

2014  
OCTOBER

# explorer

## NEWS

### principal's message

Dr. Joseph Backman

Fabulous Foothill Parents,

I love to run marathons. My dad started me running marathons when I was young. I learned the way to run a marathon is to have a clear goal of finishing, to take one step at a time, and to celebrate the small victories along the way. I still get the goose bumps each time I visualize or describe to someone the feeling of approaching and crossing that finish line after 26.2 miles.

As part of our Disney theme this year we try to Dream, Believe, Dare, and Do. As a school we have set goals as an entire faculty and school, as teams of teachers, and individually. Our core purpose and the centrality of all we do is to help students learn and grow. Our goals help us focus on each student in our school. We have also encourage our students to set goals to reach their full potential.

The only way to achieve a goal is to consistently do the small and simple things necessary to reach it. With this being the case, we are not merely interested in setting goals, but in chasing them, day by day, moment by moment. That is what makes a true champion and what allows us to reach our goals. Teaching our students a growth mindset allows them first to believe that they can reach the goal, and to understand the need to work hard each day at school and home.

While running a marathon it is important to celebrate the small victories. Otherwise, the length of the marathon would overwhelm us and we would give up the moment our body started to hurt. We can celebrate when we have gone seven miles (more than a fourth of the race), half way, or when we only have a third of the marathon left. During my first marathon my body started to hurt and a race shuttle asked whether I wanted a ride. I was so tempted to get on the bus and to be done with the pain, but then a thought came into my mind, "You're halfway there. You can't stop now!" With that simple celebration, I declined the ride and continued to run until I finished the marathon. With our children it is so important to celebrate their effort and growth, not just the finish line. The learning and growth in the child is a process not merely a destination.

At Foothill Elementary we have encouraged our students to have a growth mindset. By setting goals and consistently working hard to reach their goals, I believe our students can achieve anything. I challenge you to help your child set a goal today unique to their individual needs, help them take steps each day to reach that goal, and celebrate the small victories until they ultimately reach the finish line and win their race!

Sincerely,

Dr. Backman (Dr. B.)  
Principal, Foothill Elementary

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## Dr. B.'s Readers

1st-3rd Grades  
Cam Jansen and the Mystery  
of the Stolen Diamonds  
- By David A. Adler

4th-6th Grades  
The Invention of Hugo Cabret  
- By Brian Selznick  
(Caldecott Award Winner)

## UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 Early Out	7 Book Fair	8 Parent/Teacher Conferences Book Fair	9 Parent/Teacher Conferences Book Fair	10 Health Food Sample Book Fair Vision Screenings
13 PTA Meeting Early Out	14 Family Skate Night	15	16 Fall Break No School	17 Fall Break No School
20 Fall Break No School	21	22	23	24 Fuel Up and Play 60 Fun Fitness Friday
27 Early Out	28	29	30	31 Halloween Parade

### NEXT MONTH:

- Nov. 3 - PTA Meeting
- Nov. 14 - Trimester Ends
- Nov. 25 - Grandparent's Day
- Nov. 26-28 - Thanksgiving Break

## HAPPY BIRTHDAY!

### August

- Renee Wakamatsu Aug. 02
- Sarah Bethel Aug. 05
- Helen Hastings Aug. 16
- Amy Marsh Aug. 18
- Kim Lowe Aug. 22
- Susan Gull Aug. 25
- Andrea Smith Aug. 28

### September

- Pam Scott Sept. 01
- Darlene Hebert Sept. 19
- Jill Lamb Sept. 19
- Caroline Judd Sept. 25
- Cheryl Zacharias Sept. 25
- Corrine Lindorff Sept. 28

### October

- Edith Clinger Oct. 11
- Lauren Muir Oct. 20
- Kris Pinegar Oct. 24

## president's message Liesha Geddes

Way to go Foothill families and students! What an awesome Fall Festival we had thanks to the participation of each of you and especially our Fall Festival Committee. You should know that our Fall Festival is legendary among the local PTA's. That could not happen without each of you and many months of work from the committee!

In the coming weeks we will be finalizing our numbers and budget allocations for the upcoming year. We will be working closely with Dr. Backman and our teachers to make sure that the money you helped raised will be used to benefit our wonderful students! If you have ever wondered where all of this money goes or wish you had a say, then this is a great opportunity for you to get involved in the PTA. Please join us in our PTA meetings on October 13 at 11:30 a.m. and November 3 at 11:30 a.m. in the media center where we will be discussing the needs of our students and school. Remember, you must be a member of the PTA to vote. It is not too late to sign up!

A few other items of note:

- We still have gift cards and silent auction items available for purchase. Please visit our website for a current list.
- Don't forget our fantastic Book Fair during the week of Parent Teacher Conferences. Help build your library at home and the libraries of the school and our teachers! There are many fun events scheduled for that week!
- Red Ribbon Week has traditionally been held the week of Fall Break, but we are changing it up this year. We will have Red Ribbon Week later in the year for a full week of fun! Watch for more information in the coming months!

Thanks for all of your help and support. Our school is amazing because of all of you!

# THE news

## FALL FESTIVAL - GIFT CARDS STILL AVAILABLE!

We have many, many gift cards available for purchase right now! These gift cards are for restaurants, stores and local companies that most of us frequent. Every dollar goes to fund the PTA Sponsored enrichment programs that we have at Foothill. Please support our PTA and buy a giftcard today! For a complete list look on the last page of the online newsletter or checkout the PTA website **HERE**, contact Amy Hulme @ 801-426-6100 amyhulme@gmail.com or type in: <https://sites.google.com/a/foothillpta.org/foothill-elementary-pta/programs/fall-festival-info/Gift-Cards-and-Silent-Auction-Items>



## BOOK FAIR - OCTOBER 7-10

Tues.-Fri.: During Lunch (10:45-12:30)  
After School (3:30-4:30)

Wed. & Thurs. Also open from 3:30-7:30 during Parent/Teacher Conferences

## COAT DRIVE

All of October - So save all your old coats that are in good condition. You can bring them to school, washed and ready for someone who needs a coat. More information to come.

## CHANGES IN THE MEDIA CENTER!

You can now access the Media Center researchers online! Go to [foothill.alpineschools.org](http://foothill.alpineschools.org) for the link.

The media center is going paperless for notifications! This means that if your student has an overdue book or a book on hold that comes in and is waiting for them to pick up, you will get an email with this notification.

You don't need to reply to the emails, just remind your child to return or pick up their book.

Of course, if you have any questions, you are welcome to reply and Mrs. Hebert will receive your message.

Any feedback to this new method of communication is also appreciated!

## Family Skate Night

Foothill Ele. at Classic Fun Center  
Tuesday, October 14th  
5:30 - 8:30 pm

Skate Rental - \$2  
Blades - \$3 and up  
Scooters - \$3  
You may bring your own skates, blades, or scooters

\$3 Dinner Deal  
Nachos + drink  
Pizza + drink  
or  
Hot dog, chips + drink

Purchase at front window

Rollin' fun  
for the  
whole family!



See  
you  
there!

**FREE Admission for you  
and your whole family!**

Bouncing and Space Station Climbing Activities  
Enjoy both activities for \$3 per person

250 South State Street, Orem 801-224-4197

# MORE news

Foothill IN the news! Foothill made it in The Daily Herald! Check it out...

## Foothill shows technology can be fun

In recent years there has been a push to get students involved in science, technology, engineering and math (STEM) subjects to meet those needs in the workforces of the future.

Foothill Elementary School in Orem is working toward getting its students interested in those fields but with a different twist. Planners are working to incorporate fun into STEM subjects with the school's fall festival.

It is themed "Super-Wi-Fi-Techolistic-Extra-Zip-A-Palooza Foothill iFestival." Try saying that three times fast.

"We wanted to do something to get kids excited about technology in an educational but fun way," said Erin Brown, one of the organizers of the festival.

"We didn't want the kids to think it was a boring night," said Nan Black, another Foothill parent. "We are celebrating the 25th anniversary of the World Wide Web. It actually was in March, but we are observing it now."

The fair will be from 5-8 p.m. Friday at the school, located at 921 N. 1240 East.

It is important for families to be aware of the impact technology, including the web, can have on their children, Black said.

"Parents are concerned about the time kids spend on the screen," she said. "But we are addressing both sides." Organizers want parents and students to see the good that has come through technological advances.

"We also wanted them to embrace the entrepreneurial side and trends in the technology world. It's a balance," Brown said.

There have already been two contests tied into the STEM push -- a YouTube video contest and an app contest for the students. Some of the entries were games, clothing, design, animal research and an app that helps students follow the principal's book selections for the month.

Videos produced by students were uploaded to a Foothill Explorers channel; the one with the most views won. Creativity has also abounded with the parents as they prepare for the festival. Traditional activities with new names will be offered. They include "megabytes" in the kitchen, "Angry Bird" launching, a "Google Maps" obstacle course, a "Temple Run" climbing wall and a "Shark Tank" dunk tank which will offer fun in real life, based on their on-screen versions.

We are trying to be balanced about how we talk about it," Black said. "We have also tried to get technology companies to give back to the school. They will be doing demonstrations to educate the kids."

To help the students appreciate how things change, there will be a timeline with artifacts and photos of technological items through the years. One individual is even bringing a giant computer server to show the students that new technology not only does things better and faster, but also from smaller platforms.



### FUEL UP AND PLAY 60

Watch for the Snack Box in the halls by the office and submit your favorite snack idea! You might be chosen to have YOUR snack be a part of our Food Sampling!!!  
October 10th - Health Food Sampling. October 24th - Fun Fitness Friday.

Headaches are a very common complaint in children. There are many causes and levels of severity. When headaches are constant, e.g. your child wakes up with a headache and it continues through the day, they are **CHRONIC DAILY HEADACHES**. These occur daily, often for months or years. They can be a concerning and disabling problem for children and families. The pain is often described as “constant pressure” around the sides of the head, constricting, dull, and aching.

#### WHAT CAUSES A HEADACHE?

The brain cannot “feel” pain. The brain does not have nerve endings like you have in your fingers or toes. However, there are “pain sensors” in the blood vessels inside and around the brain. The person experiences a headache if these “pain sensors” get irritated. Continuous painful contractions of the scalp muscles can also cause a headache.

#### WHAT CAUSES CHRONIC DAILY HEADACHES?

These headaches often begin with an event that significantly changes a child’s daily routine. This can be an illness, an injury, or a major family stress. Children and adolescents who are perfectionists may be more likely to develop chronic daily headaches. **DEPRESSION** can be the cause or the result of chronic daily headaches. Parents should look for signs of depression in their child. Signs of depression include: poor sleep habits, excessive weight gain or loss, anger, declining school performance, or withdrawing from friends and family. Often, chronic, daily headaches are the result of a “vicious cycle.” First a trigger happens that starts the headache process. Headache pain causes stress and tension which may cause painful neck and scalp muscle tightening.

This makes the pain worse and interrupts the child’s sleep. Without proper rest, the problem gets worse. Most children with chronic daily headaches do not feel well, do not stay active, cannot concentrate, and school becomes stressful and challenging.

#### TREATMENT FOR HEADACHES

After your physician orders tests to diagnose what may be causing the headaches, the first step is to make some healthy lifestyle changes:

- \*Drink lots of fluids and eat a balanced diet with healthy meals three times a day.
- \*Take part in enjoyable physical activity for at least 30 minutes a day. Some examples are: walking, hiking, playing sports, or swimming.
- \*Get the proper amount of sleep; a minimum of 8 hours. This is important. Lack of proper sleep often triggers headaches.
- \*Recognize and avoid triggers that cause your child’s headaches. Sometimes triggers are not obvious and cannot be identified.
- \*Attending school is an important part of successful headache treatment.

Headaches are **RARELY** a sign of something serious. However, seek medical attention if the headache: is particularly painful and different from other headaches, doesn’t go away, follows an injury such as your child hits his/her head, changes in vision, such as blurriness or seeing spots, tingling sensations, weakness, dizziness, or difficulty walking, neck pain or stiffness, and fever.

Treatment can be challenging. With good health measures, a consistent treatment plan, and the child, family and doctor working together, most children will recover from their headaches.

Kim Lowe, RN, School Nurse

# AUCTION ITEMS STILL AVAILABLE

Company Name	DONATION	VALUE
All American Gymnastics	1 Free Month - New Sign-Ups Only (\$75)	\$30
Amy's Martial Arts	One Month Martial Arts (\$80-\$100)	\$30
Anomia Press	Anomia Party Game (\$30)	\$15
Arby's	VIP Meals(\$ 8 each)	2 for \$10
Artic Circle	2 Free Medium Size Combos (\$17)	\$12
Beaches Tanning	Tanning & Lotion (\$115)	\$45
Big O Tires	Full Service Oil Change (\$40)	\$30
Boondock's Fun Center	Unilimited Passes (\$26 each)	2 for \$25
Bosch	\$100 Gift Card	\$80
Brighton	Ski Passes (\$36 each) Night passes	2 for \$36
Burger King	Whoppers @ \$3.90	4 for \$10
Chuck a Rama	Buffet Meals (\$13 each)	4 for \$35
Chuck E Cheese	Pizza, 2 soft drinks, 15 tokens (\$20)	\$15
Classic Skating	Family Pass (\$30)	\$10
Dominos	2 Large Pizza with Unlimited Toppings (\$6-8)	\$12
El Polo Loco	1 8 piece dinner (\$20)	\$12
	Variey of Pulse Bars, Frequensea, Powerstrips - 15, Fixx Meall Replacement, Fondue Chocolate, Peppermint Oil, Grapefruit Oil, Lavendar Oil, Kale Chips, Go Nuts For Chocolate (\$200)	\$60
Forever Green	Family Pass (\$60)	\$30
Hang Time	8 Hour Jump Pass (\$20)	2 for \$10
Hang Time	Flat Iron - Ceramic (\$400)	\$50
HerStyler	Entrees & drinks (\$14 each)	2 for \$20
I-Hop	Signature Service Oil Change (\$40)	\$30
Jiffy Lube	Family Passes (1 hour \$25)	\$20
Jump On It	One Free Night with Deluxe Breakfast (\$190)	\$80
La Quinta Inn & Suites - Moab	4 Wheel Alignment (\$84)	\$50
Les Schwab Tires	34" Doll (\$50) Rubi	\$30
My Friend Huggles	Ski/Snowboard Day Rental (\$20)	2 for \$30
Out N Back	2 Tickets Alabama Story - 1/12/15-1/22/15 M-Th (\$76)	\$40
Pioneer Theatre Company	Medium Pizzas (\$12-14 each)	2 for \$20
Pizza Hut	3 Month Membership (\$30)	\$20
Planet Fitness	2 Night's Stay (\$180)	\$80
Quality Inn - Cedar City	One Year Membership Family/Circle of Friends (\$65)	\$25
Red Butte Garden	24 oz Smoothies (\$5.5 each)	2 for \$9
Roxberry Original (Smoothies)	2 18 Holes with Golf Cart (\$190)	\$50
Sleepy Ridge	Girl's Ski Helmet - Voyage Smith \$130	\$50
SmithOptics	Haircuts (\$16 each)	2 for \$24
Sport's Clip	Bicycle Safety Inspection & Exterior Lubrication \$25	\$10
Taylor's Bike Shop in Provo	Topo Back Packs (\$130)	\$50
Topo Design	One Year Family Membership (\$65)	\$25
Utah Museum of Fine Arts	Gold Passes (\$60 each)	2 for \$40
Utah Olympic Park	\$20 Gift Card	\$20
5 Star BBQ	\$15 Gift Card	\$15
ArtCity Donuts	\$25 Gift Card	\$25
Buca di Beppo	\$25 Gift Cards	\$25
DP Cheesesteaks	2 \$5 Gift Certificates	\$10
Ernie's Sports Deli	4 \$5 Gift Cards	\$20
Gandolfo's Deli	\$25 Gift Card	\$25
Half Tee - online	2 \$10 Gift Certificates	\$20
Iceberg Drive Inn		



Company Name	DONATION	VALUE
Italian Place	\$20 Gift Card	\$20
Lime Ricki	\$50 Gift Card	\$50
Orem Floral & Gifts	\$40 Gift Certificate	\$40
Palenque Gourmet	5 \$5 Gift Cards	\$25
Papa Johns	2 Pizza Vouchers (\$10 each)	\$20
Rodizio	\$25 Gift Card	\$25
Rod Works	2 \$15 Gift Cards	\$30
Sammy's - Provo	2 \$10 Gift Card	\$20
Shoots	4 \$10 Gift Cards	\$40
Sister Missionary	\$50 Gift Card	\$50
Skippers	3 \$10 Gift Certificates	\$30
Sonics	2 \$10 Gift Cards	\$20
Squatters	\$25 Gift Card	\$25
SubZero	\$10 Gift Certificate	\$10
Taco Burrito	\$25 Gift Certificate	\$25
Texas De Brazil	\$50 Gift Card	\$50
The Paper Store	\$25 Gift Certificate	\$25
Tokyo Japanese Steakhouse	2 \$20 Gift Cards	\$40
Whole Foods	\$50 Gift Card	\$50
Wienerschnitzel	4 \$5 Gift Cards	\$20
Wild Ginger	\$25 Gift Certificate	\$25
Wing Nutz	\$25 Gift Card	\$25

**SUBMISSIONS TO THE NOVEMBER NEWSLETTER ARE DUE  
FRIDAY, OCTOBER 24.  
EMAIL [oremfoothillpta@gmail.com](mailto:oremfoothillpta@gmail.com)  
WITH NEWSLETTER AS THE SUBJECT.**