

SAGE PAGE UPDATE

Sage Hills Elementary * 3033 Swainson Ave * 801-610-8723

January 2013

- 9 SCC Mtg. 4:00 pm
- 21 Martin Luther King Jr. Day - NO SCHOOL
- 22 PTA Meeting 9:30
- 25 SEP Online Scheduler parent window opens



February Upcoming Events

- 4 Minimal Monday
 - Kindergarten:
 - AM: 8:00 - 10:00
 - PM: 11:45 - 1:45
 - Grades 1-6:
 - Track A 8:00 - 12:30
 - Track B 9:15 - 1:45
- 4-14 Valograms before school and lunch recess only. Before school only on Feb. 14th
- 5-8 Book Fair
- 6 Kindergarten Registration
- 6 SEP Conferences 4:00 - 7:45
- 7 SEP Conferences 4:00 - 7:45
- 13 SCC Mtg. 4:00
- 18 President's Day - NO SCHOOL



Principal's Message

Dear Parents & Students,

We had the opportunity to usher in a new year. With a new year we are able to set resolutions or goals. I reflected upon goals I could set for Sage Hills. All of my goals included students, teachers, and parents.

The goals I have for Sage Hills need help from students, parents, and teachers. They include:

1. Focus on student learning
2. Celebrate student learning
3. Continue implementation of new Utah State Core implementation
4. Encourage student attendance

As you can read, we will be focusing on student learning. Students learn best when they are at school. However, we do understand illness and ask you to keep your child home if they are ill. Please read the information included in this newsletter on guidelines for ill children.

In light of the unsettled world we live in, we want to reassure parents that Sage Hills is doing everything possible to keep our children safe. We practice fire drills every month and earthquake and lockdown drills every other month. We remind all parents and visitors to please check into the office every time you enter the building.

~Mrs. Holbrook

PLAN AHEAD
SEP CONFERENCES
February 6th and 7th

Parent Online Scheduler Window:
January 25th - February 3rd

Minimal Monday February 4, 2013

Kindergarten:

AM: 8:00 – 10:00

PM: 11:45 – 1:45

Grades 1-6:

Track A 8:00 – 12:30

Track B 9:15 – 1:45

Kindergarten Registration for Fall 2013

Kindergarten Registration for next Fall 2013
is on Wednesday, February 6th.



Saratoga Springs Fire Department

Saratoga Springs Fire Department has adopted Sage Hills Elementary to help our students learn safety throughout the year. They have donated prizes for students who practice safety and can answer questions. There is a bulletin board in the gym supporting their theme.

January's theme is: "Fall Prevention"

Students will learn:

- ✚ When walking, running, riding bicycles, skateboards, or scooters, WATCH where you are going! Watch for cars, people and hazards and "Do not run into them".
- ✚ When at play, take safety precautions such as playing in a safe area and wear protective equipment approved for that activity.
- ✚ Take turns on playground equipment. Do not wear sandals on the playground equipment and make sure your shoelaces are tied.
- ✚ Do not climb on furniture to reach high objects. If you cannot reach something, ask for help.

PTA President and President Elect Needed

We are in need of a PTA President Elect for the remainder of this year. This person would become the PTA President for next year. If you are interested, please contact Sage Hills 801-610-8723 or Shiree Dome, our current PTA President.

The PTA sponsors and runs: Hogwarts, Polar Express, Sock Hop, Dr. Seuss, Room parents, Take Home Library volunteers, classroom volunteers, SEP Dinners, and many other activities.

Without a President, we will be extremely limited on activities next year.

Character Connection

We are using the Lindon Character Connection format this year.

In January our students will be learning and setting goals about Dependability.

The motto for the month is: "Being someone others can count on."

"The willingness to accept responsibility for one's life is the source from which self-respect springs."

~ Joan Didion

Read It and Win!

December's Read It and Win winner is:

Desiree Lambourne in Mrs. Hicken's Class

Please fill out and have your child turn into the office.

We will be giving the winning student a \$5.00 Wal-Mart gift card.

What date is Minimal Monday in February?

Child's Name: _____

Teacher: _____

Signature: _____

Student Emergency Kits

Please send during the month of January

We had the opportunity to experience an after school lockdown in October. As we reflected upon emergencies, we realized students do not have emergency packs. We are asking parents to put together a kit for each of your children.

Your kit must include the following: (We ask that NO NUTS or nut products be included in kits due to HIGHLY sensitive nut allergies at our school.)

- Quart size Ziploc with student and teacher name written on the outside
- Non-Perishable Snacks: dried fruit, fruit snacks, dried meat jerky, dry cereal in small boxes, crackers, nut free granola bars, gum, 3-5 pieces of hard candy (i.e. Lifesavers, Laffy Taffy, etc.)
- One Mylar Emergency Space Blanket, blankets can be found at sporting goods or surplus stores
- A 12-hour light stick
- A family picture or comforting note to your child (optional)
- An emergency card. This card is included in the newsletter. Please fill out and put in your child's bag.

EMERGENCY INFORMATION

Student name: _____

Address: _____ Saratoga Springs, Utah 84045

Parent cell phone numbers: _____

List known medical conditions, medications & allergies:

EMERGENCY CONTACT PERSON(S)

Name: _____ **Phone:** _____ **Rel.** _____

Name: _____ **Phone:** _____ **Rel.** _____

Name: _____ **Phone:** _____ **Rel.** _____

Medical Insurance Provider: _____

Other information:



Parking Lot Safety They are all of our Children



With the onset of cold weather, parents are driving their children to school.

This means three things:

1. There are MORE children to watch out for.
2. Courtesy at ALL times in our parking lot.
3. Plan your timeline with minutes incorporated in for SAFETY. We recognize the value of each child. Please plan ahead so you can take the time to ensure that ALL students are safe.

Parking Lot Reminders:

Parents are to pick up students in the South parking lot. Please do not use the bus lanes, North parking lot, or North delivery driveway.

We are asking patrons again to please be aware of a few parking lot items.

1. Every child's safety is important to us. The parking lot rules apply to all.
2. A **RED ZONE/Bus Zone** is a **RED ZONE** during ALL school hours. If for any reason your child is late, do not drive into the red/bus zone to drop them off. Please use the drop off/pick up area. The bus zone is the North entrance and patron area is the South entrance.
3. Do not pull into the North faculty parking lot or bus zone to drop off any students at any time during the day.
4. **DROP OFF ZONE:**
 - a. Please pull all the way forward to alleviate cars from backing up. Students being picked up are exiting the building via the South doors. Students who are walking are exiting the North doors. Students riding the bus are to exit the center/main doors.
 - b. Please do not leave your vehicle unattended in the Drop off/ Pick up area. This is extremely frustrating to all parents, staff on duty, and children.

SLOW DOWN: We are in a small area where speeds should not exceed 5 mph. Remember: Safety for all children. Plan ahead if you have somewhere else to be in a hurry. A child's life is not worth the speed some are driving.



WEATHER CONDITIONS

We ask that parents dress their children in appropriate attire for the weather. Please check the weather before coming to school to make sure your children will be comfortable.

Every day is considered an OUTSIDE day unless:

- The temperature is below 20 degrees
- Wind chill factor drops the temperature below 20 degrees
- Extreme blizzard or rainfall
- Air quality is not appropriate

If it is extremely wet or cold in the morning before school, students should go to the lunchroom and wait there for the bell to ring. Kindergarten children should go directly to their classroom. While waiting in the lunchroom, students should be seated by grade levels. It is not appropriate to run around or play ball in the gym at this time. When the bell rings, students will be dismissed to their classroom by grade levels. The teachers on morning supervision will be on duty in the lunchroom instead of outside on rainy days.

It is the parent's responsibility to provide a coat or jacket for their child. Please put child's name on all items.

It is the child's responsibility to wear their coat or jacket.

PLEASE NOTE: Parents with the advice of their health care provider, should inform their school if they believe their child is part of a "sensitive" group who should have limited outdoor physical activity when the air quality is poor.

COLD - VS - "FLU" SYMPTOMS

It is, important to know how to tell the difference between a cold, the flu or allergies, and when you should see a doctor. It is also helpful to be informed about the best methods of prevention.

HEAD COLD SYMPTOMS: (Some combination of): sore throat, runny or stuffy nose, cough, congested ears, headaches, and dizziness, swollen glands, fever, chills.

INFLUENZA SYMPTOMS: (Some combination of): sore throat and nasal congestion, muscle aches, dry cough, headaches, dizziness, fatigue, fever, chills.

STOMACH FLU" SYMPTOMS: (Some combination of): nausea, vomiting, abdominal cramps diarrhea.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"

Wash your hands frequently- also keep them away from your eyes, nose and mouth. Contrary to popular belief, most cold germs are passed on hands, not by sneezing. Avoid crowds whenever possible, eat a balanced diet and get enough sleep! Encourage kids to go outside and play regularly. The outdoor air, especially in the winter, is more humid, and much fresher than the air indoors, which tends to be drying to the mucous membranes. Heated indoor air is germ-laden and dusty. **You don't get a "cold" from breathing cold air!! So bundle up and go play!** (some children with asthma may react to cold temperatures) Drink plenty of water and Get a Flu shot.

IS IT A VIRUS. A BACTERIA. OR AN ALLERGY?

<i>SYMPTOM</i>	<i>VIRUS</i>	<i>BACTERIA</i>	<i>ALLERGY</i>
RUNNY OR STUFFY NOSE	OFTEN	RARE	OFTEN
ACHING MUSCLES	USUAL	RARE	NEVER
HEADACHES (NON-SINUS)	OFTEN	RARE	NEVER
DIZZY	OFTEN	RARE	RARE
FEVER	OFTEN	OFTEN	NEVER
COUGH	OFTEN	SOMETIMES	RARE
DRY COUGH	OFTEN	RARE	SOMETIMES
RAISING SPUTUM	RARE	OFTEN	RARE
HOARSENESS	OFTEN	RARE	SOMETIMES
RECURS AT A PARTICULAR SEASON	NO	NO	OFTEN
ONLY A SINGLE COMPLAINT (SORE THROAT, EARACHES, SINUS PAIN OR COUGH)	UNUSUAL	USUAL	UNUSUAL
DO ANTIBIOTICS HELP	NO	YES	NO
CAN THE DOCTOR HELP	SOMETIMES	YES	SOMETIMES

The best method to prevent the flu and cold viruses from spreading: Keeping your children home when they are sick.

At school we will be doing the following:

- Using hand sanitizer.
- Wiping down desks weekly.
- Sanitizing doorknobs, drinking fountains, phones, restrooms, and lunchroom tables daily.
- Sanitizing playground equipment occasionally.
- Reviewing with students the need to wash frequently, covering their mouths, noses, and staying home when ill.

Parents will be notified to come and pick up their children if they are running a temperature of 100 degrees or more, throwing up, or have diarrhea. It is the parents' responsibility to pick up their child when they are ill.

Emergencies

We are really excited to be able to have and use School Messenger. School Messenger can call each of our homes within 15-20 minutes. This will help us in case of emergency. Each staff member has been given emergency flip charts with maps and directions that cover emergency procedures for a variety of situations.

There are three basic responses we will make depending on the type of emergency:

1. Stay in the building.
2. Evacuate the building to outside.
3. Evacuate to the church north of the school.

We have specific response plans for emergencies such as fire, earthquakes, bomb threats, intruders, gas leaks, and power outages. We have monthly fire drills and occasional drills for other emergencies, so that students and teachers will know what to do and where to go.

We will notify parents when students need to be picked up before the regular dismissal times. We ask in an emergency you park at the church or on the street and walk in to retrieve your children. Emergency vehicles will have priority in the driveway.

When we have drills or minor incidents that do not need your immediate attention, we will ask students to tell you what happened after they arrive home from school.

While we cannot foresee every emergency, we plan to keep your children safe and secure.

School Community Council NOMINATIONS NEEDED

The School Community Council (SCC) purpose is to build consistent and effective communication among parents, employees, and administrators. We meet 7 times per year.

The SCC Responsibilities are to:

- Help develop a School Improvement Plan.
- Help develop a School LAND Trust Plan.
- Help participate in Professional Development Plan.
- Help develop a Child Access Routing Plan.
- Work with school administration on local school issues.
- Help develop a Reading Achievement Plan
- Encourage participation on the SCC, including recruiting potential applicants.

SCC Participants:

Co-Chairperson - Mindy Greene, Jacobs Ranch

Fox Hollow - Kris Anderson

Summerhill - Michelle Bastian

Stillwater - Christie Eagar

Hawks Landing - Amy Hunt

South Lake Mountain -

North Lake Mountain - Kirsten Strack

Harbor/Pelican Bay - Kim Shock

Elections will be coming soon and we are looking for interested parents who would like to serve on our community council in the following areas:

South Lake Mountain

The following SCC Members are up for re-election: Michelle Bastian, Christie Eagar, Amy Hunt, Kim Shock. Any parents interested in becoming involved in School Community Council, please contact Sage Hills Elementary.

SEP CONFERENCES

FEB. 6TH & 7TH

Step-By-Step Parent/Guardian Instructions
Opens: January 25, 2013 to February 3, 2013

1. Visit the school's homepage <http://sagehills.alpineschools.org/>
 - a. Select the Parent Header
 - b. Select Online Scheduler link
2. From the Online Scheduler Home Page
 - a. Choose your student's school from the drop down list and click "GO"
 - b. Enter the school password **thunderhawks**
 - c. Enter your student's "Student ID". If you do not know their Student ID, use the LOOKUP STUDENT ID button to access the system.
 - d. Verify the student's birth date
 - e. A list of your student's teachers will be displayed. Check the box next to the name of each teacher(s) you would like to meet with.
 - f. If you have more than one student in the school you can see all of your students' teachers' schedules at one time by answering YES to this question "**Do you want to schedule conferences for another student?**" then repeat the steps above for your other students. If you only have one student, answer NO to that question.
 - g. You will then see the available time slots for each teacher you selected.
 - h. Select the times that work best for your schedule.
 - i. Enter your email address (recommended) if you would like an email reminder sent to you. (Your email address is kept private.)
 - j. Once you have finished you can confirm your appointment details and print your conference schedule.
 - k. Write down the Confirmation Number (you will need this number to cancel your appointment)Contact the school's Online Scheduler™
Name: Sherrie Holbrook or Julia Warnick
E-mail: sholbrook@alpinedistrict.org or juliawarnick@alpinedistrict.org
Phone: 801-610-8723

SEP CONFERENCES

FEB 6th & 7th

Paso a paso instrucciones

January 25, 2013 – February 3, 2013

1. Visite la pagina de bienvenida de la escuela
<http://sagehills.alpineschools.org/>
y escoja El icono "Online Scheduler."
2. Desde el "Online Scheduler"...
 - a. Escoja la escuela del estudiante de la lista que baja y haga click.
 - b. Ponga la contrasena de la escuela **thunderhawks**.
 - c. Ponga la identificacion estudiantil (student ID). Si no se la sabe, se le recomiende que usted utilice el botón, "LOOKUP STUDENT ID".
 - d. Verifique la fecha de nacimiento de su estudiante. (si el sistema no lo acepta, pongase en contacto con la escuela a fin de verificar si los registros o archivos nuestros son correctos.)
 - e. Escoja el maestro/la maestro con quien le gustaria juntarse.
 - f. Si Ud. tiene mas de un(a) estudiante en la escuela, podra ver los horarios de los maestros a la vez si escoge "YES" a la pregunta "Do you want to schedule conferences for another student?" Si Ud. tiene solo un(a) estudiante, conteste "No" a esa pregunta.
 - g. Ahora Ud. debe ver las horas disponibles.
 - h. Escoje la hora preferida para cada maestro.
 - i. Ponga su correo electronico si le gustaria un recordatorio de la cita.
 - j. Imprimir el horario de la conferencia
 - k. Apunte el numero de confirmacion. Lo necesitara para cancelar o cambiar la cita.

¿Necesita ayuda? Póngase en contacto con el especialista del ordenador electrónico via Internet de su escuela:

Nombre: Sherrie Holbrook or Julia Warnick

Numero Telefónico: 801-610-8723