



# Explorer News

## Principal's Message - Mr. Jeremy Brunner

Student health and safety is our primary concern. In order to help prevent illnesses from spreading, we are asking that you carefully review the following guidelines from the Utah County Health Department.

By keeping sick children home, the chance of spreading illnesses is greatly reduced. If your children show any of these signs while they are at school, we will notify you immediately so you can take them home to recover.

Children should be excluded from school if any of the following are noted:

- Fever of 100 degrees or above
- Nausea, vomiting, or abdominal pain
- Diarrhea
- Unusual drowsiness or tiredness
- Sore throat, acute cold, or persistent cough
- Runny nose (thick green/yellow discharge)
- Red, inflamed, or discharging eyes
- Swollen glands around jaws, ears, or neck
- Any skin sore oozing of fluid or suspected impetigo
- Suspected head or body lice (untreated)
- Earache
- An unexplained rash
- Symptoms which may suggest an acute illness

We greatly appreciate all that you do to ensure that your children are in school each and every day when they are healthy. Attendance is so important for student success. When your child is absent, please call the office and let us know. Thank you for your cooperation.

Sincerely,  
Jeremy Brunner  
Principal

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# PTA President's message

Amy Oakey



"When students see adult volunteers in their schools, they see firsthand how members of their community value education and support their local school. When a community is very involved in their school volunteering, more people have a better sense of the total education picture, and see how dedicated so many people are to educating the community's youth. More involvement results in better understanding, more trust building, and a commitment to even more support. School begins to feel like family!" – Jonathan Green

We would like to thank all of those who have volunteered and who continue to volunteer at Foothill. You truly do make a difference and have a profound effect on the students.

The book fair was a great success! We would like to thank those who helped run it and those who supported it. Fifty percent of the money made goes to the library. Mrs. Hebert does a great job keeping the library stocked with books the students enjoy reading.

Thank you to those who helped with vision screening. Mrs. Lowe does such a great job running it. We are grateful for her and all she does at Foothill.

Please look for other volunteer opportunities you might like to help with.

Our next PTA meeting will be Wednesday, October 8 at 10 AM.

**We are preparing to get the PTA awards ready to submit. We are looking for help in writing these. If you enjoy writing and would be willing to help we would love your help! Please contact Amy Oakey at 801-361-8921.**

It's not too late to join PTA. Click this link here: <https://goo.gl/forms/ATk3Q7daZSjyi0Pr2> When you join the PTA you support all of the programs that our amazing PTA runs at the school and you become a "voting member." You can be involved as much or as little as you would like, but we need your voice at the very least! The cost is just \$5 for the year. Payments can be sent into the school or paid by Venmo. See the link above for details. Once I joined the PTA I found I knew so much more about opportunities for my kids at the school and felt like I had a place to use my voice to make a difference. Join today!

Lisa Oliver (Membership VP)



# Upcoming Events

## November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Knowledge Bowl Meeting 3:30	2	3
6 Early Out Day	7	8 PTA Meeting - 10am	9 Reflections Award Ceremony 6 pm	10
13 Early Out Day	14	15	16	17 First Trimester Ends
20 Early Out Day	21	22 Thanksgiving Break No School	23 Thanksgiving Break No School	24 Thanksgiving Break No School
27 Early Out Day	28	29	30 Holiday Concert	

### November Birthdays!

Shauna Crockett 14  
 Karen Longmore 26  
 Amy Harward 29

### Next Month...

Half Day December 20  
 Winter Break December 21- Jan 2

# Nursing News

November 2017

As parents, you are all aware that the internet is a wonderful resource for adults and children. You are also aware of the hazards the internet can pose. As with any safety issue, it's wise to talk with your kids about your concerns, take advantage of resources to protect them, and keep a close eye on their activities.

IT IS HELPFUL TO SET SOME GUIDELINES FOR YOUR KIDS TO USE WHILE

THEY'RE ONLINE

- Follow the rules you set, as well as those set by your Internet Service Provider.
- Never post or trade personal photographs.
- Never reveal personal information, such as address, phone number, or school name or location. Use only a screen name. Never agree to meet anyone from a chat room or social media site in person.
- Never respond to a threatening email, message, post, or text.
- Always tell a parent about any communication or conversation that was scary.
- If your child has a new "friend," insist on being "introduced" online to that friend.
- Become computer literate and learn how to block objectionable material.
- Keep the computer in a common area, not individual bedrooms, where you can watch and monitor its use. Monitor any time spent on smartphones or tablets.

-Bookmark kids' favorite sites for easy access.

-Monitor your credit card and phone bills for unfamiliar account charges.

-Contact your local law enforcement agency or the FBI if your child has received child pornography via the internet.

Warning signs of a child being targeted by an online predator include: spending

long hours online, especially at night, phone calls from people you don't know, or

unsolicited gifts arriving in the mail.

If your child suddenly turns off the computer when you walk in the room, ask why

and monitor computer time more closely. Withdrawal from family life and

reluctance to discuss online activities are other signs to watch for.

Even with internet safety laws, your children's best online protection is YOU! By

talking to them about potential online dangers and monitoring their computer use,

you'll help them surf the internet safely.

Kim Lowe, RN, School Nurse

**STUDENTS! HAVE YOU EVER THOUGHT TO YOURSELF,**

**"WHERE IN THE WORLD IS THAT?"**

**THIS YEAR FOR KNOWLEDGE BOWL WE ARE GOING TO HELP YOU ANSWER THAT QUESTION. OUR TOPIC THIS YEAR IS GEOGRAPHY AND WE WANT YOU! KNOWLEDGE BOWL IS AN OPPORTUNITY FOR STUDENTS TO COMPETE WITH THEIR BRAINS. WE USE BUZZERS, WORK IN TEAMS, HAVE FUN WITH FRIENDS IN STUDY GROUPS, AND (OF COURSE) EAT GOOD FOOD! BROADEN YOUR WORLD VIEW AS YOU LEARN ABOUT AMAZING PLACES IN THE WORLD LIKE THE GANGES RIVER AND CHICHEN ITZA. LISTENING TO THE NEWS AND LEARNING HISTORY BECOME A LOT MORE INTERESTING WHEN YOU KNOW WHERE THE POINT OF INTEREST IS. BRING A PARENT FOR OUR FIRST MEETING IN**

**MISS MINER'S ROOM**

**WEDNESDAY, NOVEMBER 1 AT 3:30.**



**FOR QUESTIONS CONTACT LEXIE SAKAR 801-471-3516**