

# SANTAQUIN SENTINEL

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## JANUARY 2015

### Calendar Items

- Dibbles, 1st Grade ..... Jan 8
- Dibbles, 2nd Grade.... Jan 11
- Dibbles, 3rd Grade .... Jan 13
- SEP Conferences..... Jan 13
- DDD (No School)..... Jan 15
- Martin Luther King Day  
(No School) ..... Jan 18
- Science Fair..... Jan 29

### News from the PTA

- \* Chess club will be starting on January 13 from 8:00 to 8:45. The cost will be \$5, due at the first class.
- \* Science Fair for the 6th graders (4th & 5th graders have the option of participating) is on January 29 at 6:00 p.m.
- \* January PTA meeting has been moved to Thursday, January 14 at 9:15 a.m.



Signup for SEP Conferences coming up on January 13



Like Santaquin Elementary on Facebook



Take time to read 20 minutes five times a week.

### Snow Days

With the temperatures cooling off, **we encourage students to bring their COAT, GLOVES, and BOOTS to school.** Please label each item with the student's name. The students enjoy the fresh air during recess, and we would like them to stay as warm as possible.



### Wellness Challenge

The wellness challenge for this month is to write a New Year's resolution and stick to it!! The challenge for the students is to learn to set goals. A 5th grade class discussed different types of goals and how making goals helps us to improve. Each student in a 5th grade class made one personal and one educational goal. They discussed the steps to accomplish their goals with a partner.

Good luck with setting goals for the new year!!

# January Influenza

Being sick with seasonal influenza is miserable and can be deadly

January is one of the peak “flu season” months. Cases of seasonal influenza are being reported by the media. You can follow the number of reported cases in Utah at <http://health.utah.gov/epi/diseases/influenza/surveillance/> . After December visits with family and friends, some school personnel and students may be incubating unwanted germs or may have already develop illness. Watch for information about the signs and symptoms of influenza, what to do, and when throughout school this month. Respiratory illnesses, in addition to seasonal influenza, are common this time of year – but there is a difference. Remember to be vigilant about hand washing, coughing into your sleeve, and contacting your healthcare provider within 48 hours if illness develops. It’s not too late to vaccinate!! Your local health department or your family physician can administer this vaccine for you.

Don’t let your guard down – Influenza is a serious illness. Sometimes we forget how tragic influenza can be. Consult a healthcare provider within 48 hours of developing symptoms. A course of anti-viral medication may be prescribed. Remember that aspirin cannot be given to children and teens. Consult a healthcare provider if after getting over influenza, the symptoms seem to be re-appearing. This may be a sign that additional treatment is needed.

