

# Spectrum Academy Elementary

November 2019

## Principal's Message

Brrr... With winter approaching, I would like to remind everyone about a few items that go along with the colder months.

- Please remember to dress your children in layers and make sure they have proper outside recess wear.
- Winter is flu season! Please do not send your child to school with a fever, vomiting or diarrhea. Return to school is at least 24 hours after the last instance of vomiting, diarrhea, the start of antibiotics or the cessation of fever. We can help prevent the spread of illness by taking these precautions. If your child is sick, just call the office to excuse the absence!
- Carpool: With more than 40 new families this year we have still managed to keep carpool time very near last year, thanks to really sticking to the process of pulling forward and having numbers ready! Please remember not to drop off students early, as staff does not arrive until 8:15 and need time to get ready for your children. We bring our kids in at 8:25, which is a very rare thing in a school; most schools allow students to enter at the bell. Know that we are doing all we can to make it easier on our kids and families! Finally, please remember to be respectful of the church parking lot as we have children climbing fences and trees, resulting in broken branches and post covers.

Finally, I would like to thank all of our volunteers who have assisted with our Field Trips. We cannot do this without you, and our students deserve to have the varied and fun opportunities out enjoying what the community has to offer. You are appreciated beyond words for this service to our school.

*Jana Gold, MS*  
Elementary Principal



## Upcoming Events

### November

- 1 – No students (teacher work day)
- 3 – Daylight Savings Time ends
- 8 – Lockout Drill
- 9 – Turkey Trot
- 11 – Veteran's Day (Regular bell schedule)
- 27-29 – Thanksgiving Break (No school)
- 28 – Thanksgiving Day

### December

- 4-5 – Parent/Teacher Conferences (early release)
- 6 – Fire Drill
- TBD – Winter program
- 23-31 – Winter Break (No school)

# October Happenings

## Field trip: Cross E Ranch



**Lunch** Please remember to order lunches for your children. If you forget to order on time, please send a lunch from home.

**Social Media** Are you on Facebook, Instagram, or Twitter? Follow us on social media and stay informed!

## Red Ribbon Week/Halloween



## Subs Needed

**Interested** in working for the school? We are always in need of substitute teachers, and who better than those who love and are invested in our students? If you'd like to sub, please contact the office and submit a resume.

# Related Services

## Mental Health

### Stress and Mood in the Winter Months

Winter can be a fun and joy-filled season, but it can also be challenging in a lot of ways. From the chaos and pressure of the holidays to lower exposure to outdoor activities and sunlight, many families may find themselves struggling to stay upbeat and on top of things. In fact, if you find that you or your child seem to have a lower mood or increasingly disruptive behaviors during the darker months, you may want to ask your doctor about Seasonal Affective Disorder, which affects around 10 million Americans and can result in feelings of hopelessness, increased sleep, weight gain, irritability, social withdrawal, fatigue, or even thoughts of suicide. If you or someone in your family is prone to seasonal stress or mood changes, be proactive by sticking to a routine that promotes health and well-being, which might include:

- Good sleep hygiene
- Daily exercise
- Morning exposure to sunlight or a light therapy lamp
- “Me time”/self-care/personal hobbies
- Balanced, healthy diet
- Vitamin D or Melatonin supplements (with your healthcare provider’s approval)
- Reaching out for help
- Volunteering your time to helping others

## Speech

### Communication Tips for the Busy Holiday Season

The holiday season is supposed to be all about family time, but true bonding can be lost in the holiday shuffle—whether it’s the stress of seemingly endless holiday prep, constant interference from our mobile devices, or something else. Here are some prime opportunities to maximize conversation, communication, and connection this holiday season, from the American Speech Hearing and Language Association:

1. **In the Kitchen** Kids can make cooking a bit more complicated, but it’s also a great opportunity to build vocabulary, learn math concepts, talk, bond, and just have fun. Tackle a side dish together or a new cookie recipe for the holidays. Added bonus: It’s very difficult to use a tablet (or do anything else!) when you’re getting your hands dirty in the kitchen.
2. **On the Road (or in the Air)** Do your holiday plans include some extended travel time, in the car or in the air? More than any other time, parents can feel that tablets or smartphones with headphones are an absolute necessity for their kids. While they certainly can come in handy on a long flight if your child is complaining or disrupting others, there’s no need for a preemptive strike. There is so much to talk about—the different surroundings, where you are going, and what you are going to do when you get there. The same is true of car time. Many adults have fond memories of playing the license plate game or goofing off with siblings during road trips. Not to mention the benefits of boredom and allowing kids time to use their imagination. Try to avoid defaulting to tech immediately—and talk instead!

Communication Tips, cont.

3. **Around the Dinner Table** Sure, families should strive for family dinners year-round. But during the holidays, everyone may have a few days (or even a week or longer!) of a reprieve from common barriers to family dinners, such as late afternoon work meetings or sports practices/games. Make the most of this time together!
4. **During Gift Wrapping or Card Writing** This is an activity that often falls to parents, but kids can participate in wrapping gifts for cousins or other relatives. Again, this is a great time to keep your hands busy (device-free!) while talking, listening to holiday music, and enjoying each other's company. The same is true for writing—and stuffing and stamping—holiday cards.
5. **While Volunteering** This is a great way to connect as a family while doing something to help others. Even younger children can participate in picking out gifts for a holiday toy drive or nonperishable food items for a food bank. Family-friendly walks and fun runs as well as a host of other options are available as well, year round but especially around the holidays. Your experience may be something you talk about together for a long time—and is yet another way to prioritize people over objects this season.
6. **Alternative Communication Systems** Remember if your child has a communication device or Augmentative and Alternative Communication System (speech generating device, sign language, gestures, pictures, picture board, etc.) please incorporate this into everyday holiday activities and routines. The best way to do this is to use the system yourself to model vocabulary related to family activities and routines. This might include modeling words and phrases such as: “go up, down, in, out...”, “open it”, “help me open it”, etc.
7. Most importantly - Have a wonderful holiday season and enjoy time with your family and friends!

Jonel Condra, MS, CCC-SLP, North Salt Lake Intermediate School

# PTO NEWS

Hello Spectrum Parents!

Thank you for all of your assistance in October. Between the field trip, Halloween parties, Red Ribbon Week, and clearing up the rocks there was a lot going on!

A few things to take note of:

- **Remind App** We officially are using Remind for communication. It is very efficient, plus you can access it from your phone or computer! Each class has their own code, so keep an eye out for a flyer your child will be bringing home.
- **Volunteer hours** Every family is required to do 40 hours of volunteer time each school year (plus 10 hours per additional child enrolled at Spectrum). This can be done numerous ways!
- **Carpool Drop-off and Pick-up** One way to earn volunteer time is to help with Carpool Drop-off and Pick-up. We are offering DOUBLE volunteer hours! As you are aware, it takes many hands to help carpool run smoothly so staff can focus on our children. We encourage everyone to take a turn where possible.
- **Warm Love Project** We completed end of our Warm Love Project for this year. Thank you so much to all who helped spread the word and made hats and scarves.
- **Rocks** There are still rocks in the front that are available to take. If you are interested, please grab as many as you would like.

It is amazing to see how caring our Spectrum families are!

Kathy Avery (ES PTO President)  
Jen Haertel (ES PTO Vice President)  
Erin Larson (ES PTO Secretary)

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# Why does autism research need your DNA?

Your DNA could hold the answer that sparks the next genetic discovery for autism. SPARK is the largest genetic study of autism ever, and together, we can find more answers. Join us.

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