

SANTAQUIN SENTINEL

Chad Argyle, Principal

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JANUARY 2017

Calendar Items

Dibbles Testing January
SEP Conferences..... Jan 12
DDD (No School)..... Jan 13
Martin Luther King Day
(No School) Jan 16
SCC Meeting 3:30pm..Jan 17
Science Fair 6:00pm .. Jan 27

News from the PTA

- * Science Fair for the 6th graders (4th & 5th graders have the option of participating) is on January 27th at 6:00 p.m.
- * Keep reading! We have read over 650,000 minutes this school year. Our goal is to read 2.5 million minutes to have our water party at the end of the school year! We can do it!



Signup for SEP Conferences coming up on January 12



Look through our lost and found at SEP's to pick up any items your child may have lost.



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.



Safe in the Snow

We love playing out in the snow during recess. Just a reminder to our kids to keep everyone safe.

1. We don't throw snow.
2. We don't slide down the hill.
3. Stay off any ice patches.

As fun as these can be we just want to make sure we have safe fun.

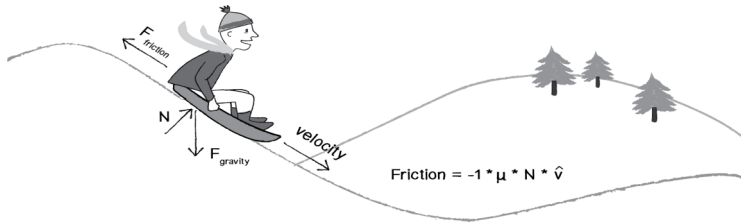




Six Sneaky S's of the Season

As winter is upon us, beware of the "Six Sneaky S's of the Season" that lead to common winter pediatric injuries. **"Get out and enjoy the outdoors this winter, but do it safely."** Jon Schmidt, MD.

1. Seat belts: Automobile crashes are a year-round problem. Wearing your seat belt or sitting in a car seat is the best way to prevent serious injury.



2. Sledding: Childhood is just not complete without at least a handful of sledding adventures. Just don't let the memories end with a trip to the hospital.

- * **Stay away from places that a sledder could end up by cars, including parking lots or roadways.**
- * **Always have adult supervision.**
- * **Wear your ski helmet, it can also keep you warm.**
- * **Common injuries happen when sledding into trees, fences, rocks or other obstacles, so look around before you start, and pick a clear path.**

3. Skating: A little common sense can make for a lot of fun while ice skating. Adult supervision and a helmet are a good place to start.



4 &5. Skiing & Snowboarding:

Never ski or snowboard alone. Ski with friends or family, but always supervised by an adult. The American Academy of Pediatrics (AAP) recommends that children under age seven not snowboard.



- * **Equipment doesn't have to be expensive, but should fit well and include safety bindings that are adjusted yearly and a well fitted helmet.**
- * **For snowboarders, gloves with built-in wrist guards are a great idea.**

6. Snowmobiling: The AAP recommends that children under age 16 not operate snowmobiles.

- * **Always wear goggles and a helmet and travel at safe speeds.**
- * **Never snowmobile alone or at night and make sure to stay on marked trails, away from roads, water, railroads and pedestrians.**



For more information please visit:
www.primarychildrens.org/safety