

Barton Elementary

December 2017

Newsletter

Barton Elementary is asking for your help with an easy fundraiser, please save your coke bottle caps and reward coupons from coke products. Please send them to school and give them to the homeroom teacher and we will send these to Coke. Thanks again for all your help.

The Coca Cola Give program gives rewards for coke products. Coke, Diet Coke, Coke Zero, Minute Maid, Sprite, and any Fanta beverage products. Coke product caps are worth 5 cents. Dasani water caps are also acceptable.

The 12 pack coke carton codes are worth 15 cents and the 30 pack coke carton codes are worth 30 cents

BOX TOPS FOR EDUCATION:

Barton Elementary School will be participating in the General Mills Box Tops for Education program again this year. The Box Tops Labels can be turned into the homeroom teachers throughout the year. Thanks parents for helping with this project. The homeroom that collects the most throughout the year will receive an ice cream party at the end of the school year.

PITCHING IN

Would you like your child to be more responsible, hardworking, and persistent? Here are ideas for working as a family to help your youngster develop these important traits.

A group approach

Thinking of herself as a "team player" can encourage your child to be responsible. Explain that your family operates as a team. Everyone must play a part to get things done. Example: you take her shopping for her clothes and sports equipment. She chooses her outfit each morning and keeps track of her bat and glove.

Hard worker wanted

Your youngster probably has regular chores to do. You can motivate her to work extra hard by placing “want ads” on the refrigerator. Choose a challenging job, and offer a benefit. Example: Wanted---a hardworking family member to clean out a corner of the basement. Reward---a place for your child and her friends to play.

Sticking it out

Working toward small goals can make it easier to complete a big task. Perhaps your family room needs a fresh coat of paint. Write down the steps (move furniture and lay down drop cloths, prepare walls, roll paint on walls, paint trim). Tell your child you’ll take a fun break after each step is done (go to the playground, take a bike ride).

BULLYING: THE BYSTANDER’S ROLE

Question: My child came home from school upset because kids were picking on a classmate and wouldn’t let her play with them. What advice should I give my daughter?

Answer: Tell your youngster that her classmate was being bullied – and that she has the power to help stop it!

There are several things she can do. She could start by standing up to the bully and saying something like, “That’s not nice.” Then, she might ask the child who is being bullied to join her in a game or school project.

Also, remind your youngster to report bullying to a teacher or other adult when she sees it. Let her know this is not tattling, but a way to help someone who is being hurt. You can explain: “Asking an adult to help a child who is being bullied is like asking the nurse to help a child with a scraped knee.”

DECEMBER CALENDAR:

December 1 Basketball game vs Helena at Home

December 5 Basketball game vs Kipp at Kipp

December 7 Christmas Play 9 A.M.

December 7 Band Choir Concert 6:30 P.M.

December 8 Basketball game vs Star City at Star City

December 8 Fire Prevention Program 9:00 A.M.

December 11 3rd and 4th grade Christmas Program 8:30 A.M.

December 11 School Board Meeting

December 12 Basketball game vs Marianna at Marianna

December 13 Dismiss at 2:00 P.M.

December 14 Dismiss at 2:00 P.M.

December 15 Dismiss at 1:00 P. M. for Christmas Holidays

December 15 Basketball game vs DeWitt at Home

December 15 End of 2nd Quarter (end of 1st Semester)

To the parents of Barton Elementary School students:

It is getting cold outside and we have a number of coats that we have gathered from the playground, cafeteria and other areas. If you are missing a coat, scarf, or lunch box please check with us in the elementary office.

National Hand Washing Awareness Month

According to the Centers for Disease Control, "the most important thing you can do to keep from getting sick is to wash your hands." Judicious hand washing can prevent not only common diseases like colds, but also more serious diseases like hepatitis A, meningitis, and infectious diarrhea.

Why hand washing is important

- Children have weaker immune systems than adults and can become sick quicker.
- 1 in 3 E.coli outbreaks is caused by poor hand washing by food preparers.
- Germs that cause disease live in meat, vegetables, and more.
- Germs are spread from unclean hands to food, usually when the food handler doesn't wash after going to the bathroom. Germs are then passed on to those who eat the food.
- Germs spread from uncooked foods like hamburger to the hands, then from the hands to other foods like salads. The germs can remain in the salads and eventually affect those who eat the food.

6 Main Rules of Hand Washing

- Always wash your hands after using the bathroom, changing diapers, cleaning up after your pets, or handling money.
- Wash your hands when they're dirty.
- Always wash your hands before eating.
- Don't cough or sneeze into your hands.
- Refrain from putting your fingers in your eyes, nose, or mouth.
- Avoid touching people and surfaces with unclean hands.

Statistics

- 2/3 of adults in the US wash hands after using the bathroom.
- 1 in 4 adults don't wash hands after changing diapers.
- Less than 1/2 of Americans wash hands after cleaning up after pets.
- 1 in 3 wash hands after sneezing/coughing.
- Less than 1 in 5 wash hands after touching money.
- 1 in 3 E.coli occurrences is caused from not washing hands before handling food.

By frequently washing your hands, you wash away germs that you have picked up from other people, or from contaminated surfaces, or from animals and animal waste. The

simple act of consistently performing this basic task properly will make a big difference in your own household as well as in work, school and public settings.

**PROTECT YOURSELF!
AND OTHERS!
FROM INFLUENZA!**

Why are vampires immortal?
Because they cough and sneeze into their arm!
They don't spread viruses!



SO REMEMBER:

Be like Dracula! Sneeze into your elbow and live forever!

ICID This message brought to you by the International Centre for Infectious Disease



The way a movie vampire covers his face with his cape is a good way to stop the spread of germs. It's called the Vampire Cough. Next time you cough or sneeze, cough into the inside bend of your elbow. If you cough into your hands, the germs from your mouth get spread around.

Think about it - what was the last thing you touched with the inside of your elbow?

STUDENTS OF THE MONTH:

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November 2017

Pre-K	Kindergarten	1st Grade
<u>Victoria Camp</u> Alex Copeland	<u>Fennell</u> Evy Bailey	<u>Hogan</u> Gregory Strickland
	<u>Lederman</u>	<u>House</u>
	Khloe Wiggins	Vanessa Snyder
	<u>Jaco</u>	<u>Kitchens</u>

	Trent Stagg	Logen King
	<u>Russell</u>	<u>Smith</u>
	Kaylen Moneymaker	MaKenzie Otey
2nd Grade	3rd Grade	4th Grade
<u>Jacobs</u>	<u>Katy Nichols</u>	<u>Sanders</u>
Tyler Wade	Will Dailey	Jorden Miller
<u>Files</u>	<u>Harman</u>	<u>Palmer</u>
Seth Wood	Kevin Trotter	Ki'adrienne Carpenter
<u>Rutland</u>	<u>Dunigan</u>	<u>Williams</u>
Adam Pitts	Will Copeland	Juwan Anderson
5th Grade	6th Grade	
<u>King</u>	<u>Green</u>	
Kinlee Gilchrist	Landon Holland	
<u>Davis</u>	<u>Kern</u>	
Ryan White	Kimberli Smith	
<u>Nichols</u>	<u>Gibbs</u>	
Maddie O'Briant	Mallory Williams	

Secondhand Smoke (SHS) Facts

Secondhand smoke is a mixture of gases and fine particles that includes—

- Smoke from a burning cigarette, cigar, or pipe tip,
- Smoke that has been exhaled or breathed out by the person or people smoking, and
- More than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.

Most exposure to secondhand smoke occurs in homes and workplaces. Secondhand smoke exposure also continues to occur in public places such as restaurants, bars, and casinos and in private vehicles.

Health Effects: Children

In children, secondhand smoke causes the following:

- Ear infections
 - More frequent and severe asthma attacks
 - Respiratory symptoms (e.g., coughing, sneezing, shortness of breath)
 - Respiratory infections (i.e., bronchitis, pneumonia)
 - A greater risk for sudden infant death syndrome (SIDS)
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Health Effects: Adults

In adults who have never smoked, secondhand smoke can cause heart disease and/or lung cancer.

Heart Disease

- For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.
- Secondhand smoke exposure causes an estimated 46,000 heart disease deaths annually among adult nonsmokers in the United States.

Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings does not eliminate secondhand smoke exposure.

“Tobacco Quit line”

1-800-Quit-Now

THANK YOU FOR SHARING YOUR CHILDREN
WITH US. BARTON ELEMENTARY IS A
SPECIAL PLACE AND IT IS “THE PLACE TO BE”.

YOUR PRINCIPAL,

BERNIE WINKEL