

The SCOOP



SEGO LILY ELEMENTARY SCHOOL
550 E 900 N
Lehi, Utah 84043
801-610-8717

OFFICE HOURS: 7:30 am-4:00 pm

Important Dates

Dec. 22-Jan. 2: Christmas Break

Jan. 5: Welcome Back to School

Jan. 9: Troll Patrol Value Assembly "Be Respectful"

Jan. 12-16: School Spell-A-Thon

Jan. 19: Martin Luther King Day, No School

Jan. 25: Great Choice Store

Jan. 29: Science Fair 6-7 pm

Troll Patrol VALUE OF THE MONTH

Be a Friend



Principal's Message

BY COURTNEY JOHNSON



The capacity for students to form and maintain friendships is absolutely vital in order for children to feel accepted and loved. Through the pre-school ages, children primarily build connectedness with their families and caregivers. In elementary school, children have more opportunities to socialize and develop their capacity to form and maintain relationships. Children learn how to respond positively to others, control their emotions, solve problems, communicate, cooperate, and connect with others in ways that are much different than at home. That is why I believe public school is so important to our communities. At school, we can address issues in a social setting that could not be created in other environments. It provides time and opportunities to teach, coach, and learn how to better behave socially. What a tremendous "gift" we have been given to help teach our little ones positive social skills.

In fact, learning how to be a friend is one of the most important skills children learn at school. Emotionally, students who lack friends may suffer from emotional and mental difficulties later in life. Academically, friendships affect school performance. Students who are rejected by their peers suffer emotionally and are more likely to drop out of school. When children have friends, they have better attitudes and perform better in school.

"Be a Friend" is the emphasis for this month's Troll Patrol value. It is my desire that the children at Segoe Lily learn in an environment that is filled with love, acceptance, hope, and true friendships. I believe we do just that! What awesome families, teachers, and staff we have in Lehi. I am so thankful to associate with all of you.

Mrs. Stewart, Assistant Principal Intern



Heather Stewart, our new assistant principal intern, is on a current assignment at Segoe Lily until March 2014. Mrs. Stewart was born and raised in Oregon. She lived on a mountain without any neighbors so she had to rely on her five siblings to be her playmates. She had many adventures on game trails in the woods. She says learning to whistle was a must so she could communicate with her siblings and parents while investigating the outdoors. The amazing schoolteachers she had in Grants Pass, Oregon, inspired her to want to be a teacher.

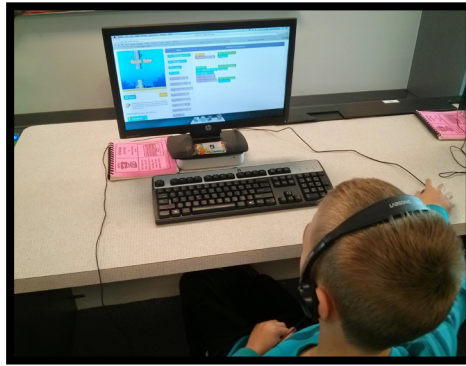
After graduating from Grants Pass High School, Mrs. Stewart attended and graduated from BYU. Then she started teaching in a one-room schoolhouse in Provo, Utah. She taught kindergarten to eighth grade for five years. Then she moved to Alpine School District and starting teaching first grade at Aspen Elementary, where she stayed for many years. Now, she's back at BYU working on a Master's degree in School Administration. Her husband is the principal at Vista Heights Middle School. She has six children and two grandchildren. She enjoys hiking, reading, swimming, and playing the flute and

piano. Mrs. Stewart is very excited for the opportunity to work and learn at our school.

Mrs. Stewart loves this cartoon picture her daughter drew of her.



Hour of Code



Mrs. Gerber's tech savvy students have one more thing they can brag about. They are great at computer programming! The week of December 8-14, 2014, was the nationwide Hour of Code, where students all over the country were encouraged to spend just one hour experiencing computer programming with fun, interactive, visual programming languages that were engaging and exciting. Our students were All-Stars! Each grade level participated. Even the first graders were programming in a language called Tynker and helped a lost puppy find his way home.

This self-paced opportunity to learn simple commands and then build upon those with more complex code is one of the best problem solving skills they can learn. As something doesn't work right, students are required to examine their program, see what isn't working, and try again to get it right. Isn't that a great life skill too! We are so excited for these students and opportunities ahead of them.

Mrs. Gerber saw several different types and aspects of programs created during this week including the following: animated cartoon strips, video game avatars created for their own games, puzzles solved and complex paths traversed, elaborate patterns and designs, and so much more! Ask your student what was their favorite.



Kindergarten Feast



Oh what a feast it was! Our cute Kindergarteners loved dressing in their pilgrim hats and enjoyed a traditional Thanksgiving feast with their parents, classmates, and teachers.



Wow! What a fantastic time of year! Family, friends, hopefully some snow, and LOTS of great food!! It takes a really strong person to turn down all the snacks, treats, and extra meals that come with the holidays. This is a great time to implement a "MODERATION" mindset. A good rule of thumb to remember is to keep regular food serving proportions to the size of your fist. Not only can this help with weight control, but it also helps prevent feeling sluggish and having a stomach ache for the rest of the day.

According to the *School Nutrition* magazine, during the economic struggles of 2007 to 2009, money spent on eating out decreased by 12.9% and caloric intake decreased by 78 calories. Simply cutting back the number of times you dine out by a couple of meals per week can save big on calories consumed. Eating a healthy, home cooked meal is always better for everyone!

We hope you have a very Merry Christmas and all of you will be healthy and happy!



Huge congratulations to Mrs. Sorensen's sixth grade class. They have been receiving NOVA instruction from Officer Darcie Bugden of the Lehi Police Department. One of the challenges she gives to them is the NOVA Pack Challenge. This requires students to go without media for a full seven days. They cannot watch TV, use computers (unless for school work), play video games, watch movies, or use other forms of technology. They are also asked to keep track of what they did instead of using technology, etc.

Mrs. Sorensen's WHOLE class participated and fulfilled the requirements for the NOVA Pack Challenge. This is the first time in the history of NOVA in the Lehi Police Department that a full class has accomplished this! Mrs. Sorensen is very proud of her class and what they have accomplished as a team! GOOD JOB!

Santa Letters & Macy's/Make-A-Wish Donations

I came to school this morning to ask if my children, Sydney and Henry Sevy, and I could promote writing letters to Santa in each classroom at Segó Lily for the Make-A-Wish Foundation. Each letter to Santa placed in a special mailbox at the Macy's department stores will receive a \$1 donation to Make-A-Wish up to \$1 million.



A little over 2 1/2 years ago, my son, Will, passed away. He was a "Wish" kid and gave his brothers and sister a vacation of a lifetime to Give Kids the World in Florida. We cut the trip short a day and a half early and Will died three days later at home in his own bed. I try to find ways to keep his memory strong for my kids' hearts and thought this would be a great way to give back to Make-A-Wish. It is a simple way for the other children to know they can make a difference too.

All letters received in-store or online on Friday, December 12th only, will be worth \$2!! For the past couple of weeks our Segó Lily students have been participating in the Macy's Make-A-Wish Believe campaign. As of last Friday, we counted 693 letters to Santa, thus our school children have already donated \$1,386, and still counting. Since more letters are being added to the Santa mailbox daily, additional letters will be added to the Macy's Santa mailbox this Friday, December 19th!

Brooke Sevy

Believe



Gingerbread Houses

Our third graders took their creativity to new heights during their traditional gingerbread house making activity in December. With the help of lots of volunteers and the donations of tons and tons of candy, each gingerbread house was as unique as the third grader designing it. Thanks to lots of parent helpers for making, loading, and reloading the rooftops, widows, and paths with the perfect frosting and to all our third graders for generously donating their leftover candy and treats to the Food and Care Coalition in Provo.



Troll Patrol Value of the Month: Be a Friend

One of the most important human relationships is friendship. A friend has two roles. One is to serve the friend and act as an anchor and always be there. The other role is to challenge the friend so they can grow and move beyond themselves. In the Troll Patrol book, *Be a Friend*, Reuben and Rupert helped the children to be there for Gill. The children in the book also challenged Gill to move beyond himself and to think of others so he could also be a friend. Gill learned that in order to have friends, he needed to be a friend.



WHAT DOES IT MEAN TO BE A FRIEND?

- Be Kind and Listen
- Help Solve Problems
- Respect Differences
- Make Others Happy
- Help Another Even When Others Walk Away
- Be Interested in Others
- Be Happy for Others' Success
- Never Gossip



December Students of the Month



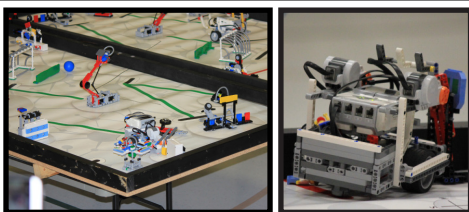
Congratulations to our Students of the Month! Special thanks to *Del Taco, Chick-fil-A, Applebee's, Pizza Pie Café,* and *Classic Fun Center* for helping us recognize our students' accomplishments.

Kindergarten Students of the Month



First Lego League Scrimmage

“S-E-G-O Sego Lego Let’s Go” was an on-the-spot cheer that our First Lego League parents and team members chanted during our teams’ first scrimmage against several schools in our district. It was a fun learning experience for everyone to see some of the robotic programming tasks our team has been working on since the beginning of the school year. Westfield, Manila, Shelley, and Sego Lily Elementary each had at least one team participating in the scrimmage. In January, our team will have a real competition against other elementary schools.



Healthy Hints

Ellie Bodily, RN-School Nurse

Eczema is a common skin condition that usually begins before your baby is 12 months old. The affected skin is dry, red, and itchy. Sometimes these areas of skin can become cracked, weepy, and then scab over.

Eczema can be well controlled and there are ways you can help your child feel more comfortable. For many children, appropriate skin care and cortisone treatment will need to be continued for many years. Eczema is not contagious.



Signs and symptoms

Eczema can involve any part of the surface of the skin and in some children the rash can cover the entire body.

You will notice that at times your child’s skin is well controlled and at other times it gets worse. It is common for the severity of the eczema to fluctuate, which is why it is important to manage the eczema effectively and control it as soon as it flares up.

Care at home

Eczema can be well controlled in most children by:

- Identifying and avoiding the main triggers, such as overheating and skin irritants.

- Looking after your child’s skin by keeping it well moisturized to avoid dryness.

- Reducing the itchiness by using wet dressings and cool compresses.

Avoid things that irritate the skin

- Each child may react to different things and it may take a while to work out what is irritating your child’s skin.

These are some common things that can irritate the skin:

- Prickly materials such as woolen or acrylic clothing, bedding, and car seat covers.
- Detergents, soaps, bubble baths, and antiseptics.
- Contact with animal fur.

Keep the skin moisturized

A good quality moisturizer (purchased from a pharmacy) can be used as often as necessary. Some children will require moisturizer application once or twice a day, while others will need it applied several times a day. Common moisturizing creams are Sorbolene, Aquasol, and Paraffin. Thicker creams and ointments are more effective than lotions.

Moisturizers, bath oils, and soap free body wash should be used instead of soap in the bath. These products are very effective in cleansing your child’s skin.

Cortisone treatment

Despite avoiding triggers that irritate the skin and using a regular moisturizer, the itch and redness may remain. As a result, your doctor may prescribe a cortisone-based cream or ointment. Cortisone is a natural hormone that is produced by the

body. Cortisones are very effective in controlling eczema and are safe if used as directed.

Weaker cortisones are used on the face and stronger cortisones are used for the body. It is important to apply the correct cortisone to all areas of eczema, even if the skin is open. Use all medicines, creams, and ointments as prescribed by your doctor.



Control your child's itching

Try and control the itching as scratching makes the eczema worse and can cause infection. Avoid saying "stop" to your child when they are scratching. Instead try these ideas:

- Apply a soft, cool wet towel to the itchy area for immediate relief and leave on for 5-10 minutes. Remove the wet dressing and apply a thick layer of moisturizer.
- Distract your child when he/she is scratching.
- Avoid overheating your child, particularly in bed, or on long car trips.
- Use moisturizing cream regularly throughout the day.
- Keep your child's fingernails short and clean.

Heat is the most common trigger for eczema. Therefore it is important to keep your child cool at all times. You can do this by:

- Dressing your child in 1-2 thin layers of cotton clothing.
- Removing doonas and woolen blankets from your child's bed and using cotton blankets or sheets instead.
- Educating your child's school teachers of the importance of dressing your child appropriately.

Eczema and diet

- Most children with eczema do not have any reactions to food. However, in some children, food allergies may be the main trigger.

- All foods should be considered 'innocent until proven guilty'. Diets that restrict certain foods should not be undertaken unless advised by an allergist or dietician.

Treatment by a doctor

- If your child's eczema flares up or does not respond to the regular treatment, then you should see a doctor.
- Sometimes patches of eczema will get infected by bacteria or a virus and your child may need antibiotics. A person with a cold sore on their lip should not kiss a child with eczema as this may cause the rash to get infected with the cold sore virus.

Retrieved on 12/4/14 from: http://www.rch.org.au/kidsinfo/fact_sheets/Eczema/

4th Grade Writer's Workshop



In Mrs. Knutti's writer's workshop, her fourth grade students practiced all forms of writing. During the month of December, they put their persuasive writing skills to good use as they tried to convince Santa to take some villains off his naughty list.

Each student chose a villain to represent. Some villains represented were the Abdominal Snowman, Lord Voldemort, the Grinch, and Oscar the Grouch, to name just a few. Then, they tried to explain to Santa the reason behind the "crime" and how their villain had reformed. They hoped to persuade Santa by acts of kindness and good deeds done by the villains.

Of course, they could not help but ask for one thing that would make our villain's holiday bright! They mailed their letters and hope Santa appreciates their efforts to be good friends to everyone....even if they are villains!

RAD Kids



Congratulations RAD kids on your recent graduation. We are proud of you and your participation in this wonderful program!

HOchoHO



Friday, December 19th, Santa made a surprise visit to our Sego Lily students during our school sing-a-long. He laughed and jingled all the way as he watched and listened to some of our grades perform their delightful holiday songs. He gifted each of the children with a candy cane and hollered a jolly "Ho-Ho-Ho", leaving everyone in smiles and more excited for his visit to their homes on Christmas Eve.

Happy HOLIDAYS

