



Park Ridge Elementary  
3313 Park Ridge Dr.

# Falcon Flyer

January 2016

## Upcoming Events

5th- Resume School

11th- Character Trait Assembly

18th-No School- Martin Luther King Jr. Day

## PTA Upcoming Events

7th-PTA meeting

12th-Dinner Night Out at Panda express

19th- Skate Night

22nd-Movie Night

Feb 2nd- Dinner Night Out at Freddy's



## PTA in Action

### Reflections News:

Thank you to all 14 students who participated in our Reflections Programs. Below is a list of the winners in each category and the honorable mentions.

### Visual Arts

#### Primary

- 1st - Cadyn Kenyon
- 2nd - Marlee Marrs
- 3rd - Skylyn Kenyon

#### Intermediate

- 1st - Taylor Steffler
- 2nd - Kayla Barker
- 3rd - Jacelyn Kenyon

### Photography

#### Intermediate

- 1st - Anthony Brown
- 2nd - Eric Koeppen
- 3rd - Jacelyn Kenyon

### Honorable Mentions

Shaylee Marshall, Quentin Overton, Kimberly Gonzales, Austin Brown

### Upcoming PTA Events:

Prizes for all the participants were handed out on December 10th. First and second place winners were submitted to be judged at the regional level. We did not get enough entries to put on a gallery night like we had hoped, so we are going to participate in the assembly on January 11th to

recognize our students and pass out participation certificates. We will notify parents ahead of time if they would like to attend.

Please come to our next meeting on January 7th at 3:30 pm in the staff room to support the PTA and share your ideas.

Dinner Night Out will be on January 12th from 3 - 9 pm at Panda Express. Please treat your family to a dinner out and help support our school!

Please order your next gift purchases from our school mall link. Look for booklets to be coming home on January 19th. All your student has to do is fill in some addresses of family and friends to earn money for our school! They will also be entered into a drawing and have the potential to win a t-shirt or other prizes. More info to come home with the booklets.

Come and skate with us on January 19th from 6 - 8 pm at the Nampa Roller-drome! It's a great way to help out your school and have a fun family night out! Admission is just \$5 and skate rental \$2.

Care for a free movie night? Bring your blankets and pillows and come watch in the gym on January 22nd @ 7 pm. Movie is tbd. We are selling concessions and pizza! Parental supervision is required.

Join us on February 2nd for Dinner Night Out at Freddy's Frozen Custard & Steakhburgers from 5 - 8 pm. Enjoy dinner and time with you family and help out your school, it's a win - win for everybody.

Please like us on our facebook page, Park Ridge Elementary PTA. To be added to our email list please email us at parkridgeelementarypta@gmail.com.

## MUSIC NOTES



Welcome back from break! This month in music we focus on our listening lessons: 1<sup>st</sup> – Peter & the Wolf, 2<sup>nd</sup> – Ballet, Musicals, and Opera, 3<sup>rd</sup> – Carnival of the Animals, 4<sup>th</sup> – Beethoven & Mozart, 5<sup>th</sup> – Simple Gifts and Firebird. Recorder will continue for 4<sup>th</sup> & 5<sup>th</sup>. Our students will also begin the planning process for our 1<sup>st</sup>-5<sup>th</sup> grade level programs (to be held in March). I am so excited for them to have such an active part in this process!

### Nurse's Corner

#### **“Sick Day Guidelines: Making the Right Call When Your Child Has a Cold”**

##### **Should I keep my child home or send him or her to school?**

Consider keeping your child home from school if he or she:

- Has a fever of 100.0 degrees or higher
  - Has been vomiting
  - Has a new or undiagnosed rash
  - Has symptoms that prevent him or her from participating in school, such as:
    - ~ Excessive tiredness or lack of appetite, Productive coughing, sneezing, Headache, body aches, earache, or Sore throat . (A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. )
- Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.

**Keep your child home until his or her fever has been gone for 24 hours without medication.** Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

##### **Does my child have the flu?**

The flu is serious! Call your pediatrician at the first sign of flu symptoms, which typically **come on suddenly**, including:

- High fever
- Chills
- Headache, body aches, earache
- Nausea, vomiting
- Dry cough

If you are unsure about the best way to treat your child's cold or flu, ask your physician.

##### **How do I make my child feel better?**

- Make sure your child gets plenty of rest
- Encourage fluids; like water, soup, juice and ice chips
- Help your child relax and give him plenty of TLC

When used as directed, children's cough and cold medicines help relieve cold and cold symptoms while your child is getting better. Read and follow the directions carefully and give the exact recommended dose for the child's age.