



# Grand Ridge Grade School

## NEWSLETTER

Week of Oct. 21-27, 2018

400 W. Main Street  
Grand Ridge, IL 61325

Ted Sanders, Supt. — Terry Ahearn, Principal  
"Large enough to educate you, small enough to know you."

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### A Few Words from the Superintendent

*"A real comfort is better than an artificial one to the human nature."*

—Maungwudaus, Ojibwe Indian

As the year continues on I am becoming aware of a striking new phenomenon occurring with young children. Cell-phone and other electronic usage is becoming such a large time consumer that children are beginning to have many symptoms and ailments due to lack of sleep and eye exertion. Children are staying up until past midnight during the school week because they have difficulty sleeping after hours of screen time on their devices. No one is exempt from this, with the exception of those who do not use smart phones or ipads and the like. The research is actually frightening for the effects that this has on young children's brains. It is very important to make sure that there are limits for young people on using these devices for. Here are some helpful hints from Michael Ungar, PhD.

#### Strategies for Parents

- 1. Model appropriate cell phone use.** Start with what we can do. Leave our cell phones at the door. Turn them off at mealtime. Don't harass our kids with endless texts checking up on them. If we model restraint, maybe our kids will see it's possible.
- 2. Limit access. Stop paying for the darn phones.** If your child is addicted, cut them off. A simple rule I hold to is that in general, when a child can afford a device they are likely responsible enough to have it. Let your child buy their own phone, their own data package, their own gaming systems. Hold back from giving them everything they think they need to be like every other kid and let them feel that lovely self-esteem boost of knowing "I'm a little different" which could also translate into "I'm unique". The way I see it, if they're motivated to find work, and get themselves online, then they're less likely to have the time to become addicted to their phone.
- 3. Set routines and structure. No cell phone use at bedtime.** Turn the phone off and put it away. Any addiction that triggers a change in brain functioning is going to be difficult to control as long as it's there at hand ready to light up our neural pathways. As parents our job isn't meant to be easy. It's meant to prepare children for life and that means telling them "No" when really, deep down, that's what they want to hear anyway.
- 4. Offer substitutes.** Create opportunities for kids to keep busy. Give them chores and real responsibilities that matter to the family. Planning a winter vacation and they're coming along? Any 14-year-old with good net surfing skills can find a hotel on a beach, or scope out activities to do off site at the all-inclusive. Let's stop making our children's lives so easy and in the process offer them real diversions. Insist they are active an hour a day. Put them into activities and take away their cell phone. Oh there will be histrionics, but the end result will likely be a happier, more engaged child with the life skills and habits that will make them healthier more successful adults.

As parents, it is sometimes difficult to monitor our child's viewing habits when it comes to their devices; and often times, we don't realize what is happening because we enjoy the quiet that comes from the children being busy on their own devices. However, just like you wouldn't hand your 10 year old the keys to your car and let them go wherever they wanted to without your guidance, you shouldn't hand your child the keys to the virtual world and have no filter for all the things they may watch, read, or hear on their device. The Native Americans understood that the difference between real life and artificial life were important. Children need real life memories with their parents and friends, and no amount of artificial entertainment will replace the effects of a real hug.

# VETERANS DAY ASSEMBLY

**FRIDAY - NOVEMBER 9TH  
2:20 p.m. IN THE GYM**

**Grades K - 5 will perform a song.  
Fifth Grade Choir, JH Choir and  
Band will Perform**





## VETERANS' DAY

*Veteran's Day is coming soon and we need to have students recognize the veterans in their family. A veteran information form is in the newsletter for students to fill out and return to the school.*

*The more detail you can offer about what branch and unit they served in, or if you have pictures of the veteran(s) (in the service and now), the more personalized the certificate or brick can be. Pictures are scanned into the document, so you will get the pictures back. This information produces an "honorary brick" and is added to the Veteran Wall. A brick is made for the wall, child and the veteran or family.*

*Usually, we think of veterans as men and women who served during war time. It is actually any person who served in active units of the regular armed services (Army, Air Force, Marines, Navy, Coast Guard) during war or peace time. A lot of National Guard units have been called up to serve in Iraq and we want to honor them, too.*

*We are looking for new veterans. If you have already had one made in the past, we already have it on the wall. Please fill this out and return as soon as possible. I would like to put them on display before our program.*

*Veteran's Day Program is on  
Friday, November 9th, 2018 at 2:20p.m.*



# VETERAN'S HONOR ROLL



NAME: \_\_\_\_\_ CHILD'S NAME: \_\_\_\_\_

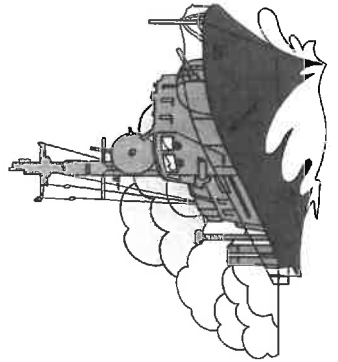
RELATIONSHIP TO THE CHILD: \_\_\_\_\_

WAR/PEACETIME \_\_\_\_\_ YEARS: \_\_\_\_\_ TO \_\_\_\_\_

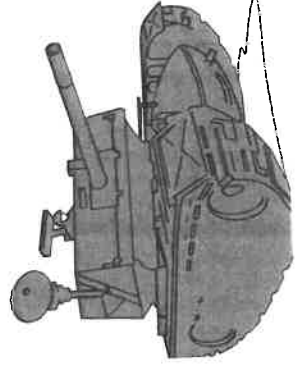
YEAR (S) SERVED: \_\_\_\_\_ AGE THEN: \_\_\_\_\_ TODAY: \_\_\_\_\_

BRANCH OF SERVICE: \_\_\_\_\_

UNIT SERVED IN: \_\_\_\_\_



*Thank you for serving our country!*



## Flu Season

We have had some cases of Influenza A reported at school and we contacted the LaSalle County Health Department to see if we needed to be concerned. The County Health Department mentioned this is not the only disease out there making people sick this time of year, but they also have reports of children having strep and stomach flu. Most people think of diarrhea, throwing up, dehydration and body aches when they think of flu but that's not really the case with Influenza A. This is type of flu that affects the upper respiratory system.



### What is the Flu?

The flu, or influenza, starts with a virus that causes a respiratory illness. Flu symptoms include a high fever, chills, dry cough, sore throat, and muscle aches. Complications can occur because your immune system may be run down by the virus, allowing secondary bacterial infections to cause illnesses such as bacterial pneumonia. The flu can worsen diabetes, heart failure, and asthma. Young children and the elderly are particularly susceptible to flu and resulting complications.

### Transmission

Influenza and the other diseases can be transmitted through the air by coughing and sneezing. It can also be caught through touch. If you touch the droplets from a sneeze or a cough that have landed on a table or a telephone and then touch your eyes, mouth, or nose, you may get the flu virus. **It is important to note that you can pass the virus on to someone else, before you actually start to feel any flu symptoms.**

### Prevention

There are simple means of helping to prevent getting the flu and helping to prevent spreading the flu. Please cover these with your children. Always cover your mouth when you sneeze or cough with a tissue or sleeve rather than your hands. This will help keep airborne transmission of the flu virus down. Throw away tissues as soon as possible. Wash your hands frequently. Remind your children not to share items and food with their friends or family since the number one way to transport the disease is through direct contact. Try to remember not to touch your eyes, mouth, or nose. If they are sick with the flu, do not push it; have your child stay at home. Doctors are recommending two to three days bed rest before returning. This will help with preventing the spread of it. The child may return if they still have a cough, but keep in mind **they should not return if your child has the following:**

1. Has a fever (Should be fever free for 24 hours)
2. Deep cough or congestion
3. Activity level is low or has no energy

If your child is having these symptoms, they need to stay home to prevent the spread of the disease to someone else. Please have a current phone number where we can reach you or a relative in case your child needs to be picked up during the school day. Hopefully, by working together, we can reduce the number of sick students and be healthy again at Grand Ridge School.

## **Hand-Foot-and-Mouth Overview**

Hand-foot-and-mouth disease — a mild, contagious viral infection common in young children — is characterized by sores in the mouth and a rash on the hands and feet. Hand-foot-and-mouth disease is most commonly caused by a coxsackie virus. There's no specific treatment for hand-foot-and-mouth disease. Frequent hand-washing and avoiding close contact with people who are infected with hand-foot-and-mouth disease may help reduce your child's risk of infection.

### **Symptoms**

Hand-foot-and-mouth disease may cause all of the following signs and symptoms or just some of them. They include:

- Fever
- Sore throat
- Feeling of being unwell (malaise)
- Painful, red, blister-like lesions on the tongue, gums and inside of the cheeks
- A red rash, without itching but sometimes with blistering, on the palms, soles and sometimes the buttocks
- Irritability in infants and toddlers
- Loss of appetite
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If you have concerns or suspect your child may have the symptoms listed above, please contact your doctor.

# WREATHS AND GARLAND SALE FOR CHRISTMAS

Student Council will be selling Wreaths and Garland for holiday decorating. This year Winding Creek Nursery and Garden Center will be supplying the fresh wreaths and greens. Parents look for order forms coming home next week. Christmas will be here before you know it, and it is always nice to have a wreath to decorate the door.

Sales begin Monday October 22nd!



## HALLOWEEN SAFETY TIPS FOR TRICK OR TREATING

Kids look forward to trick or treating each year. They like dressing up in costumes and most of all, the candy and treats!

Make your children's Halloween a memorable one by giving them a safe and memorable night of trick or treating.

Here are some easy tips to follow to keep your child safe every Halloween:

- \* Children should always go out trick or treating with a responsible adult. Several parents should go if you have a group of children going together.
- \* Some towns set a specific time for trick or treating, which makes it easier to know who's coming to your door.
- \* Plan a safe route so you know where your children will be at all times. Set a time for their return home. Make sure your child is old enough and responsible enough to go by themselves. Make sure they have a cell phone.
- \* Let your children know they need to stay in populated, well-lighted areas with lots of people around.
- \* Instruct your children to not eat treats until they bring them home to be examined by you.
- \* Instruct your child to never go into the home of a stranger or get into their car. Explain why this is not a good idea, and what to do if someone approaches them and tries to talk to them.
- \* Make sure your child carries a flashlight, glow stick, or has reflective tape on their costume to make them more visible to cars.
- \* Let them know that they should stay together as a group if going out Trick or Treating without an adult.





# Calendar of Events

**School  
NEWS**

Mon. Oct. 22



Tues. Oct. 23

Wed.. Oct. 24 - Dismiss 2:20 p.m.  
Parent / Teacher Conferences

Thur. Oct. 25 - Parent / Teacher Conferences

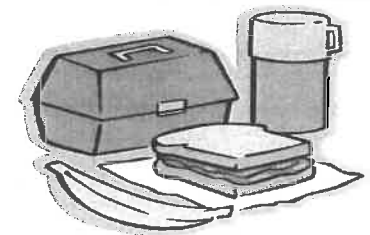
Fri. Oct. 26 - No School  
PTO Halloween Party



Oct. 21 <i>Happy Birthday!</i>	Oct. 22 	Oct. 23 NO BIRTHDAYS	Oct. 24 THIS	Oct. 5 WEEK	Oct. 26 	Oct. 27 <i>Happy Birthday!</i>
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**\*\*PLEASE NOTE:  
MENU IS SUBJECT  
TO CHANGE WITH  
AVAILABILITY\*\***

## Lunch & Breakfast Menus



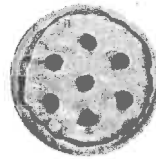
	Monday Oct. 22	Tuesday Oct. 23	Wednesday Oct. 24	Thursday Oct. 25	Friday Oct. 26
Breakfast Menu	Honey Maid Yogurt Fruit Juice	Cereal Poptart Fruit Juice	Frudel Fruit Juice	Cereal Toast / Jelly Fruit Juice	No School
Lunch Menu	Turkey Wrap Broccoli Strawberry Cup Cheese Puff Condiments	Grilled Chicken w/ Cheese on Bun Baked Beans Fruit Condiments	Walking Tacos Lettuce / Cheese Cup Cowboy Salsa Orange Smiles	Grilled Cheese Tomato Soup Goldfish Crackers Applesauce Sorbet	No School



Dear Parent,

Our school is participating in the Pizza Hut "Book It" program. This is a program where your child earns a free personal pan pizza for reading. From October through March a paper is given to them during library time to record the books they read.

When your child has read the required number of books this month have them return the paper to me in the library. They will receive a Reading Award Certificate and a coupon for a personal pan pizza.



This program encourages your child to find the joy in reading. The mission of the program is to turn "have to read" into "want to read" and the only way to get better at reading is to take the time to do it!

Enjoy reading with your child!

Mrs. Woodyer

