NOVEMBER

# explorer NEWS

## principal's message Dr. Joseph Backman

Fabulous Foothill Parents,

I love November! It is beautiful and is a time to be grateful for the many blessings in our lives; especially for the incredible people that make life so wonderful. The cold weather and holiday spirit seems to bring us closer together and to spend more quality time with our families.

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A family tradition we often do in our home is our "grateful basket" at the dinner table. My three young boys (8, 5, and 3 years old) each take a turn to say something they are thankful for. They then pretend to throw the gratitude into the food (We say that it makes the food taste better). The only rule is that we can't repeat something we have said recently or what someone else has said that evening. I have been amazed at some of the things my young children have said, especially when they are thankful for their Mommy, brother, teacher, or someone else in their life. When they say something silly like a toilet or Kleenex we laugh and then realize what life would be like without those things. This family tradition has been a simple way to help us appreciate and remember the many blessings in our lives.

## out of the loop?

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When is the last time you have sincerely thanked someone in your life? What about your spouse, your child, a teacher, or your neighbor? Giving sincere thanks not only brings joy to the person we are thanking, but also helps us feel happier. It reminds me of a quote by James Barrie, author of Peter Pan, "Those who bring sunshine to the lives of others cannot keep it from themselves."

I would like to take this opportunity to thank the many people who make Foothill such a great school. I am grateful for our wonderful teachers. I am astounded by their hard work each day and their dedication to meet the needs of all of their students. Teaching is a very challenging job, but our devoted teachers come to school prepared each day and provide some of the greatest instruction and learning opportunities I have ever seen. Their quality work was again made evident through our fantastic SAGE assessment results we recently received. I am also grateful for all of our support staff that does so much to keep our school running. From our secretaries, our custodians, our kitchen staff, and our aides, we could never do the work we do without their daily efforts. I am also grateful for all of the parents and patrons of Foothill Elementary. I am so impressed with what great parents our students have. I am grateful for the constant support and countless volunteer hours each day at Foothill. I feel blessed to work with such incredible people.

Let us all be grateful during this month of Thanksgiving and consistently throughout our lives for the many blessings we have, especially for the wonderful people that enrich our lives each day!

Sincerely,  
Dr. Backman (Dr. B.)

## Dr. B.'s Readers

1st-2nd Grades  
The Secrets of Droon: The Hidden Stairs and the Magic Carpet - By Robert T. Abbott

3rd-6th Grades  
Fablehaven - By Brandon Mull  
(local author)

## UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Early Out PTA Meeting	4 Election Day	5 School Picture Make-up Day	6	7 Food Sampling
10 Early Out	11	12	13	14
17 Early Out	18	19	20	21 Fuel Up and Play 60 Fun Fitness Friday
24 Early Out	25 Grandparent's Day	26 No School	27 No School Thanksgiving	28 No School
1 Early Out	2	3	4	5

## HAPPY BIRTHDAY!

### November

Bobbie Paonessa	Nov. 01
Kristi Graham	Nov. 09
Shauna Crockett	Nov. 14
Karen Longmore	Nov. 26
Amy Harward	Nov. 29

## NEXT MONTH:

December 4  
Holiday Concert 6:45-8 p.m.

December 22-January 2  
Christmas Break - No School

## president's message Liesha Geddes

My most favorite season of the year is fall! I love the excitement and the anticipation of the holiday season! I love being able to pull out the sweaters and light a fire. But most of all, I love the change of the leaves and smell in the air!

A few weeks ago I had the opportunity to attend a work convention in California. As I flew home I saw the changing leaves on the mountains below, outside the airplane window. The cute 93 year old man next to me had been chatty the entire flight, but was overwhelmed by what he saw as he leaned over me and looked at the scenery. I felt so happy to know that this was my home and grateful that we live in such a wonderful place!

Elizabeth Lawrence said "Everyone must take the time to sit and watch the leaves turn."

It is so easy to become overwhelmed with things and activities. Don't forget to take time to enjoy life, your children and this place that we call home! Take the time to say "Thank You" to the people in your lives and share quiet moments with the people that you love! I know that I need to remember to stop and take a breath and not let life pass me by!

Don't forget to say "Thank You" to our awesome teachers, administration and staff at Foothill! This amazing school is yet another thing we can be thankful for!

Have a great November!

# THE news



**Download the App!**

**ASD**  
**C O N N E C T**  
"RIGHT HERE! RIGHT NOW!"

Download on the App Store

ANDROID APP ON Google play



GRADES  
CALENDAR  
MEALS  
DIRECTORY  
NOTIFICATIONS

## TOP FIVE REASONS TO DOWNLOAD THE ALPINE SCHOOL DISTRICT APP:

1. It has what you want. 6,300 parents and a panel of students told us what they expect in a mobile app and we delivered with attendance, calendars, meals, and alerts.
2. It is custom and customizable. Not a cookie cutter app, ASD's was designed and built from the ground-up to suit the unique needs of our parents and students.
3. It is where you are. While our website and Skyward provide mega data, more people turn to the convenience of a mobile app for the information they want most.
4. It resolves concerns early. The ability to email questions to teachers from within the app cuts down on the panic that can occur at the end of the term.
5. It improves learning. Empowering students and parents with more information about academic progress means greater engagement and increased achievement.

## WE WANT YOU!

The Utah County Elections office is recruiting poll workers to staff polling locations on Election Day. The General Election will be held on November 4th 2014. Help is needed County-wide. There is a stipend of \$100.00 for poll workers and a stipend of \$180.00 for Managers and TST's. A 2-3 hour training course is required to be a poll worker and there is an additional mandatory 2-3 hour training course for Managers and Touch Screen Technicians. Election Day service is from 6 a.m. until about 9 p.m. (after polls are closed and items secured.)

If you or anyone you know would be interested in working the General Election, visit [www.utahelectionworker.com](http://www.utahelectionworker.com) to read the requirements and to apply online or call Kim Jackson Utah County Elections at (801) 851-8126 or Kristy Laxman at (801) 494-2042

## WE WANT YOU!





MORE  
news

s u n d a n c e

2014-2015 Season  
Ski and Snowboard School  
for  
Foothill Elementary

Ages 8 and up for skiing,  
9 and up for snowboarding!

**Dates are Jan. 12, Feb 2, Feb 23, March 16**

Cost is \$168  
(or \$128 with season pass)

Ski/snowboard rental available for \$10 per week  
Helmet rental for \$5 per week

To sign up, contact Katrina Larson at  
[leifandkatrina@yahoo.com](mailto:leifandkatrina@yahoo.com) or 801-361-0287

Submissions to the December Newsletter are due by November 21st.  
Send submissions to [oremfoothillpta@gmail.com](mailto:oremfoothillpta@gmail.com)  
with Newsletter in the subject.



NURSING

# news

During sleep, everyone has brief pauses in their breathing pattern called “apneas.” Usually, these are completely normal.

Sometimes, though, apneas may be prolonged and happen often, making the breathing pattern irregular and abnormal. Abnormal sleep apnea might actually cause decreased oxygen levels in the body and disrupt sleep.

A common type of sleep apnea in children is called “obstructive apnea.” This is caused by an obstruction of the airway e.g. enlarged tonsils and adenoids. This is most likely to happen during sleep because that’s when the soft tissue at the back of the throat is most relaxed. As many as 1%-3% of otherwise healthy school-aged kids have obstructive apnea.

Symptoms include:

- \*snoring followed by pauses or gasping
- \*labored breathing while sleeping
- \*very restless sleep and sleeping in unusual positions
- \*daytime sleepiness or behavioral problems

Because obstructive sleep apnea may disturb sleep patterns, these children may also show continued sleepiness after waking in the morning and tiredness and attention problems throughout the day.

Sometimes sleep apnea can affect school performance. One recent study suggests that some kids diagnosed with ADHD actually have attention problems in school because of disrupted sleep patterns caused by obstructive sleep apnea.

Treatment for obstructive apnea involves keeping the throat open to aid air flow, such as with surgical removal of tonsils and adenoids or continuous positive airway pressure (CPAP), which is delivered by having the child wear a nose mask while sleeping.

If you suspect that your child may have sleep apnea, call your doctor for an appointment.

After a doctor does a complete evaluation and makes a diagnosis, most cases of sleep apnea can be treated or managed with surgery, medications, or monitoring devices.

Many cases of sleep apnea go away on their own.

Kim Lowe, RN, School Nurse