

explorer NEWS

principal's message Dr. Joseph Backman

Fabulous Foothill Parents,

Happy New Year! I hope you had a wonderful, safe, relaxing break with your families and those you love.

A new year is a great time to set goals and refocus our priorities. Literacy is a foundation in your child's life and learning. Merriam-Webster defines literacy as "the ability to read and write" and "having knowledge or competence." At Foothill, literacy has been and will always be essential.

On our most recent school announcements, I challenged each student to do three things at home in regards to literacy:

1. Read every day (reading literacy)
2. Practice math facts daily (math literacy)
3. Practice typing daily (computer and writing literacy)

One of my favorite quotes states: "You don't have to read every day, just on the days that you eat." I hope that you personally read with your children or have them read on their own every single day. There is a lot of research about the benefits of a strong Home Literacy Environment. In short, these studies have found that the richer or more present the literacy is in the home, the better a student will read. Also, the better a child knows how to read and write the more he/she will learn in all subject areas.

To support you as parents in regards to literacy, we have received a grant from our state legislature for a great, personalized reading program called Lexia. Lexia assesses a child's ability and provides instruction targeted to each individual student's needs. I would highly recommend that every Kindergarten-2nd grade student use Lexia to learn the basics of reading and writing. I would also encourage any student who is struggling with reading in 3rd-6th grade to use Lexia to fill in the gaps or holes they may be missing in regards to reading and writing. To login to Lexia go to <http://www.lexiacore5.com>. From there you will be prompted to enter the teacher's email of your child. Then, the username and password are your child's student ID number. All of these items can be found on Skyward or directly from your child's teacher.

I invite each of you to help your child do these three things every day for the rest of this school year:

1. **Have your child read a good book daily and use Lexia (if K-2nd or a struggling reader)**
2. **Practice math facts each day by playing math games, apps or programs online at their level**
3. **Practice typing skills daily by using a typing app or program online, writing in his/her journal, and/or writing stories, letters, poetry, etc.**

I promise if you do these three things, your child will be more literate, which will lay the foundation for their life-long learning and will help them be prepared for life.

It is a pleasure to partner with you in your child's education. We are confident that as your child practices these important literacies at home and as we continue to teach them and have them apply their knowledge at school, they will become the person we hope they will become.

Happy New Year,

Joe Backman (Dr. B)

IN THIS ISSUE

- pres. message - 2
- calendar & birthdays - 2
- nursing news - 3

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Dr. B's Readers

1st-2nd Grades
The Chocolate Touch - by Patrick
Skene Catling

3rd-4th Grades
Ralph S. Mouse - by Beverly Cleary
(Battle of the Books)

5th-6th Grades
Bud, Not Buddy - by Christopher
Curtis (Battle of the Books)

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Early Out	3	4	5	6
9 Early Out	10	11 PTA Meeting 1:00	12	13
16 Martin Luther King Jr. Day (No School)	17	18	19	20
23 Early Out	24	25	26 5th Grade Patriotic Program 6:30-7:30	27
30 Early Out	31			

HAPPY BIRTHDAY!

Janet Mason	Jan 7
Shannon Tolman	Jan 8
Camie Granadas	Jan 9
Melinda Gassman	Jan 22
Jamie Madsen	Jan 25

NEXT MONTH:

February 6-10 - Book Fair
 February 8-9 - Parent Teacher Conferences
 February 13-17 - Teacher appreciation week
 February 20 - President's Day
 February 24 - 2nd Trimester Ends
 February 28-March 2 - 6th Grade Clear Creek

The Scholastic Book Fair will be held
 February 6th through the 10th.



president's message

Amy Oakey

Happy New Year! I hope you enjoyed the time you had together with family and friends.

The second half of this school year will be as busy as the first half. There are many things to look forward to in the coming months and many opportunities to help out.

The Spelling Bee is underway. Lists came home before Thanksgiving and hopefully all the students are practicing their words. Class bees will take place in January with the school spelling bee in February. If you are interested in helping out please contact the PTA and let us know. Emily Jensen is a first time spelling bee mom and is doing a great job. She would love any help you are willing to give.

February and March will be filled with activities and events such as the Scholastic Book Fair, Parent/Teacher Conferences, Battle of the Books school battles, and Knowledge Bowl. Most of these will need parent help. Please watch for volunteer sign-ups and emails with more information to be sent home soon.

As we continue to move forward with our technology goal we are happy to report that the teachers and the students have been using the iPads and Chrome books for many great things. Ask your children how they are using technology in their classrooms. We are happy to share that all of our classrooms, as well as the media center and the little theatre, where drama is taught, have sound systems. These are such a wonderful help not only so the students can hear their teachers but so the teachers can save their voices. We are still in awe of the amazing effort and support that went into raising the funds for technology last year. This is having an amazing impact on the students at Foothill.

Please join us at our next PTA meeting January 11th at 1:00 PM in the Media Center. We would love to have you come and share any thoughts and ideas you may have.

NURSING NEWS JANUARY 2017

Whether you have a baby, toddler, or school-age child, your home should be a haven where your little ones can explore safely. Touching, holding, climbing, and exploring are the activities that develop your child's body and mind.

However, "accidents" are the NUMBER ONE CAUSE OF SERIOUS INJURY AND DEATH IN YOUNG CHILDREN.

"Supervision" is the very best way to keep children from getting injured. Even the most vigilant parent can't keep a child safe 100% at all times.

Completely "childproofing" your home can be difficult. If you can't "childproof" the entire house, you can shut the doors (and install doorknob covers) to any room a child shouldn't enter to prevent wandering into places that haven't been properly "childproofed."

HERE ARE SOME TIPS ON HOW TO AVOID POTENTIAL HAZARDS

- *Don't put necklaces or headbands on your baby.
- *Don't dress young children in clothes with drawstrings, which are a strangulation hazard if caught on play equipment and furniture. Cut all drawstrings out of hoods, jackets, and waistbands out of your young child's wardrobe. Cut strings off mittens.
- *Don't leave a child alone in a stroller-babies can slide down and trap their head.
- *Don't use cribs with cutouts in the headboard or footboard.
- *Don't put infants to sleep on adult beds, couches, or other soft surfaces.
- *Keep mobiles out of reach and remove from cribs by 5 months or once the child is able to push to hands and knees. Clip strings or ribbons off other crib toys.
- *Bunk beds should have only a narrow space between the guardrail and the mattress.
- *Don't tie a pacifier around your baby's neck or tether it to your baby's clothing with a ribbon or piece of string.
- *Don't hang diaper bags or purses on cribs- a baby can become entangled in the straps or strings.
- *Remove your infant's bib before naptime and bedtime.
- *Don't let long telephone cords dangle to the floor.
- *Don't use old accordion-style gates-these can trap a child's head.
- *Never put a crib, child's bed, or furniture near window blinds or drapery.
- *Tie all window blinds and drapery cords, or cut the ends and attach safety tassels.
- *Fit the inner cords of blinds with cord stops.
- *Choose a toy chest without a lid.
- *Learn CPR and age-appropriate Heimlich maneuver for choking.

To check your childproofing efforts, get down on your hands and knees in every room of your home to see things from a child's perspective. Be aware of your child's surroundings and what might be potentially dangerous.

Kim Lowe, RN, School Nurse