

SAGE PAGE UPDATE

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

January 2014

- 8 SCC Mtg. 4:00 pm
- 13 PTA Meeting 9:30
- 20 Martin Luther King Jr.
Day - NO SCHOOL
- 15-29 SEP Online Scheduler
parent window open



February Upcoming Events

- 3-13 Valograms sold before
school and lunch recess
only (Spirit sticks will also
be sold)
- 3-7 Book Fair
- 4 Kindergarten Registration
- 5 SEP Conferences 4:00 - 7:45
- 6 SEP Conferences 4:00 - 7:45
- 10 PTA Mtg. 9:30
- 17 President's Day - NO
SCHOOL
- 28 2nd Trimester ends

PLAN AHEAD
SEP CONFERENCES
February 5th and 6th

Parent Online Scheduler Window:
January 15th - January 29th

Principal's Message

Dear Parents & Students,

During the holiday I spent time re-reading professional articles. I came across an article in Time Magazine, February 21, 2005. The article was entitled, "Eight Steps to Parental Success" by Michael Thompson.

"Kids thrive when they feel the adults in their lives see them in a consistent way. So parents and teachers should try to use the precious minutes of a conference to reach an agreement about a child's strengths and challenges and to unite on the best ways they can respond to them.

1. Be there. Research shows that children do better academically when both parents attend conferences.
2. FOCUS on the relationship. The aim for parent-teacher conference is to build a mutually respectful alliance that will support a child.
3. Share insider information. Tell the teacher what you know about your child as a learner. That information can help a teacher fine-tune instruction or interactions to be more effective.
4. Use a report card as a jumping off point, not as the centerpiece of the discussion. Turn any review of grades into an opportunity to get the teacher's more detailed observations. Do not dwell on the grade itself. Remember, an A student won't die from getting a B, nor will a B student suffer irreparable harm from getting a C.
5. Inquire about your child's progress in areas that aren't easily measured by grades. Not every child is going to be a brilliant student, but you want your child, brilliant or not, to be a loving, respectful, productive citizen who can live in a community with others. Ask how your child is doing socializing and respecting others.
6. Ask what you can do. Be receptive to advice on how you can support your child's success without micro-managing or rescuing.
7. Trust your child's development. Try to relax a little and have faith in your child and his/her journey through school.
8. Leave your own school baggage at home. We all have memories of teachers and classes that made us miserable. Set those aside and approach your child's teacher as a peer and partner. Assume a teacher wants to see your child succeed in school and in life - just as you do. The respect you show a teacher is contagious and will find its way back to your child."

~Mrs. Holbrook

Kindergarten Registration for Fall 2014

Tuesday, February 4th
8:30 a.m. - 2:30 p.m.

Avoid the lines on February 4th...
Contact the office to request a packet to fill
out and return at your convenience.

Kindergarten

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.

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 an 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 that 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.

Character Connection

We are using the Lindon Character Connection format this year.

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

The motto for the month is: "When I work with you, we both succeed."

"Coming together is the beginning... Keeping together is progress... Working together is success."

- Anonymous

Volunteers Needed

During the winter we have a lot of inside recess days due to bad air quality and below 20-degree weather. We are in need of parents who are willing to volunteer to supervise the lunchroom, hallways, and classrooms on these days. If you are interested, please contact Sage Hills 801-610-8723. Thank you.

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.

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.