Explorer News

Principal's Message - Mr. Jeremy Brunner

In the next few weeks, we will begin our end-of-year SAGE tests. Student in grades 3 through 6 will be tested during this time. We will be testing until May 18th and could use your help.

Please assure your children that testing should not be scary, but it still should be taken seriously. We find that sometimes children do not pay attention to the test items. Even when they know the right answer they might mark the wrong answer because they aren't being careful. A simple word of encouragement to do your best each day could help prevent simple mistakes from bringing down a test score.
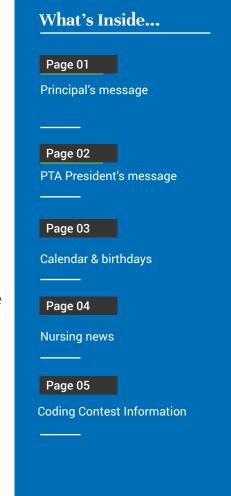
Please give your child a good breakfast. Children do better with their fuel tank full. Help them get to bed early enough to get at least eight to ten hours of sleep each night. If your child enjoys watching TV or playing video games, consider implementing a "Not before school" rule. These suggestions will allow them to attend more closely to the test items and increase their success rate.

Each student needs to have every advantage when they are being tested. We appreciate your help during this time. It is a time to show us where their teachers need to focus their instruction.

We are looking toward the end of a wonderful school year. I express deep appreciation to all of you for your support and hard work to make Foothill Elementary an amazing place to work and learn. I am very impressed with and grateful for your deep commitment to the education process and the many hours of volunteer work given in behalf of your children. Thank you!

Sincerely,

Jeremy Brunner
Principal

The Kids' Coding Contest ends on April 30th. See this website for more information at the end of the Newsletter as well as:
https://foothill.alpineschools.org/kids-coding-contest/

PTA President's message

Amy Oakey

The last PTA meeting of the school year will be on Wednesday, April 11 at 10 AM in the library.

The PTA has several board positions that will need to be filled for next school year. Please watch for an email that will be sent out with the positions and what they require.

We will have a PTA Volunteer Luncheon on April 17 at 11:30 am in appreciation of all of those that have volunteered in the PTA this school year. It will be held at the Foothill Pavillion, or possibly the library, depending on the weather.

Thank you,

Amy Oakey

You're Amazing!

AS A THANK YOU FOR ALL YOU HAVE DONE THIS SCHOOL YEAR,
PLEASE JOIN US FOR LUNCH.

TUESDAY, APRIL 17, 2018
11:30 A.M.
FOOTHILL PARK PAVILLION

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spring Break	**3** Spring Break	**4** Spring Break	**5** Spring Break	**6** Spring Break
9 Early Out Day	**10**	**11** PTA Meeting - 10am	**12**	**13**
16 5th Grade Immigration Day Early Out Day	**17** PTA Vounteer Luncheon 11:30 am	**18**	**19**	**20** Spring Pictures
23 Early Out Day	**24**	**25**	**26** Art Gala 6 pm	**27**
30 Early Out Day				

April Birthdays!

Jan Burr	6
Ann Young	9
Molly Miner	23

Next Month...

4th Grade Rendezvous	May 4
Foothill 3K	May 11
Memorial Day-No School	May 28
6th Grade Graduation	May 30
Last Day of School	May 31

Nursing News

Head injuries fall into two categories: external, usually involving the scalp, and internal, which may involve the skull, the blood vessels within the skull, or the brain.

External (Scalp) injuries
The scalp is rich with blood vessels, so even a minor cut there can bleed a lot. Sometimes the scalp's veins leak fluid or blood into and under the scalp. This appears as a "goose egg" or swelling on the head. It may take days or even a week to disappear.

Call the doctor if your child is an infant, has lost conciousness, even briefly, or if a child of any age has any of these symptoms:
*won't stop crying
*complains of head and neck pain
*vomits several times
*won't awaken easily
*becomes hard to console
*isn't walking or talking normally

Internal injuries
Cerebrospinal fluid is a clear fluid that cushions the brain from damage. A severe blow to the head can still knock the brain into the side of the skull or tear blood vessels.
Some internal head injuries can be serious and possibly life-threatening. These include a broken skull bone, torn blood vessels, or damage to the brain itself. It can be hard to know how serious a head injury is, so it's always best to call your doctor.

Call 911 if your child shows any of these symptoms after a head injury:
*unconsciousness for more than a few seconds
*abnormal breathing
*obvious serious wound
*bleeding or clear fluid from the nose, ear, or mouth
*disturbance of speech or vision
*pupils of unequal size
*weakness or paralysis
*neck pain or stiffness
*seizure

Concussions
Concussions are also a type of internal head injury. Repeated concussions can damage the brain.

Call your doctor if your child has the following symptoms:
*"seeing stars" and feeling dazed, dizzy, or lightheaded
*memory loss, such as trouble remembering what happened right before and after the injury.
*vomiting
*headaches
*blurred vision and sensitivity to light
*slurred speech or saying things that don't make sense
*problems concentrating, thinking, or making decisions
*difficulty with coordination or balance
*feeling anxious or irritable for no apparent reason

***IF YOU SUSPECT A CONCUSSION, CALL YOUR DOCTOR RIGHT AWAY!!!

Preventing head injuries
It's impossible to prevent kids from ever being injured, but there are ways to help prevent head blows.

Make sure that:
*your home is childproofed to prevent household accidents
*your kids always wear the proper headgear and safety equipment when biking, in-line skating, skateboarding, snowboarding or skiing, and playing contact sports
*kids always use a seatbelt or child safety seat
*your child takes it easy after a head injury, especially if there is a concussion
*your child doesn't go back to rough play or sports until the doctor says it's OK. If your child reinjures the brain while it's still healing, it will take even longer to completely heal.

Kim Lowe, RN, School Nurse

KIDS' CODING CONTEST

Foothill Elementary is holding its first ever computer programming contest for kids!

Students in Grades 1-6 are invited to participate.
The Contest runs from April 1st-April 30th.

Programming Tasks:

Grades 1-3
- Choose tasks from this document: https://goo.gl/5YeKm7
- Submit up to 3 programs of your own design and creation

Grades 4-6
- Create a "Spirograph" program that draws colorful patterns
- Create a program that asks a user for a number and then shows the first 10 multiples of that number
- Create a "I'm thinking of a number" game where the player is told their guesses are too high or too low until they guess the correct answer
- Create a "Flappy Bird" clone
- Create a "dress-up" program that lets the player select different combinations of outfits for a person, alien, monster, etc.
- Create a working calculator that adds, subtracts, multiplies, and divides
- Create a working simulation of the solar system
- Create a game that has the player practice math facts
- Submit up to 3 programs of your own design and creation

Prizes:
- Every student who successfully **submits one task** will get a t-shirt.
- Every student who successfully **submits at least 5 tasks** earns a a prize kit and a trip to a tech company in the Riverwoods for a tour, lunch at an ice cream parlor, and a Q&A visit with leaders from local tech companies.
- Every student who successfully **submits at least 8 tasks** will earn a $25 Amazon gift card.
- The Judges' Choice top secret prize will be awarded to one student in each grade level who **submits 8 tasks**.

Rules:
- Adults may give suggestions, but students create the code
- Students may work by themselves or in teams of no more than 2
- This contest is designed with the Scratch coding language in mind. Students in Grades 4-6 already have accounts with Scratch and should know how to access their accounts. Students in Grades 1-3 will need a parent to create an account for them to be able to publish their programs -- publishing a project through Scratch requires email verification. Students are welcome to use other programming languages if they have a way to submit links to where their projects are published online.

Submit your projects at this site: https://goo.gl/eH811C