



Dora Kennedy French Immersion School

December 2017 e.Journal



As we approach the Winter Break, the administration, teachers and staff, would like to take this opportunity to wish each of you a most happy and healthy holiday season!

We hope that you will have a chance to relax and enjoy some special times with your family and friends.

We are proud of how hard your children have been working each and every day to maintain our goal of excellence!

Most of all, thank you for your cooperation, as we work together to ensure the safety and academic growth of our students.

To all, a Happy and Healthy New Year!



Did you know December is National Safe Toys and Gifts Month?

Nurse Sharon on Holiday Safety

In 2015 U.S. Consumer Product Safety Commission reports: "...41 percent of the estimated emergency department-treated injuries are classified as lacerations, contusions, or abrasions. Forty-five percent of the estimated injuries were to the head and face area, the most commonly affected area of the body."

(source: https://www.cpsc.gov/s3fs-public/Toy_Report_2015_0.pdf)

With the Holidays right around the corner please keep the following in mind:

Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking including batteries and deflated or broken balloons or plastic.

Scooters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets:

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things. Keep toys appropriate for older children away from younger siblings. Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging. (Source: <https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/>)



Date:

December 1st, 2017 to December 15, 2017

Purpose:

Provide gifts to less fortunate children.

Activity:

Donate NEW gift(s) for children 6 months to 14 years

Location:

Guidance Office

Sponsor:

Mrs. Donohue, Professional School Counselor



Notes from Nurse Shalon!

When kids are “Stay at home” sick! ☹️

Cindy Gellner, M.D. University of Utah Health Care Pediatrician.

“Children don’t learn very well or get much out of school when they aren’t feeling well. It truly is in the child’s and their classmates best interest to keep children home when they are sick.”



If your child is experiencing the following, please consider them “stay at home” sick...



Fever – temperature of 101 or higher. Fever is a sign of infection and their body is trying to fight off illness. Your child can return to school when they are **fever free for 24 hours**.

Vomiting or Diarrhea – this can be caused by many things; sometimes medicine and sometimes food, but most often multiple episodes of vomiting or diarrhea can be a stomach bug. Just think, if your child has to run to the bathroom multiple times, then school is not the place for them. Hydrate and monitor child at home until **diarrhea and/or vomiting free for 24 hours**.

Severe sore throat – itchy/sore throat can be common with coughing and/or little nasal drainage, but if child is experiencing painful swallowing in addition to that, this could be a sign of infection such as strep throat and should be seen by their pediatrician. If given antibiotics student should be able to return 24 hours after first dose.

Breadcrumbs . . .

*Annual hearing and vision screen for K and 1st graders will take place on December 13th and 14th

*Continue to encourage and practice good hand hygiene at home before meals and after bathroom or outside play.

Dry Skin: Soothing the Itch in Winter *By Wendy C. Fries*

Does winter-dry skin make you want to hibernate this time of year? You’re not alone. No matter what our age, most of us experience flaky, itchy skin at some point when the weather gets chilly. The culprits may be winter wind, dry indoor air, harsh soaps, low humidity, or even a cold-weather sunburn. With all that working against us, what can we do to prevent dry skin? Experts offer help with these winter skin care tips.

1st Step for Dry Skin Care: Prepare Your Skin Sloughing away dead cells is the first step, writes Joely A. Kaufman, MD, in the American Academy of Dermatology’s *Skin News Briefs*. That’s because the clearer the skin, the deeper a moisturizer can penetrate. To shed old skin cells, Kaufman suggests exfoliating with a moisturizer containing lactic or salicylic acid. Whether your skin is normal, sensitive, or dry, it’s always a good idea to exfoliate *gently* a soft scrub is all you need. If your skin is super dry or irritated, talk to your doctor before starting a new skin care product or regimen.

Take Time to Moisturize Once you’ve got a fresh, smooth surface to work with, soothe winter-dry skin with an oil-based moisturizer. Thick, heavy products like these have more staying power, and keep water from evaporating from your skin. Not a fan of fancy creams and lotions? You can also help dry skin with basic moisturizer ingredients such as mineral oil, petroleum jelly, or glycerin. Whichever product you choose, be sure to smooth on your preferred moisturizer right after a shower, then pat your skin dry.

2nd Step for Dry Skin Care: Clean the Right Way Long, hot showers may feel divine, but they can be damning for troubled, itchy skin, drying it out even further, reports Susan C. Taylor, MD, in *Skin News Briefs*. The solution if you’re dealing with dry skin: learn to warm up to short, lukewarm baths and showers, which help your body retain its natural, skin-protecting oils. And when you bathe, use soap only on the spots that really need it, such as your face, underarms, groin, and feet. Since the rest of your body doesn’t tend to get very dirty, a simple warm-water wash everywhere else is fine say the pros and it helps you retain those vital natural oils. Scented, deodorant, and anti-bacterial soaps can be harsh, stripping skin of essential oils. That’s why many skin care experts suggest using non-scented, mild cleansers or soap-free products. Body washes with petrolatum (another name for petroleum jelly) are also a great option for soothing very dry skin, says Kaufman, helping to trap in water as you clean.

3rd Step for Dry Skin Care: Be Aware of the Sun Though the sun’s rays are less intense in winter, those rays can still burn and damage your skin, says Taylor. As a matter of fact, snow is an even better reflector than water, bouncing 80% of the sun’s rays back to us, compared to less than 20% for sand and surf. That’s why you can get a nasty sunburn even in winter – and why it’s important to put on sunscreen all year long. For daily protection, Taylor suggests using a moisturizer with a sun protection factor (SPF) of at least 15, and when heading outdoors for winter fun, use a sunscreen that protects against UVA and UVB rays, with an SPF of 15 or higher. And give your UV protection an even bigger boost by donning sunglasses, a hat, and scarf.

4th Step for Dry Skin Care: Get Your Diet Into the Act A diet rich in healthy fats can be another crucial element in your fight against dry, itchy skin. That’s because essential fatty acids like omega-3s help make up your skin’s natural, moisture-retaining oil barrier. Too few of these healthy fats can not only encourage irritated, dry skin, but leave you more prone to acne, too. Give your diet an essential fatty acid boost with omega-3-rich foods like flax, walnuts, and safflower oil, as well as cold-water fish such as tuna, herring, halibut, salmon, sardines, and mackerel. Dry indoor air can really irritate your skin, so give it a fighting chance by keeping inside air moist. Taylor recommends using a humidifier to pump up the moisture, or even surrounding yourself with indoor plants. Whichever you choose, aim for an indoor moisture level between 40% and 50%. Investing in a \$5 hygrometer (humidity monitor) can help you easily keep track of your house’s humidity. And don’t forget to humidify from the inside out by drinking lots of water. To keep skin at optimal hydration, Kaufman recommends 6-8 glasses daily.

Is Your Skin Still Dry? Talk to a Pro If your skin gets really dry in winter and these tips aren’t helping, or if you develop eczema or other skin irritation, it’s time to talk to a dermatologist. Not only can a dermatologist prescribe stronger treatments to soothe dry skin, they can also help you tailor a skin care regimen that suits your individual needs. Talk to your primary care physician for a recommendation, or visit the American Academy of Dermatology’s web site to find a certified dermatologist near you.





More From Nurse Shalon! The Tooth Fairy is coming to Dora Kennedy!

We have a new date for the dentist!!!

Smile Maryland has allowed us to reschedule the mobile dentist visit and given us more time to get the word out and turn those forms in! We will also have a visit from the tooth fairy to help with education and questions little ones may have about their teeth. The tooth fairy will be here visiting K-3 on January 8th and the Dentist will be here on January 19th. Please contact me or teachers if you are interested and need a form. Once you have filled out the form, return them to me and a member from the mobile dentist team will be in contact with you.

Deadline for forms is Wednesday, December 20th

Tips for Playing Outside in Winter By Star Lawrence - WebMD

The American Academy of Pediatrics recommends dressing children in several thin layers, such as long johns, turtlenecks, one or two shirts, a sweater, warm socks, boots, gloves or mittens, and a coat. Dress children in one more layer than you would wear. Children who play outside may not notice they are getting too cold or even experiencing hypothermia, the AAP says in its bulletin, "Winter Safety Tips." This can go for adults, too, says Gregg Boughton, coordinator of the outreach sports medicine program at Gem City Bone & Joint. "The first sign of hypothermia is shivering," he says. This means it's time to go inside. Adults and children can also get the beginnings of frostbite, which destroys living tissue, without being aware of it. "The first sign is numbness," Boughton says. Skin can appear gray, pale, or blistered along with the numbness.

Some tips from the AAP and Boughton for outdoor winter play:

If your child gets winter nosebleeds from dry heated air, get a humidifier. Saline nose drops can also bring relief. If this persists, consult the doctor.

*Make sure to stay well hydrated. Cold weather inspires us to drink hot cocoa and coffee, but we still need water, especially with increased physical activity.

*Also when skiing, unless you have been conditioning, he says, don't head for the Black Diamond slopes. Children especially, the AAP notes, need professional instruction and must have adult supervision. Remember, the real aches and pains show up after 24 hours. You may wake up and not be able to get up, wasting an expensive trip by staying inside the hotel!

*While outside for long periods, bring a couple of power bars.

*If anything, dress a little more lightly than you think you should for snowshoeing, Boughton says. "You can work up a great sweat." He also advises wearing fast-drying textiles for all outdoor play.

*If you have cold-induced asthma, Boughton recommends packing along your inhaler or taking a puff or two before you leave.

*Is there sun glaring on the snow? It can be intense! Wear sunblock in winter as well as summer.

*Never play outside after dark. "It's getting dark earlier," Boughton notes. "Be home."

*If a snowy driveway is awaiting you at home, remember all those shoveling-induced heart attacks that happen every year. More scoops, lighter loads.

*Whew. When you get home and are about to collapse and the children still are revving for something to do, bring out the board games. You do have batteries for the video games, right?



**Just a
reminder...**

STEM FAIR Reminder!

Peter Mills

The 2017-2018 STEM FAIR registration is open!
Students and parents! Remember to register to be judged
by 12/17/17 @ 11:59 p.m.

To register your project to be judged, go to: <http://tinyurl.com/regdkstemfair2018>.

Registration is open from September 25, 2017, through December 17, 2017.

Before you register, make sure your science teacher has reviewed and approved your question, material list, and statement of procedure.



JANUARY 8, 2018

"Tooth Fairy"
In class presentation



JANUARY 16, 2018

Picture Make-up Day
(AM only)



JANUARY 18, 2018

Elementary Band, Orchestra,
and Chorus Winter Concert
@ 7:00 pm



JANUARY 11, 2018

Middle School Band, Orchestra,
and Chorus Winter Concert
@ 7:00 pm



JANUARY 17, 2018

STEM FAIR Competition



JANUARY 19, 2018

Mobile Dentist Examination












PLEASE NOTE THESE DATES! 2-hr EARLY DISMISSAL @ 1:55

FRIDAY, DECEMBER 8, 2017

FRIDAY, JANUARY 26, 2018

THURSDAY, MARCH 29, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PGCPS Honors Chorus (Elem/Middle) 7:30pm, Location TBA	2
3	4	5 Grade 3 classes to MD Science Center 9:30 am-3:30 pm	6 Mme. Segbor's Class to Owens Science Ctr. 11:00 am-2:00 pm	7 Mr. Biaka's Class to Owens Science Ctr. 11:00 am-2:00 pm	8 2-HR Early Dismissal	9
10	11 Mme. Leka's Class to Owens Science Ctr. 11:00 am-2:00 pm	12	13 Grade 2 classes to the American Indian Museum 10:30 am-3:30 pm PTA Meeting @ 7:00 pm	14 France Trip Meeting Media Center 6:00-7:30 pm	15	16
17	18	19	20	21	22 2nd Quarter Progress Reports	23  Winter Break!
24 	25 	26 	27 	28 	29 	30 
31 	JANUARY 1st 2018	2 CLASSES RESUME				

Winter Break