



Wrapping Up 2019

Newsletter
2019 - 2020 Issue 2

Happy holidays to the Janesville Community! The winter break gives us all an opportunity to be with family and friends, and recharge our batteries for the remaining 100 days of school.

This week we have officially opened area B. We had tremendous help from the staff and students in moving several teachers and support staff to different classrooms throughout the district. I encourage you to stop in and take a look. The project turned out really well. Area C is still a work in progress and will likely be ready to go near the end of April.

We will continue the current traffic pattern and will not use the new entrance at area B until the completion of the project. Peters will continue to have that area fenced off and have a lot of their equipment on that side of the building. We are aware of the damage to the pavement and parking areas; those will be fixed after all of the heavy equipment is gone.

I would like to change gears just a little as I wrap up. We have heard from many of you regarding the concerns of vaping/e-cigarettes/Juul products in schools and being used by young people. Janesville has partnered with the Waverly Health Center to meet with our secondary students, and we are implementing education into

our classes. We are asking for your help at home. Please have discussions with your students about the dangers of these products and the consequences that they can face from use. We appreciate your partnership.

We hope that everyone has a wonderful break.
GO WILDCATS!

BJ Meaney
Superintendent/High School Principal



Wildcat Volleyball Coach Sorensen

The Janesville Wildcats Volleyball Team wrapped up another successful season by reaching the quarterfinal match at the Class 1A State tournament. The team finished the 2019 season with a record of 33-12. This year's squad earned a Class 1A state appearance for the tenth consecutive year by defeating #11 ranked Gladbrook-Reinbeck in the Regional Final. The talented Janesville team, ranked 3rd in class 1A, defeated Clarksville and North Butler to reach the regional final. The Wildcats fell short to #6 ranked Wapsie Valley, 3-1, in the first round at state.

The Wildcats finished in first place (3-way tie) in the Iowa Star North Conference for the fourth year in a row, with a 5-1

record. The Cats also brought the Iowa Star Conference Traveling Tournament Trophy home for the 2nd consecutive year.

Several players earned Iowa Star North All-Conference recognition. First team honors went to Seniors Julia Meister & Bailey Hoff, and junior Gabby Gergen. Second team selections went to Juniors Marra Fitzgerald and Naomi Hovenga. Honorable Mention went to sophomore Pyper McCarville. Hoff, Meister, and Gergen were all named to the NC Iowa All-District Team. IGCA All-State Team recognition went to Gabby Gergen, First Team, Julia Meister, Second Team, and Bailey Hoff, Honorable Mention.

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Four senior letter winners graduate from this year's squad and will be greatly missed: Kennedy Eastman, Bailey Hoff, Cloey McCarville, and Julia Meister. Several players will return next year to lead the 2020 volleyball team. Returning letter winners include juniors Gabby Gergen, Marra Fitzgerald, Chloe Kiene, Naomi Hovenga, & Kenzie Bengen, along with sophomore Pyper McCarville, and these players will bring back much experience for the 2020 season. Other varsity returners include Jordan Danielson, Isabella Reints, Kamryn Umthum, and Hope Hovenga. Our F/S and JV teams also had a lot of success this year and showed much improvement throughout the 2019 season, and we also look forward to the return of all of these young players for the 2020 season.

Congratulations to the Wildcats on an **OUTSTANDING** 2019 Volleyball Season!

Thank You's!

Coaches Shelly Sorensen, Todd Bengen, and Dana Sorensen would like to thank the following people for helping to make the 2019 season a successful and memorable one.

Mr. Shannon Friedrich and Mrs. Liz Foelske for line-judging our home matches.

Boosters for all you do to support our program.

All who donated drinks for our Gatorade Scrimmage.

All who helped with and/or participated in

the Golf Outing Fundraiser for football and volleyball.

Parents and grandparents who provided team breakfasts before Saturday morning tournaments and team suppers during regional play.

The fans and police escort who greeted us on our return home from the Regional Final.

Administration/school for providing motel rooms for the team during state.

Al and Katy Sweeney for representing our school as recipients of the sportsmanship award at the state volleyball tournament.

Merle Sorensen for scouting during regional play.

Kim Eastman for being our team photographer.

Tracy Thompson, Kelly Weidman, and Jo Apling for helping with the orders and distributing state tee-shirts in the office.

Mr. Meaney and Mr. Monroe for your support and lining up all necessary things for the team for state.

All who lined the streets for the Wildcat send-offs.

Farm Bureau for providing the STATE volleyballs for players and coaches.

Fidelity Bank for the bags of goodies for the players and coaches as they headed off to state.

And finally a huge thank you to the student body, faculty and staff, administration and

the entire community for all your support! It was another successful Wildcat volleyball season!

Court Dedication

A special thank you goes out to Mr. Meaney, Mr. Temple, and Mr. Monroe for organizing the court dedication earlier this fall. I am truly honored for this recognition. Thanks to all who helped decorate, made goodies, and served cake and drinks. Thanks also to those who sent flowers and special gifts. Thank you to Haley Parker for painting the signatures on the court. A huge thank you goes to my son, Andrew Sorensen, for coming back to read the dedication message for the ceremony. Thank you to my entire family for your never-ending support. And thanks to all of my former players and assistant coaches who made it back for this game to celebrate the occasion. It was awesome to see you in the crowd and speak with you afterwards. Thanks to all who sent congrats through texts, cards, emails, and Facebook. Thanks to those who sent special messages and pictures for the scrapbook that was put together. I truly appreciate your kind words and support. Thanks to all of my former and present assistant coaches for helping me build this program. Thanks to all the volunteers that have helped coach our AAU teams in the off-seasons. And a big thank you goes out to Stacia Hoff for her dedication to the program as the junior high coach for over 20 years. So many great memories have been made within those walls and so many wonderful relationships were built. (Sorry if I missed anyone!)

Thanks for the memories!

LEGO League Teams Advance to State Mrs. Giraud

On Saturday, December 6th, two Janesville LEGO League teams traveled to Central Middle School in Waterloo to compete in a regional FIRST LEGO League competition. The two teams, Big Block Busters (Ben Campanella, Molly Cheeseman, Seth Gregorsok, Brendon Meaney, Emerie Parkes, Ella Vande Haar) and the LEGO Wildcats (Dalton Brinkman, Jet Clinton, Grant Giraud, Austin Oltmann, Gabe Reeves, McCabe Trees, Gerrit Vande Haar) competed in several events to advance to the state competition in Ames.

Each LEGO League team is judged based on four areas: robot mission, robot design,

innovation project, and core values. For the robot missions, students built and programmed a robot to complete different tasks, which included dropping a block from a crane, moving blocks, releasing a swing, going up a bridge, and raising flags. The teams had two and a half minutes to complete as many missions as possible. Additionally, teams described the design of their robot and its programs and answered questions about their strategy, decision-making, and the unique features of their robot or its code.

For the Innovation project, teams had to identify a problem that fit this year's

CityShaper theme. Each team identified a problem within their community related to a public space or building, designed an innovative solution to solve the problem and shared their solutions with others. The Big Block Busters identified lack of accessibility at the city park as a problem and focused on replacing the zipline at the city park with an adaptive, two-seated zipline. The Lego Wildcats' project is repurposing the old wrestling room into a STEM center. Each team gave a five minute presentation to judges on the work they completed to solve the community problem.

The FIRST LEGO League program



stresses the philosophies of Gracious Professionalism and Cooperation through the development of the Core Values of Discovery, Innovation, Impact, Inclusion, Teamwork and Fun. Throughout the entire

competition, students and their coaches were to demonstrate these core values. Additionally, students were scored on their ability to complete a team-building task and answer questions to demonstrate their

understanding of these core principles.

The Iowa FIRST Lego League state competition will take place January 18-19 on the campus of Iowa State University.

FOR INSPIRATION & RECOGNITION OF SCIENCE & TECHNOLOGY



Notes from the Activities Director Mr. Monroe

The Wildcat Volleyball team finished the 2019 season with their 10th appearance at the state tournament! The girls' season ended with a hard fought game vs. Wapsie Valley at the state tournament, finishing 33-12 on the season. We had a number of players receiving conference and state awards yet again!

All Conference or All District Awards (Which Team – NO Elite Teams)

- ◇ Bailey Hoff
First Team NC Iowa
All-District Team
- ◇ Julia Meister
First Team NC IA
All-District Team
- ◇ Gabby Gergen
First Team NC Iowa All-District
- ◇ Marra Fitzgerald
Second Team All-Conference
- ◇ Naomi Hovenga
Second Team All-Conference
- ◇ Pyper McCarville
Honorable Mention
All-Conference

All State Awards (Which Team -- Which Source)

- ◇ Gabby Gergen
IGCA First Team All-State
- ◇ Julia Meister
IGCA Second Team All-State
- ◇ Bailey Hoff IGCA
Honorable Mention All-State

The Wildcat football team also concluded a successful year, finishing 6-3 on the season. Boys receiving conference and state recognition include:

Third Team All State

- ◇ Carson Pariseau, Junior,
Running Back

First Team All District

- ◇ Carson Pariseau, Junior,
Running Back
- ◇ Caden Billingley, Senior,
Wide Receiver
- ◇ Tegan Meyer, Senior,
Defensive End
- ◇ Jared Hoodjer, Sophomore,

Linebacker

Second Team All District

- ◇ Wiley Sherburne, Sophomore,
Defensive End
- ◇ Conner Clubine, Sophomore,
Offensive Guard

Honorable Mention All District

- ◇ Andrew Jaeger, Senior,
Offensive Guard
- ◇ Leo Dodd, Sophomore,
Quarterback

Big congratulations to Marlee Boyle on being selected to the All-State Choir again this year!!

The winter sports season is underway, and you can find all the schedules and rosters on the Varsity Bound website or app. All school schedules can be found on rSchool, which is linked on the Janesville CSD website.

Go Cats!



ISASP OVERVIEW

ISASP (Iowa Statewide Assessment of Student Progress) replaced the Iowa Assessments and was taken by students for the first time in the spring of 2019. ISASP measures the Iowa Core Standards in English Language Arts, Mathematics and Science. English Language Arts and Mathematics tests were administered to students in grades 3 through 11. Science tests were administered to students in grades 5, 8 and 10.

Districts were able to select whether to administer the tests online or as paper/pencil instruments. Approximately 75% of Iowa students completed the ISASP online, including our students at JCSD.

ASSESSMENT RESULTS

Individual Student Reports have been provided to schools for dissemination to students and families. These results will be shared on an individual basis with families in our district. Individual and district results will be used to discuss areas of strength and areas for growth regarding curriculum and instruction.

Overall our results are moving in the right direction! The results support the significant focus given to English Language Arts by the state and our district the last several years. Our math data also shows we are moving in the right direction. In recent years we have adopted math materials from Illustrative Mathematics. These materials align with our shared beliefs about math instruction. Illustrative Mathematics was written by the authors of the Common Core and aligns to the standards both in content and rigor. We are in our third year of implementation of these materials at the middle school level and second year for high school. Elementary curricular materials are currently being finalized by the authors and we have committed to a math pilot to gain access to these materials in the 2020-21 school year. The wait we have endured for elementary materials has made math challenging at the elementary level. To address this need we have been using the best available resources and have worked as a math team to adjust the materials to fit our beliefs and allow us to implement evidence based practices. We look forward to getting access to the Illustrative materials as part of the math pilot next year!

Questions have come up across the state regarding the science scores and results. Mainly, why are the expected cut scores higher for science and why are we seeing lower scores overall? The response provided at the statewide curriculum network meeting is included below.

“The ISASP is better aligned to the Iowa Academic Standards. The Iowa science standards were adopted in August 2015, and the 2019-20 school year marks the first year that our standards are to be fully implemented in K-5 and 9-12 with full implementation expected by 2021 for grades 6-8. We know districts across the state have been working to effectively implement the standards and we expect to continue building capacity with regard to teachers use of aligned instructional strategies over the coming years, with a continued focus on standards-aligned instruction and assessment. Districts may find it helpful to review the Iowa Science Standards Implementation Plan and associated resources at the Iowa Core

Educator Resources in Science website. Remembering that each test looks at a standards grade band (3-5, 6-8, HS), districts may need to use the science data to analyze students opportunities to learn Iowa science standards at all grade levels.”

For all content areas we will analyze results further for adjustments we can make to curriculum and instruction to continue to improve. We will also analyze individual results to consider supports and enrichments we can provide for all students.

INTERPRETING RESULTS

Performance Level Descriptors specify the level of performance on a test that is required for a student to be classified into a given performance level (such as proficient). The Performance Level Descriptors can be found at <http://iowa.pearsonaccessnext.com/performance-levels/>.

Two cut scores that define three levels of performance (Not-Yet-Proficient, Proficient and Advanced) have been established for the ISASP English Language Arts, Mathematics, and Science tests. The Iowa State Board of Education approved the cut scores in September 2019. The cut scores established in 2019 will serve as a baseline for future years.

The ISASP results cannot be directly compared to previous state results due to a number of factors (see table below).

<i>ISASP</i>	<i>Prior to ISASP</i>
All students tested in the spring of 2019	Schools opted to test at any time throughout the year
ISASP was developed to be specifically aligned to the Iowa core	A national assessment was used
English Language Arts standards in reading, writing and language were measured	Only standards in reading were measured
Essays and constructed-response questions were included in addition to multiple-choice questions	All questions were multiple-choice
Grade-specific content (as defined by the Iowa Core) was measured	Content across two grades was measured
A standard setting study was completed to define cut scores for the three levels of performance.	A statistical procedure was used to define cut scores for the three levels of performance.

NEXT STEPS

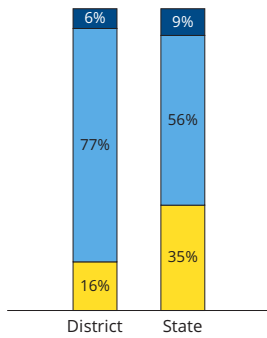
An equivalent form of the ISASP will be administered between March 16 and May 15, 2020. The Performance Level Descriptors and cut scores established in 2019 will be used for the interpretation of the 2020 results. An index of student growth will be available after the spring 2020 results are available and relationships between ISASP and ACT will be established as data for Iowa students become available.



The graphs below display the performance of the grade 3 students in the district compared to the state by Achievement Level.

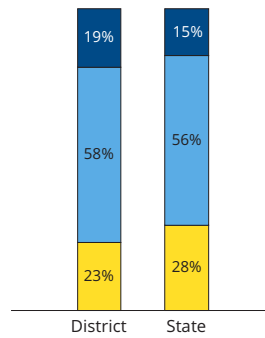
ENGLISH LANGUAGE ARTS TOTAL

Percentage by Achievement Level



MATHEMATICS

Percentage by Achievement Level



ACHIEVEMENT LEVELS

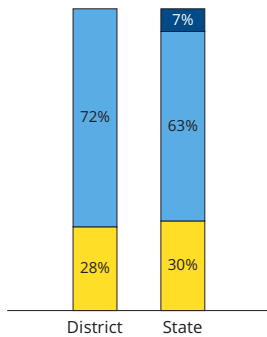
- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.

The graphs below display the performance of the grade 4 students in the district compared to the state by Achievement Level.

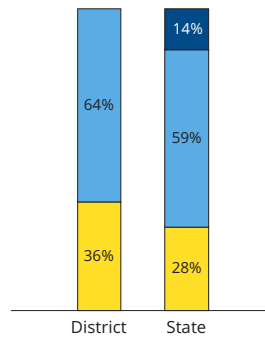
ENGLISH LANGUAGE ARTS TOTAL

Percentage by Achievement Level



MATHEMATICS

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

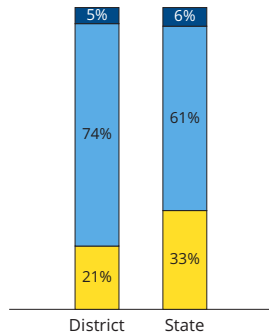
Percentages may not add to 100 due to rounding.



The graphs below display the performance of the grade 5 students in the district compared to the state by Achievement Level.

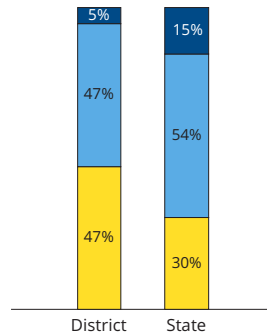
ENGLISH LANGUAGE ARTS TOTAL

Percentage by Achievement Level



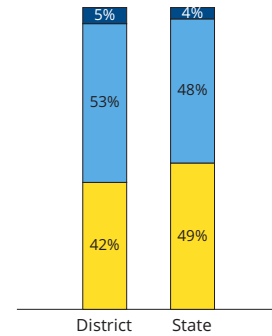
MATHEMATICS

Percentage by Achievement Level



SCIENCE

Percentage by Achievement Level



ACHIEVEMENT LEVELS

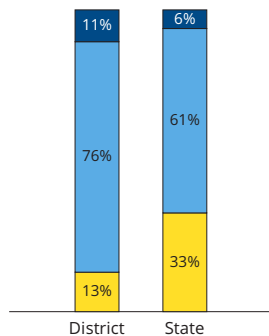
- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.

The graphs below display the performance of the grade 6 students in the district compared to the state by Achievement Level.

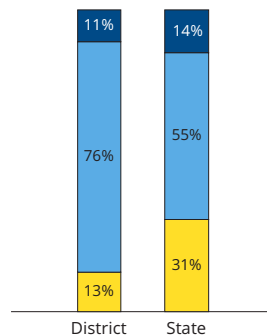
ENGLISH LANGUAGE ARTS TOTAL

Percentage by Achievement Level



MATHEMATICS

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.



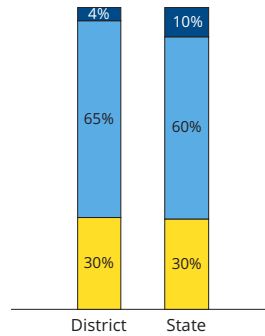
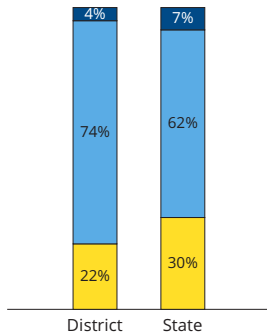
The graphs below display the performance of the grade 7 students in the district compared to the state by Achievement Level.

ENGLISH LANGUAGE ARTS TOTAL

MATHEMATICS

Percentage by Achievement Level

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.

The graphs below display the performance of the grade 8 students in the district compared to the state by Achievement Level.

ENGLISH LANGUAGE ARTS TOTAL

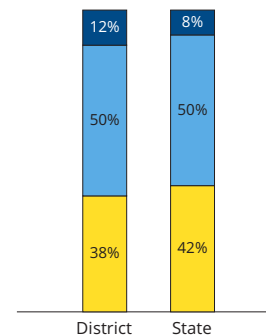
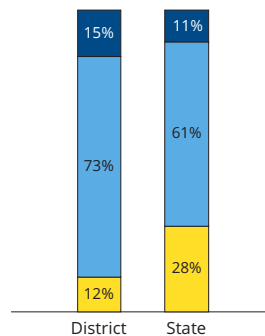
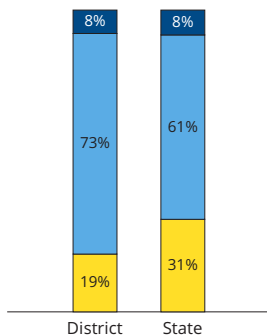
MATHEMATICS

SCIENCE

Percentage by Achievement Level

Percentage by Achievement Level

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.



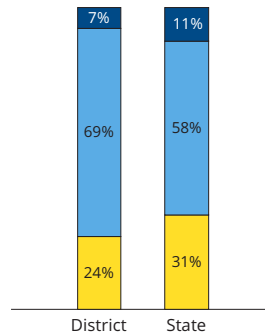
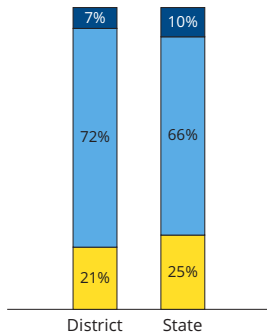
The graphs below display the performance of the grade 9 students in the district compared to the state by Achievement Level.

ENGLISH LANGUAGE ARTS TOTAL

MATHEMATICS

Percentage by Achievement Level

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.

The graphs below display the performance of the grade 10 students in the district compared to the state by Achievement Level.

ENGLISH LANGUAGE ARTS TOTAL

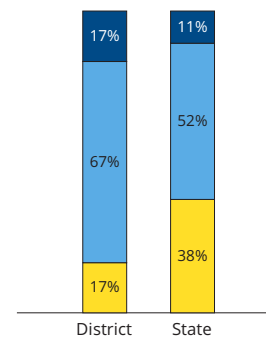
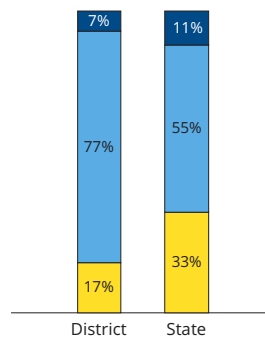
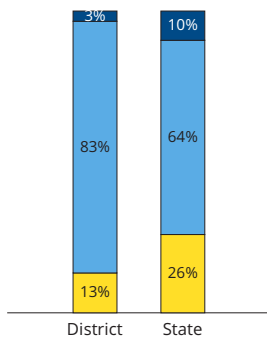
MATHEMATICS

SCIENCE

Percentage by Achievement Level

Percentage by Achievement Level

Percentage by Achievement Level



ACHIEVEMENT LEVELS

- ADVANCED
- PROFICIENT
- NOT YET PROFICIENT

Percentages may not add to 100 due to rounding.



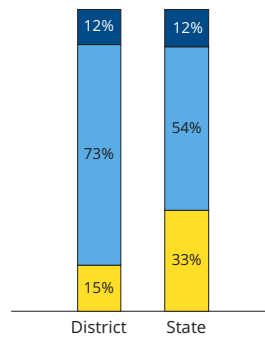
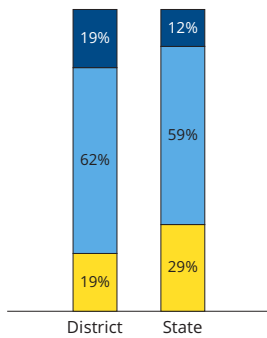
The graphs below display the performance of the grade 11 students in the district compared to the state by Achievement Level.

ENGLISH LANGUAGE ARTS TOTAL

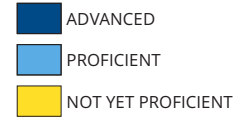
MATHEMATICS

Percentage by Achievement Level

Percentage by Achievement Level



ACHIEVEMENT LEVELS



Percentages may not add to 100 due to rounding.

Tid-Bits

Seniors and Senior Parents,

Please email Senior photos to Ms. Parker as soon as you have them, haley.parker@janesvilleschools.net.

You will need one photo for the Waverly Newspaper and one photo for the Yearbook. Please identify the photos as such, unless you would like to have the same photo presented for both publications.

Senior Parents,

If you would like to purchase a senior ad for the yearbook, please email Ms. Parker, haley.parker@janesvilleschools.net. She will get you the form needed that will present sizes and pricing of ads. Senior ads are a space in the yearbook to send a message to your senior.

Here you can publish photos of your choosing. Some parents choose current or

past photos of their child growing up that capture their character. You also can publish a message to your senior, wishing them well in their future pursuits. Some parents like to keep these ads as a secret or surprise for their child, so if you are interested, please notify Ms. Parker for further information.

2019-2020 Yearbooks can be purchased on the Jostens website. <https://www.jostens.com/yearbooks/high-school-yearbooks.html>

Calling All Janesville Photographers!

Hi Everyone!!! There are times when you, the parent, the student, the grandparent, the sibling, the friend, etc, capture an amazing shot of Janesville students in action. Whether that it is a sporting event, academic event, or social event, we want it

all! Help us to capture all of Janesville with photos that we have missed!

Your photos help us to build a yearbook that displays a wide range of our students. Please email any and all photos to haley.parker@janesvilleschools.net.

Thank you for your help and support in capturing our students at their best!

Lighthouse Team Mrs. Pugh

Students in 3rd-5th grade recently had the opportunity to apply and interview for positions on the Elementary Lighthouse Team. As a result of this process 39 students in 3rd-5th grade currently serve on the team. The 5th graders on the team began meeting in November and developed the norms and leadership roles for each meeting and tied them to the 7 Habits of Highly



Effective People. They also developed four action teams to accomplish the goals of the Lighthouse Team.

The students were then divided up into action teams based on their strengths and interests. The action teams and their focus areas are included below.

Sparkle and Shine 101 - This team will consider ways for students to get involved in keeping the school environment clean and tidy, as well as, ways to improve its physical appearance.

Plan and Party 101 - This team will

find ways to celebrate in the elementary, including planning assemblies and ways for elementary students to participate in and plan special events.

Leadership Learning 101 - This team will help our students, staff and community continue to learn about and live out the 7 Habits!

Creating Community 101 - This team will identify student leadership roles and opportunities within the school environment and in the community.

At the beginning of December all 39 students met for the first time. 5th graders

modeled the process for meetings and shared the work they had been doing so far. Action teams got together for the first time to brainstorm the things they would like to accomplish as a team. At the next meeting, teams will decide what to do first and begin to develop plans to make it happen.

Our goal through the development of student lighthouse teams at each level is to create and nurture a culture of shared leadership among students, staff and community members. We want to give students the opportunity to find their voice and use their strengths and talents to make our school even better than it already is!



OPERATION THRESHOLD

PARTNERS FOR HEALTHY FAMILIES

Home visitation for families in Bremer, Butler, Franklin and Grundy Counties.

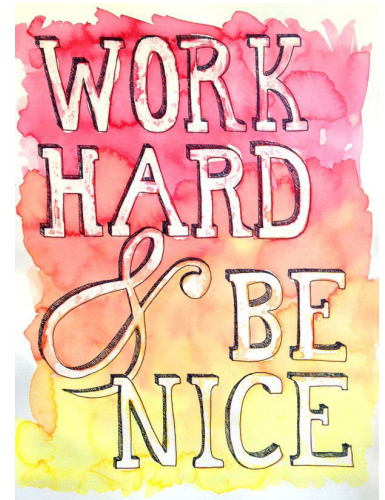
- Partners for Healthy Families is a voluntary program providing early childhood parent education and family support through weekly or biweekly home visits.
- The program can begin during pregnancy or at the birth of a child and can continue until the child is 5 years of age.
- The program promotes positive parenting skills, developmental screenings, resource referrals and support to assure families are healthy and successful.

*This program is free and available to those who qualify.

Great Childhoods Begin at Home!

For more information contact:

Jaynie Mason (319) 292-1820
Lacie Gardner (319) 939-2871
Lisa Bertch (319) 415-6648
Katherine Sager (319) 239-1691



Dunkin' Donut Dynamic Student Awards

On a quarterly basis, Janesville CSD's secondary teachers will be nominating secondary students that they "catch being good." Teachers will nominate students who are doing an exemplary job of modeling one of the four character strengths below:

Award recipients and their parents, along with nominating teachers, will then be invited to attend an informal breakfast in their honor. Janesville CSD is grateful for the generosity and support of the Cedar Falls Dunkin' Donuts. DD is donating donuts and coffee for these events. Award recipients will receive a certificate and a t-shirt to recognize their achievement. This is a project that is coordinated by the Janesville MS Student Lighthouse Team. LH Team members will assist as parent escorts, greeters, servers, and photographers.

2nd Quarter award recipients were:

RESPECT: Zayne Betts **EFFORT:** Elliott Waller

ATTITUDE: Kassidy Dunbar **PREPARATION:** MasonThompson

Congratulations Zayne, Elliott, Kassidy, and Mason!
We appreciate your leadership by example!





2020 - 2021

Janesville Child Development Center

505 Barrick Rd. P.O. Box 478

Janesville, Iowa 50647

319-987-2631

Welcome to the Janesville Child Development Center!

For children 3 years of age by Sept. 15 and potty trained, there are two options:

- ◇ M, T, Th full day (8:10-3:15). They have preschool in the a.m. and extended care in the p.m.
- ◇ M, T, Th preschool only in the p.m. (12:00-3:15)

For children 4 years of age by Sept 15 and potty trained, there are two options:

- ◇ M-F full day (8:10-3:15). They have preschool in the a.m. and extended care in the p.m.
- ◇ M, T, TH preschool only (12:00-3:20)

The timeline for registration is:

Sept-May: Open to children in the Janesville School District, children currently enrolled, and any children who are open enrolled to the district.

May-June: Open to siblings of children currently or previously enrolled.

June 1: Open to everyone.

Please contact the school 987-2581 or the center 987-2631 if you have any questions. We look forward to working with you and your child.

**fees and prices are subject to change*

- ◇ The registration fee is \$45.00.
- ◇ 3 Year Old Preschool (M, T, Th afternoons 12:00-3:15): \$120.00 a month
- ◇ 3 Year Old Preschool with extended care 8:15-3:15: \$240.00 a month
- ◇ 4 Year Old All Day Preschool 8:10-3:15: \$225.00 a month.
- ◇ 4 Year Old Preschool Only (12:00-3:20): Free
- ◇ The 4 year olds get a grant from the State for 10 free hours of preschool a week.

If childcare is needed between 6:45-8:05 a.m. and 3:15-5:30 p.m., we have a latch key program. You are charged a block rate for each hour the service is used. You will be given a bill at the end of the month. Ms. Horstman is the director of this program. Please contact her to be put on the wait list. Her email is: Kelly.horstman@janesvilleschools.net.

You will not be given a bill for preschool/extended care since you pay a set amount of nine equal payments (Sept.-May). The payments are due the first of each month with a late charge after the 10th.

Your preschool child is welcome to ride the bus within the district in the morning or home when school is dismissed at 3:15, provided there is space available.



Nurses Notes

Four Things Happy Families do Differently

Tips that you can use to create a happy family starting today.

1. Happy families have family traditions.

The word 'busy' seems to be the new most overused word these days. So it's important to set aside a time for the whole family just to be together doing things regularly each week or month, and on holidays- to create life-long memories and family traditions.

For example, it can be as easy and simple as family breakfast on Sunday morning, game night on Friday nights. an outdoor hike on the weekend, visiting family out of town once a month, or baking a family recipe.

2. Happy families are giving.

There's nothing better than giving back to those in need. You may have been in need at some time, and someone has helped you. It's important to give often and to let your children personally give also.

Giving back as a family unites the family while also teaching children about sharing and doing good deeds for others, such as:

- ◇ Take part in a walk/jog/run that benefits a special charity or a group affected by a certain disease or disability.
- ◇ Volunteer to plant flowers.

- ◇ Help with a food drive.
- ◇ Give away things around the house that you no longer need or use.
- ◇ Donate clothes that are too small or not worn.

3. Happy families practice peace, kindness and compassion.

Make a family rule that only positive, kind words can be spoken. When feelings of anger arise, teach your children how to take deep belly breaths to lessen the negative emotions.

Yes, siblings argue and that's normal, but huge outbursts can be prevented when you practice peace within. Use kindness and compassion in situations that could create anger or upset.

4. Happy families are happy more and worry less.

Many families may miss out on the simple joys of life because they have "*too many*" other things they choose to worry about. Happy families don't stress and strain, they plan and act. When a tough situation comes up, they deal with it quickly and calmly, and let all family members talk about their emotions. They don't let little things turn into big things, and they feel gratitude for the beauty and love in their life.

Source: www.powerofpositivity.com

National Hand Washing Awareness Week was December 1-7

Hand washing is like a "do-it-yourself" vaccine it involves five simple and effective steps:

1. Wet 2. Lather 3. Scrub 4. Rinse 5. Dry

These steps can help protect yourself and others against the spread of germs.

If soap and clean running water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean your hands.

Wash hands:

- ◇ Before, during, and after preparing food
- ◇ Before eating food
- ◇ After using the bathroom
- ◇ After changing diapers or cleaning up a child who has gone to the bathroom
- ◇ Before and after caring for someone who is sick
- ◇ After blowing your nose, coughing, or sneezing
- ◇ After handling an animal or animal waste
- ◇ After touching garbage
- ◇ Before and after treating a cut or wound
- ◇ More frequently when you or others around you are sick.

