

# Dora Kennedy French Immersion School

## January 2018 e.Journal



Dear Families,

First of all, Happy New Year! I would like to extend a warm welcome back to all our students and staff. and thank everyone for their generous donation to our "Toys for tots" collection. I hope that everyone had a wonderful holiday and was able to relax and spend some quality time with friends and family.

As we start a new year, we are looking forward to the new opportunities and challenges that 2018 will bring to our students and community. With the beginning of a new year, we renew our commitment to excellence in teaching and learning within a safe environment, with the firm resolution to achieve the best results.

Monsieur Awono, Principal

*Happy New Year DKFI Family and Friends,*

*Welcome to 2018 and the rest of our school year! Can you believe it? We have started a new year and are half way through our school year. I still can't believe how fast time has passed. We ended the first half with many successes and are continuing to see student growth. Thank you for partnering with your student's teacher and working together to help your child grow. When a school and the families work together, the students can only excel. Thank you for your support and encouraging our teachers for what they do.*

*As the weather gets colder, please be sure to remind your child to retrieve their coats from the "lost and found" box in the gym hallway and stay home if they are not feeling well. During the month of December, we had a lot of coats and items in the lost and found. It pains us knowing that the students are not retrieving their belongings.*

*Thank you for helping the staff and students work together to follow schools rules, create an environment of learning, and have scholarly behavior. Every month is different and we all can grow together. As we say "Welcome into 2018," let's smile and acknowledge that we are all on this journey together.*

*Madame Auguste, Assistant Principal*

*Impossible n'est pas Français*

French Expression for :  
There is no such word as "can't."

### Few Amazing tips for a happy and positive New Year

New Years come, and New Years go, so what are you going to do to make this coming New Year any different from the last? You could make resolutions to get fit, or get healthy, but you could also put in place some simple things that will make the coming year a positive and a happy one.

- 1. Change your vocabulary.** The first thing you can do to make the New Year a more promising one is to stop saying words like can't, impossible and problem. There is no such word as can't, nothing is impossible, and a problem is merely a challenge. Change your mind set to a positive one and you will be amazed at how much more you can achieve.
- 2. Ignore the cynics.** There will always be someone who wants to run down your ideas or tell what can't be done. Just ignore these cynics and pessimists and make your own mind up. Leave the pessimists on their own to worry about why their glass is always half empty.
- 3. Make your happiness your priority.** Make this year the year that you actually start doing more of the things that you enjoy. We all have commitments and responsibilities, but that shouldn't be all that you ever worry about. Put aside some time, every week, that will be just for you.
- 4. Take more walks.** It's such a small thing to do, but going for walks can really make a big difference to your life. Walking is not only a good way to get a bit more exercise; it also gives you a break and allows you some time to clear your mind.
- 5. Get organized.** Make this the year that you finally get your life organized. Clear out some of the clutter, free up more time to do positive and productive things, and start to keep to-do lists to help you prioritize your tasks. If you get organized, you will have more free time to enjoy.
- 6. Help someone else get to where they want to be.** When you can share your positive and happy nature with other people, you can inspire them to achieve greater things too. Be prepared to lend a helping hand, now and then, because it will help someone else on their way and it will make you feel more fulfilled too.
- 7. Enjoy the journey.** When you start this New Year; set out to enjoy every moment that it has to offer. Remember that every day only comes along once, so you might as well make the most of each and every one. Life is too short to spend it regretting the past, or fretting about the future. Take each day as it comes and live it to the full.

### Nurse Shalon's Notes [shalon.lockhart@pgcps.org](mailto:shalon.lockhart@pgcps.org)

Welcome back to school! I hope that everyone had a wonderful and fun filled winter break!

This month we will have a visit from the Tooth Fairy on January 8, 2018, and then Smile Maryland Mobile Dentist will be here on January 19, 2018, to provide basic dental services for those students who have turned in their forms signed by parents. Deadline for these forms was December 20, 2017.

National Health observances for January include National Winter Sports TBI Awareness; "TBI" stands for Traumatic Brain Injury but more commonly known as head injury. This is a broad term that describes a variety of injuries that occur to the scalp, skull or brain. There are many causes of head injuries in children. Common injuries in school are sports injuries and falls. Falls can be intentional (pushed or tackled) or unintentional (Playing or slipped). These injuries can be minor headache, bump or bruise or they can be serious concussion, difficulty walking or repeated nausea and vomiting.

"The key is to promote a safe playing environment for children and to prevent head injuries from occurring. The use of seat belts when riding in the car and helmets (when worn properly) for activities, such as bicycle riding, in-line skating, and skateboarding may protect the head from sustaining severe injuries." Johns Hopkins Medicine ([https://www.hopkinsmedicine.org/healthlibrary/conditions/pediatrics/head\\_injury\\_in\\_children\\_90,P02604](https://www.hopkinsmedicine.org/healthlibrary/conditions/pediatrics/head_injury_in_children_90,P02604))

Let's work as a team to encourage safe play at home and at school so children will continue to practice these habits where ever they go. Talk to your little one's about making the best decisions to keep themselves and classmates' safe and injury free. Lastly, for those little ones, that aren't so little anymore and take part in any sport, be sure to educate yourselves on head injuries, specifically concussions. "Recognition and education are paramount, because although proper equipment, sport technique, and adherence to rules of the sport may decrease the incidence or severity of concussions, nothing has been shown to prevent them." – American Academy of Pediatrics, "Clinical Report—Sport-Related Concussion in Children and Adolescents" (<http://pediatrics.aappublications.org/content/126/3/597.full>)



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**Bread Crumbs . . .VACCINE ALERT!** Parents of 6<sup>th</sup> and 7<sup>th</sup> graders, make sure to call your pediatricians and start getting ready for additional vaccines needed for the 2018-2019 school year. Per Maryland Department of Health, students age 12-14 who are entering 7<sup>th</sup> and 8<sup>th</sup> grade will need a Tdap and Meningococcal vaccine. (<https://phpa.health.maryland.gov/OIDEOR/IMMUN/Pages/back-to-school-immunization-requirements.aspx>) ... questions? Please see above link for the Maryland Department of Health website.

**New Year, new tubes!** If your child receives nebulizer treatments at home and/or at school now is a good time to check on tubing. If you would like to change tubing held at school, please contact me so that we can coordinate an exchange of tubing.

**Bathroom accidents happen**, and that's ok. Currently, there are NO supplies or extra change of clothes in the health suite for students and so please remember to pack a change of clothes for your child. For the health and safety of others, children who have soiled themselves will be asked to be picked-up and taken home for proper cleaning.

**7 Mistakes people make when they're getting sick**

*WebMD Medical Reference - Reviewed by Neha Pathak, MD on September 05, 2017*

When you're sick, you want to get better as quickly as possible. But some of your habits may actually make your symptoms worse. Avoid these common cold and flu missteps.

**You try to power through.**

Don't keep up with your usual routine. Your body needs energy to fight off that cold or flu virus. Make rest a priority. Cancel those plans and stay home from work or school. Along with helping your body recover, you'll also keep from spreading those germs around.

**You ignore flu symptoms.**

You usually don't need to see a doctor for a run-of-the-mill cold. But call him/her if you have signs of the flu, such as a high fever, body aches, and fatigue.

**You skimp on sleep.**

Not getting enough weakens your immune system, which makes it harder for you to battle that infection. So go to bed early. Are your symptoms keeping you up? Soothe a nighttime cough with a little honey, and run a humidifier to help you breathe easier.



**You bug your doctor for an antibiotic.**

That prescription won't make you feel better. Antibiotics only kill bacteria, and colds and the flu are caused by viruses. Nearly one-third of antibiotic prescriptions are unnecessary. This can raise your risk of side effects, such as diarrhea and allergic reactions. It also contributes to a huge global health problem: antibiotic resistance. That's when bacteria get used to the drugs, so they don't work anymore.

**You don't drink enough.**

When your throat aches, it's not as easy to gulp down liquids. But when you stay hydrated, you can thin your mucus and break up congestion. It can also fend off headaches. Make sure you drink plenty of water. For extra relief, sip a warm beverage like herbal tea or broth.

**You skip meals and snacks.**

You might not have much of an appetite, but it's important to eat something. Calories and nutrients will fuel the immune cells that attack cold and flu viruses. The result: You may get better faster. Try eating a bowl of chicken soup. Research shows that this classic may actually relieve some of those symptoms.

**You stress out.**

A hormone your body makes when you're stressed is hard on the immune system. It also increases inflammation, which can make your stuffy nose even worse. Make an effort to focus on relaxing and recovering and you may be back on your feet sooner.

**WINTER CONCERTS**

Band/Orchestra/Chorus

**Middle School Grades:**

Thursday, January 11, 2018 @ 7:00 pm

**Elementary Grades:**

Thursday, January 18, 2018 @ 7:00 pm



**WANTED!**

**LOOKING FOR**

**French Speaking  
STEM FAIR JUDGES!**

**Wednesday,  
January 17, 2018**

**To volunteer or get  
more details, contact  
Mr. Peter Mills at  
[peter.mills@pgcps.org](mailto:peter.mills@pgcps.org)**

**PICTURE MAKE-UP DAY!  
TUESDAY, JANUARY 16, 2018**

The Picture Make-up Day is for those who were absent on Picture Day as well as for those who wish to have their picture re-taken.

**Note! For picture re-take, please return your unwanted picture packet.**

<b>January Testing</b>	1/2-1/16 (Window)	MAP-R online	Reading	2-8
	1/2-1/26	Comprehensive Reading LA Data Capture DRA	Reading	K, 1 & 2
	1/2-2/23 (Window)	SLO Posttest Window	All	K-8
	1/8-2/23 (Window)	Access for ELLs	English	ESOL
	1/22 & 2/5	FAST#2	Science	5 & 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>CLASSES RESUME</b>	3	4	5 <i>Let's Dance!</i> Middle School Dance 7:00-9:30 pm	6
7	8 "Tooth Fairy" Class Presentation	9	10 PTA Meeting @ 7:00 pm	11 Middle Sch. Music Winter Concert @ 7:00 pm	12	13
14	15 Martin Luther King, Jr. Day <b>SCHOOL CLOSED</b>	16 Picture Make-up Day (Morning Only) 	17 STEM Fair Competition	18 Elementary Music Winter Concert @ 7:00 pm France trip meeting 6:00-7:30 pm	19 Mobil Dentist Exams	20
21	22	23	24	25	26 <b>2-HR Early Dismissal (1:55 pm)</b>	27
28	29	30	31 	<b>JANUARY 2018</b>		