

Kennedy Pawprints

January



2019 — 20 Schedule

- **SCHOOL HOURS:** 9:00 AM —3:40 PM
- **Wednesday hours:** 9:00 AM– 12:45 PM
- Doors open at 8:35 AM for breakfast
- Students may arrive no earlier than 8:30 AM
- Breakfast is served in the cafeteria for all grades

Parking lot

Drop off in the morning Please pull forward in front curb lane so students can get out of the car and walk to the front of the building.

- **Pick up after school** The front curb lane is reserved for parents who are picking students up in their car and they must remain in the vehicle. Please **pull all the way forward** and your students will be brought to you.
- **According to Police and Fire rules, cars are not allowed to use the center lane to pick up or drop off students. This lane is for traffic to drive through.**

Please **do not** park in the loading zone. The loading zone is for **dropping off or picking up students only**. At dismissal time, if your child is not present- **please drive through and return**. Thank you for helping us to keep the parking lot **efficient and safe**.

Kennedy's School Website!

<http://kennedy.salkeiz.k12.or.us>

We will work to keep it filled with interesting information for you! Please check back often for updates!

Don't forget to "like us" on Facebook at Kennedy Wildcats

Contact Us

Phone : 503-399-3163

Fax: 503-399-3463

4912 Noren Avenue NE

Keizer, OR 97303

- * December 23- January 3 Winter Break
- * January 6– Return to Class
- * January 7-10– Sealant Clinic
- * January 14– Choir concert 6 PM
- * January 16– **Parent Club Mtg. 9A.M and OSU Science Night at Kennedy at 6:30 pm to 8 pm**
- * January 20– Holiday Martin Luther king Jr. No School
- * January 22– Full day of school
- * January 24– Elementary staff development No school
- * January 31- Crazy hair/hat day (dress up day)

Regular attendance prepares students for success



It is important to develop a habit of attendance early in life because it prepares students to be successful at all levels of education and in adulthood. Employers expect good attendance, so establishing good attendance habits is an important step in building career and college ready skills.

Families can do a lot to help students establish good attendance habits. Here are some tips for parents to help boost attendance:

- Set an expectation that absences won't be allowed unless your student is truly sick.
- Make sure your children have a regular bedtime and establish a consistent morning routine.
- Set out clothes and pack backpacks the night before.
- Avoid scheduling vacations or doctor appointments when school is in session.
- Make a backup plan for getting students to school when something comes up.

Ask your school for referrals to health care and transportation resources if needed.

Some absences, such as illness, are unavoidable. The important thing is for parents to get their students to school as often as possible. If your student is seen by a doctor, please ask for a doctor's note for the office to keep. Thank you.

Please be sure to call the school to let us know when your child is out sick. 503.399.3163

Battle of the Books



Battles for Oregon Battle of Books (OBOB) for 4th and 5th grades begin Wednesday, January 8th. They happen every Wednesday from 12:15-12:45. Parents and family members are welcome and highly encouraged to attend. Our first battle will be Wednesday January 15. Come cheer on a team and celebrate their reading successes!

It's Flu Season



Don't send your sick child to school. Give your child time to rest, recover, and prevent fellow students from getting sick. Any child who comes to school sick will be sent home.

Wash hands with soap and water. Teach your child to wash his/her hands properly, and set a good example by doing this yourself.

Tell your child not to share personal items, especially drinks, food, and unwashed utensils.

Cover that cough. Remind your child to cover coughs and sneezes with tissues. If they don't have a tissue, use their upper sleeve – not their hands.

Fever, cough, sore throat, a runny or stuffy nose, body aches, headache, and tiredness? Your child might have the flu. Recognize the symptoms.

Keep your child at home at least 24 hours AFTER the fever is gone. The fever should be gone without having to give your child a fever-reducing medicine.

We can all help in the prevention of illness this school year. If you need more information on the flu, visit these two Web sites: www.cdc.gov or www.oregon.flu.gov or call our **Nurse Helpline at 503-399-3376** or the **Marion County Health Dept. at 503-588-5342.**

Inclement weather delayed start information

Local Media

After a decision to close or delay school is made, local news media are contacted. The media will mention the district only if there is a delay or closure. **(Salem-Keizer School District.) If you do not hear any announcement, it's safe to assume that our schools are open or have resumed their regular schedules.** More information about local media announcements here:

<http://www.salkeiz.k12.or.us/content/emergency-school-closures-and-delays>

School Messenger Telephone Notification

If schools are closed or start times delayed, all students and staff will get a recorded message to the phone number on record with the district. This message will tell you about school cancellation, delay to start times, or district closure.

Calls begin going out at 6 a.m. Make sure your contact information is up to date. Families who need to update their phone number should contact their school.

January Is Talk Together Month!

Show us your family talking together!

Mealtime brings families together!

Here are a few ways to connect more during meals:

1. Turn off distractions, such as the TV or phone.
2. Focus on happy topics.
3. Create conversation starter cards, and take turns choosing one!
4. Listen carefully, and be open to new ideas.

Email a photo to carly.kristofik@oregonstate.edu! We never share a photo without your ok!



Healthy school celebration!

To receive a **FREE cooking tool** or **reusable shopping bag**, submit at least 3 photos by June 5, 2020.



Visit Foodhero.org to find low-cost, healthy, tasty and simple recipes!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Wildcat's Healthy tips of the month!



This month, Food Hero is promoting dried beans. Beans are a good source of fiber, phosphorus and folate. There are many types of beans, such as kidney, pinto, black, white and garbanzo. Although each has a unique flavor, you can substitute one type for another in most recipes!

Dry beans will keep for at least one year in an airtight container in a cool, dark, dry place. Label with the date you bought your beans, using tape and a marker. Try these delicious Food Hero bean recipes, Dry Roasted Garbanzo Beans and Cowboy Salad. For more healthy recipes with beans, visit foodhero.org.

Counselor's Corner

With New Year's and winter break just around the corner, we look forward to 2019 with hope and excitement about the future. However, coming back to school after a long break can be tough for some students; it can trigger anxiety.

Anxiety, especially school anxiety, is becoming increasingly common and unfortunately impacts many students, families, and schools. Symptoms of anxiety can include worry, anger, sadness, feeling sick, crying, and tantrums. These symptoms can be very challenging for parents, especially when leaving for school in the morning.

School anxiety is specifically triggered by leaving home and parents, so once the child is at school, they often calm down quickly and rejoin their class without issue. School staff are trained to assist children who experience anxiety, so rest assured, your child is in good hands here at Kennedy!

Here are some tips if your child is experiencing school anxiety:

Calmly take deep breaths together, listen to their worries and fears, reassure them that you will be there to hear about their fun day after school, give them a picture of their family to keep at school, be gentle but firm about them going to school even when they are anxious, let school staff know so they can assist you and your child and once they are in school, exit promptly to avoid re-triggering their anxiety.

Also, keep in mind that school anxiety gets worse the longer a child stays at home, so as hard as it may be, getting your child to school is the most important first step to break the cycle. If your child's anxiety becomes more frequent or intense, talk with your child's doctor or seek help from a community counselor or therapist.