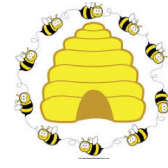




# What's The Buzz



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Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden. Please join our electronic platform: Fair Garden's Twitter:

[https://twitter.com/fair\\_garden](https://twitter.com/fair_garden) Thank you. ☺



## Important Dates:



## A Note From Our Social Worker

- 12/9- Fair Garden's Holiday Spirt Days Begin
- 12/9 - Bring a pair of socks for the school's Christmas tree to be donated
- 12/10- Ugly Christmas Sweater Day
- 12/11- Santa Hat and Jingle Bells
- 12/12- Rock It Like A Reindeer
- 12/13- Wear Purple for Fair Garden's Spirit Day
- 12/16- College or Pro Team Day
- 12/17- Elf On The Shelf Look Alike
- 12/18- Crazy Sock Day
- 12/19- Holiday Scarf or Hat Day
- 12/19- WinterFest (9:00 am)
- 12/20- Wear Green or Red Day
- 12/20- **½ Day Dismissal For Students**
- 12/23- 1/6- Winter Holidays (**No School**)
- 1/7- Students' First Day Back From Break
- 1/20- Dr. King Holiday (**No School**)

### Making a Plan

Children feel more secure when they have a plan. Things can go awry in life sometimes and when they do, the child that knows how to safely handle a potential situation doesn't panic or put their own life in danger. Last week we talked about what to do if they were to get lost in a store. We discussed staying where they were in case you returned to that spot, and if you didn't return learning to find a salesperson or "clerk." We talked about what a salesperson would look like (nametag, badge, uniform) and what he/she would be doing (stocking shelves, running a cash register). We then practiced what to say so that the salesperson could locate a missing Mom or Dad.

You can help your child know what to do if he or she gets lost by making a plan. Help your child come up with ideas for how to handle different situations. Then go over your plan right before you go out with your child. For example, whenever you go to such places as a fair, amusement park, or shopping mall, talk to your child before you get there about what to do if you are separated. Teaching your child to memorize your phone number goes a long way towards helping them locate you too.

In our next two "Talking About Touching" lessons, the children will learn what to do if someone wants them to go somewhere or someone wants to give them something. The "Always Ask First Rule" remind them to ALWAYS ask their parents or the grownup in charge first if someone wants them to go somewhere or someone wants to give them something.

If your child follows the "Always Ask First Rule," you will always know where your child is and with whom. You will also know who is trying to make friends with your child by offering gifts. Unfortunately, most children are abused by people they already know ---friends, family, or acquaintances. If your child understands to always ask first, you will be able to better monitor his or her safety.

Thank you,

Deanna Gnage (Social Worker)



Help Your Child Succeed in Preschool:  
Build the Habit of Good Attendance  
Early School Success goes hand in hand with good attendance!

### Ready – Set GO!

- Develop back-up plans for getting to preschool if something comes up
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child
- Schedule medical appointments and extended trips when preschool is not in session
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. If the problem persists, make sure the program is a good fit for your child.

### DID YOU KNOW?

Showing up on time every day is important to your child's success and learning from preschool forward.

- Missing 10 percent of preschool (one or two days every few weeks) can
- Make it harder to develop early reading skills.
  - Make it harder to get ready for kindergarten and first grade.
  - Develop a poor attendance pattern that's hard to break.

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

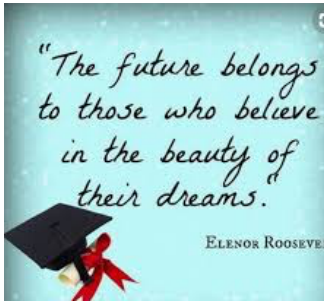


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Positive Quote:



## A Message from Mrs. Spikes




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School attendance is imperative. Every day at Fair Garden, we are learning skills that will help your child be kindergarten ready. Preschool is school and this opportunity helps our students gain academic, social, and behavioral skills at an earlier age.

Thank you to every parent that attended our Thanksgiving luncheon. Parent engagement is the key to our students' success. Parents, please ask your child's teacher how you can help your child be the best student he or she can be at school. Parents, we want you to volunteer in our classes. We want you to see what your child is doing every day, as we become problem-solvers, readers, mathematicians, etc. We want to continuously work together, as a school family to promote success. Thank you for making sure your child comes to school EVERY day ready to learn. "Together we can make a difference."

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Remember, ReadyRosie is a fun way for you and your child to learn together at home and reinforce what we are learning at school. Happy learning! Please visit ReadyRosie for fun with a Numbers Game, Shapes in the Pantry, Little Chef, and Estimation:

<https://app.readyrosie.com/en/playlists/45012>



# ReadyRosie

pre-K



# En-Lightening News

from Nurse Amanda



## H A N D W A S H I N G

The **very best** way to keep from getting sick and stop the spread of germs is to **wash your hands!** All it takes is **soap and water, 20 seconds of scrubbing hands and wrists, and then a good rinse.**

- People commonly catch colds when they rub their nose or eyes after their hands have been contaminated with the cold virus. By washing your hands frequently, you **wash away germs** that you may have picked up from other people or contaminated surfaces.
- Parents can **encourage children** by setting a **good example**. Wash your hands often in front of children to teach them that hand washing with soap and water is an important way to prevent colds, sore throats and other infections. Also, because dirty hands often can carry germs, teaching children to **keep their hands away from their eyes, nose, and mouth** also will help prevent illness.
- Make hand washing fun for kids by **singing “Happy Birthday” twice** while they rub their hands together with soap and water. This way, you’ll be sure they washed for a good 20 seconds.

<https://my.clevelandclinic.org/health/treatments/17474-a-simple-secret-for-staying-well-wash-your-hands>

The **F.A.C.T.S.** about the **FLU**...

**F- Fever-** High fever (over 100<sup>o</sup>) that lasts 3-4 days

**A- Aches-** May be severe

**C- Chills-** Sometimes extreme

**T- Tiredness-** Common

**S- Sudden onset-** Hits you with little warning

<https://health.clevelandclinic.org/is-it-a-cold-or-the-flu-know-your-f-a-c-t-s-infographic>

The **flu** effects the **whole body**. It comes on very quickly and you will be off your feet for 2-4 days with lingering effects. Call your doctor as soon as you have flu symptoms. You’ll need bedrest, extra fluids, and flu medication to treat symptoms. Antiviral medication may be able to shorten the duration.

A **cold** targets the **nose and throat** with symptoms such as a stuffy nose, sore throat and hoarseness. Colds can last 1-3 weeks. Some symptoms like the flu may be seen, but they will be much milder. You’ll need extra rest, fluids and over the counter cold medication to treat symptoms.

### PROTECT your health during cold and flu season!

- 🛌 Get plenty of sleep
- 🏃 Exercise
- 🍎 Eat nutritious foods
- 💧 Drink plenty of fluids
- 👤 Cover your mouth when coughing or sneezing
- 👀 Avoid rubbing your eyes and nose
- 👥 Stay away from crowds when possible



### Clothes



The weather is getting colder! Please send an **extra change of winter clothes** for you child. If your child is provided a change of clothes from the school’s closet, **please wash and return** them so others may use them as well. Also, the clinic could use **extra new or lightly socks**. Any donations would be greatly appreciated!

**Through good health and a safe environment, every child can achieve their optimal potential.**