

Solheim Cougar Tracks Newsletter



November 2022

Important Dates:

November 2022

11/10 – NO SCHOOL, Parent Teacher Conference Day Off

11/11 – NO SCHOOL, Veteran's Day

11/24 – NO SCHOOL, Thanksgiving Break

11/25 – NO SCHOOL, Thanksgiving Break

December 2022

12/6 – Tue, PTO Meeting, 6:30 pm

12/15 – Thur, 5th Grade Music Program, 7pm @ Solheim

12/23-1/2 – NO SCHOOL/CHRISTMAS BREAK

Announcements

You can find Solheim Announcements on our school website by visiting us @ <https://www.bismarckschools.org/solheim>



Military Family Appreciation Month - we take this opportunity to appreciate the continuous sacrifices and contributions of our military families. The observance recognizes the challenges family members face in support of their loved ones in uniform.



Native American Heritage Month - The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.



World Kindness Day, Nov. 13 - World Kindness Day is celebrated annually on 13th November. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations. The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness.

ART MINIONS CLUB - Art from the Heart offers an Art Minions after-school club at Solheim every Tuesday afterschool. You must register to attend. Limited availability. Please click the link below to register for the month of November.

<https://fb.me/e/1VVjMRm51>

Solheim Cougars are PAWSitively Respectful, Responsible and Safe.



Message from the Principal

Solheim Elementary is certified as a *High Reliability School* in the area of *Safe School Environment*. Although we have reached certification level, we continue to work on our school improvement goal of maintaining a safe and supportive learning environment. Our work has included ongoing safety checks and procedures, booster sessions for continuous learning in trauma and behavior management, and updates to data collection systems for monitoring behavior in the school setting.

The short video linked below is for your information about levels of unexpected behavior and how they are managed within the school setting. You may find this information helpful as you continue to learn about your child's school and the efforts made to maintain a positive culture at Solheim Elementary. [Link to Short Video](#)

Mrs. Swanson

Counselor's Corner



Lifeskills for November:

Courage: To act according to one's beliefs despite fear or adverse consequences

Friendship: To make and keep a friend through mutual trust and caring

Sense of Humor: To laugh and be playful without harming others

Mrs. Nelson

Solheim School Counselor

Nurses Notes

Look Dad & Mom, I have headlights!

Finding out that your child has head lice is not humorous to most of us, but it is important to keep it in perspective. Head lice are more common in young children though anyone can get them. Head lice can occur regardless of personal hygiene habits or family income. The truth about head lice is that they are transmitted through prolonged close head-to-head contact, because lice can't jump or fly. Children are far more likely (96%) to get head lice from events outside of school. This fact is contrary to our previous beliefs. The lice and eggs (nits) require a warm (close to the scalp) location in order to survive and hatch. Research shows that eggs found further away from the scalp are usually not viable and don't pose a risk for spreading lice to others. If your child gets head lice, they should return to school as soon as possible after treatment. Removal of live lice and viable eggs laid close to the scalp is necessary in order to return to school. Eggs are glued to the hair shaft by the adult louse and manual removal is needed to get rid of them. In order to know your child is rid of the problem keep checking their hair for a 2-week period following appropriate treatment. You

can also help prevent the spread of head lice by talking to the parents of your child's closest playmates. For more information, contact your school nurse or visit www.ndhealth.gov.

Flu Season - In the United States, flu season starts in the fall and lasts through the winter. Flu activity typically peaks between December and February, but it can last until May. Flu viruses travel through the air in droplets when someone with the infection coughs, sneezes, or talks. To lower your chance of infection, avoid contact with people who have the flu and wash your hands frequently.

Illness - The guidelines for staying home and preventing the spread of an illness your child may have are:

- A fever of 100 degrees or higher. Students need to stay home 24 hours from the point of being fever free without the aide of medicine.
- He/she is vomiting or has diarrhea. Students need to stay home 16 hours after the last incident of either vomiting or diarrhea.
- Symptoms that prevent him/her from participating in school such as:
 - excessive tiredness
 - lack of appetite
 - productive coughing or sneezing
 - headache
 - body aches
 - earache
 - sore throat



November is National Diabetes Month - a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.



National Epilepsy Awareness Month - National Epilepsy Awareness Month in November is an annual event that teaches people about epilepsy's causes and symptoms. One in 26 people will be diagnosed with epilepsy at some point during their lifetime. Epilepsy is one of the least understood of all the neurological diseases, yet it is the fourth most common. During this month, many organizations join together to provide information about prevention, treatment, research, and resources to fight epilepsy.

Dental Screening - Oral Health is an important part of a child's ability to eat, speak, play, and learn. Tooth decay is the most common chronic disease in children and can have a huge impact on a child's ability to be successful in school. I will be completing oral health screenings on all students in the fall. This screening involves a visual inspection of your child's mouth and takes about 15-30 seconds. Results will be sent home following the screening.

Library News

National Family Literacy Month -

National Family Literacy Month is a month when families are encouraged to read together. Educational statistics show that one in four American children will grow up without learning to read. Similar statistics demonstrate that children in the third grade without a proficient reading level are four times more likely to drop out of school. So how can caregivers help? The answer: it's time to get reading! Whether snuggled up together reading a fantastical tale as a family or hearing your child read their book every night before bed, reading together is vital for your children's development.

Studies show that children who read with a caregiver typically gain literacy skills quicker - reading with a family member allows children to ask questions, learn the meaning of new words, and strengthen their understanding of different texts. Studies also show that reading benefits children's writing skills, memory capacity, and attention span, meaning that tons of different skills are being targeted when you get comfy with a good book!

Weather

As the temperatures begin to drop and the seasons continue to change, it is important for our students to be dressed for the weather. They go outside for recess up to -15 degrees! Please be sure your child wears the appropriate clothing to school each day.

Recess

The health and safety of your child will be the major consideration when making decisions about the appropriateness of going outside during extremely cold or wet conditions. Other considerations will be the need of children for fresh air, exercise, work breaks, and unstructured play time for social development. Students should come to school dressed appropriately to be outside during the weather expected that day. BPS Elementary Schools have jointly developed a guideline which states that outdoor recess will not normally occur when the wind chill drops below -15 degrees Fahrenheit (based on the National Weather Service website). Keep in mind that actual time outside during recess breaks is generally limited to about ten-fifteen minutes. Based on the relative openness or protection of a particular school site, variations in this guideline will exist.

[Incident Weather / Frequently Asked Questions](#)

Visitors

Safety in our schools is always important to us! Please know that BPS has a safety plan that is practiced, reviewed and updated often. We practice safety procedures with students and staff. We require **ALL** visitors, parents and guardians that are visitors during the school day, to sign in at the office as you enter. We ask that visitors sign out upon leaving as well, as this will help us know who is in the building.

When a student comes past 8:35 in the morning, they must stop at the office and get a tardy slip in order to head to class so they are not counted absent. When picking up a student early, please stop at the office, sign them out and we will call the student down to meet you in the office.

Thank you for your assistance with the safety of all our children!