



# JANUARY

17 Site Council 2:10

21 Martin Luther King Jr.  
Day NO SCHOOL

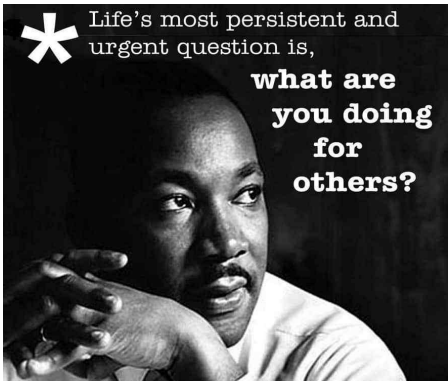
# MANZANITA MESSENGER

## JANUARY 2019



Life's most persistent and  
urgent question is,

**what are  
you doing  
for  
others?**



## A GOAL

without

## A PLAN

is just

## A WISH

As we start the **NEW YEAR**, it is a time to think about resolutions. New Year's Resolutions are not just for adults. It is important for kids to think about goals they would like to achieve in the coming year. Challenging your child to try new things, work harder and achieve goals. It can be a fun adventure you to go on together. Make your goals SMART.

- 1) **Set Specific and realistic goals** — Encourage you child to pick one or two areas to work on. Make sure they know exactly what they want to accomplish. Example— read a new book each month.
- 2) **Measurable** — How will they know when they have reached their goal?
- 3) **Achievable** — Make sure their goal is not too far to reach, but make it challenging.

4) **Relevant** — Link the goal to something important.

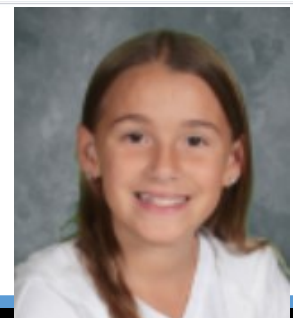
5) **Timely** — Have an idea of when you want to reach your goal. If it is longer term, have mini-goals along the way.

Post your goals as a reminder.



## House News

We have gotten off to a great start with our Monday House meetings. Each month we focus on a specific character trait that is reinforced around the school. January's character trait is inclusion. We are discussing ways to include others. All students can earn house points for demonstrating positive behaviors. Some of the incentives for earning house points are: extra house points for perfect attendance, special activities for houses earning the most points each quarter, and our whole school reward for meeting combined points goal.





## Immunization News

Immunization Exclusion Day is fast approaching. The Primary Review report to the state is due January 16, then letters will be sent by the state to families whose children have incomplete or insufficient immunization records on file. FEBRUARY 20th is exclusion day. If children do not have updated immunization records on file or do not have up to date immunizations, they will be EXCLUDED FROM CLASS. The holiday break is a great time to get caught up on any needed shots. Please bring updates to the office when school resumes. There is a link on the MZ website to access the OR Health Dept. page with info regarding immunizations and non-medical exemptions.

## JANUARY

### Health Room Hints Because We Care...

#### Communicable Disease Control Measures – Guidelines for Exclusion

Students should be excluded from school if they exhibit:

- ♥ Fever greater than 100.5°F;  
Stay at home until fever is below 100.5° for 24 hours WITHOUT use of fever reducing medications (Advil® [ibuprofen], Tylenol® [acetaminophen], aspirin)
- ♥ Vomiting (at least one episode that is unexplained);  
Stay at home until vomiting has stopped for 24 hours
- ♥ Stiff neck or headache with fever;
- ♥ Unusual behavior change, such as irritability, lethargy, or somnolence;
- ♥ Jaundice (yellow color of skin or eyes);
- ♥ Diarrhea (3 watery or loose stools in one day with or without fever OR sudden onset of loose stools); Stay home until diarrhea has stopped for 24 hours
- ♥ Skin lesions that are “weepy” (fluid or pus-filled);
- ♥ Colored drainage from eyes;
- ♥ Brown/green drainage from nose with fever of greater than 100.5 F;
- ♥ Difficulty breathing or shortness of breath; serious, sustained cough;
- ♥ Symptoms or complaints that prevent the student from participating in his/her usual school activities, such as persistent cough, with or without presence of fever; or
- ♥ A need for care that is greater than school staff can safely provide.
- ♥ **Rash:** especially if associated with a fever or if located on the hands, feet, and mouth area.
- ♥ **Lice:** Children will be checked if there is a suspected infestation and parents will be notified of positive results. Please notify the school if you find head lice on your child. Attendance is important, however, If your child has any of the above symptoms, it may be necessary to pick him or her up from school Please update the office if your contact information changes.



### CELL PHONE USERS! ~ CHECK THIS OUT!!

The journal *Developmental Science* has just published a new study by Tracy Dennis-Tiway, professor of psychology.

Professor Dennis-Tiway and her colleagues examined the impact of parents’ mobile device use on infants aged 7 to 24 months. The researchers focused on three periods of mother- child interaction: (1) playful contact between a mother and her baby, (2) the mother’s mobile device time, (3) the “reunion,” when the mother’s attention returned to the baby.

“We found that infants expressed more distress, and explored less, during maternal device use compared to the free play and reunion periods. Moreover, greater habitual use of mobile devices by mothers outside the lab predicted less emotional recovery in infants during the reunion period,” Professor Dennis-Tiway said. “Results suggest that, like other forms of maternal withdrawal and unresponsiveness, mobile-device use can have a negative impact on infant social-emotional functioning and parent-child interactions.”

The results are similar to a more comprehensive study called “Still Face Paradigm” which you can watch here:

<https://www.youtube.com/watch?v=apzXGEbZht0&feature=youtu.be>



Coming Soon

## FEBRUARY

- 1 Clerical Day NO SCHOOL
- 4 Vision Screening K, 1, 3, 5
- 5&6 Dental Screening
- 7 3rd Grade Tree Plant 10:15
- 11 Planetarium Show
- 13 PTA Meeting 2:00
- 14 Valentine’s Day
- 18 Presidents Day NO SCHOOL
- 20 IMMUNIZATION EXCLUSION DAY-
- 21 Site Council 2:10
- 28 PTA Family Art Night

