



December Newsletter

The staff and I would like to wish you and your family a very Happy Holidays. Enjoy your time with family and friends over the holiday season.

(Last day is December 22nd dismissal will be at 3:25 p.m.)

Winter break is December 23 through January 2.

Classes resume on January 3.



ARMORING KIDS AGAINST DRUGS

We have begun our guidance unit on Drug Awareness here at school. What would your child do if someone offered them alcohol or another drug? That won't happen, you say? A recent survey found that by fourth grade, many elementary children feel pressure to drink and try drugs. Here are some ideas to make sure your child knows how - and why - to refuse drugs.

1) "What is that?" This is a good first step to make sure your child understands what alcohol and other illegal drugs are. Show him/her pictures of drugs and talk about their effects (i.e., alcohol, nicotine, marijuana). If you need help, contact the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686 or www.health.org.

2) "I saw it on TV." Use real life examples to highlight the dangers of drugs. If you see an arrest on TV, explain that people often pay large fines or go to jail for having, using, or selling drugs. If you read an article about a drug overdose, share it with an older child. Talk about how trying drugs can lead to a trip to the emergency room or even death.

3) "No, thanks!" It is also important to role-play situations your child might face. You can pretend to be a "friend" who invites him/her to get "high." Have your child practice walking away, ignoring the invitation, suggesting something else to do, or even joking - "I can't right now. I'm training for the Super Bowl."

Hopefully these tips can help you to ensure that your child grows up to be a healthy individual who can make wise choices for their life.

From Mr. Schuler
Guidance Counselor

IMPORTANT DATES

Dec. 2 - Winter Concert @ 7:00

Dec. 10- Mid-terms sent home

Dec. 13-15 - Hy-Vee Shop N' Share

Dec. 14 - PTO Carnival Meeting @ 6:00 p.m.

Dec. 14 - PTO General Meeting @ 6:30 p.m.

Dec. 21- HWH @ 3:30-4:30 p.m.

Dec. 22 - Classroom parties @ 2:30 p.m.



Brrrrrr...it's cold.....!

Please send coats, hats, and mittens to school!

Season's Greetings to Everyone!!

Winter season is nearly here which will be followed by colds, coughs and runny noses. Often times we are told "not contagious, treat the symptoms" This means that students may need to bring some medication to school to help them get through the day comfortably.

If your child needs medication at school, please remember it must come in the original container, with a note, with the exact time to give, the exact dosage and is signed and dated. There is a form at school that must be filled out for any medication given for more than one day. Cough drops can be kept in the classroom with the teacher.

Flavored chap stick makes a great stocking for your children. Keeping one in the desk with prevent your child from missing class time to run to the office for lip care.

The holidays are a time for many special celebrations for adults and children. It seems that wherever we go sweet treats are being offered. It is important for all to remember to limit the amount of sweets we consume daily and limit children's pop intake to once or twice a week. Brushing teeth twice daily is essential.

Sharing caps, hats or hooded items can aide in the spread of head lice. Remind your child not to share any items that go near the hair. Girls with long hair should wear it pulled back or up and secured while at school.

Also Remember:

Head Checks Once A Week at Home!!!

Have a Happy, Healthy Holiday Season,

Teresa Kulick RN

In Honor of Anita DeKock

Six books were donated to the library in memory of former Grant teacher, Anita DeKock, who died of cancer in September. They were bought in her memory by the members of Anita's book club. The books all had themes that went along with Anita's spirit and passions.

Titles include:

- *"Don't Be Afraid to Drop"* - Fulfilling your role life
- *"Mallory Goes Green"* - Environmental Awareness
- *"Live It: Courage"* - Five tales about people who overcame adversity
- *"One Smart Cookie: Bite Sized Lessons for the School Years & Beyond"*, *"The Happiness Tree: Celebrating the Gifts of Trees we Treasure"* - Celebrating your gifts
- *"Rhino, Rhino, Sweet Potato"* - A rhyming book about cooperation, kindness, and courage.

All will be a welcome addition to Grant School!

Decorated Tree at Hy-Vee Drug Store

Please stop by Hy-Vee Drugtown and check out the gorgeous decorated Christmas tree. Thank you to Hy-Vee for donating the 7 ft. tree and the white lights. Thank you to Ms. Kling for the wonderful ornaments that our student's created!