

Cascade View Cougar News



HOLIDAY/NO SCHOOL: There will be **NO SCHOOL Monday, 1/16/17** for Martin Luther King Day. Have a safe & happy long weekend!!!

TEACHER PREP DAY/NO SCHOOL: There will be **NO SCHOOL Friday, 1/27/17** for District Teacher Prep Day. Enjoy another long weekend!!! ☺

SMART WEDNESDAY: January 11th will be **SMART Wednesday** this month. School releases at 12:45pm & Lunch is served before students are dismissed. **Students may NOT be left on school grounds after 12:45pm.**

MISS SCHOOL...MISS OUT! Why is GOOD attendance so important? Poor Attendance=Poor Academics, Poor Academics=Poor Self-Esteem and most importantly, IT'S THE LAW! ***The BECCA Bill: RCW 28A.225 – Washington State enforces the law requiring children to be in school every day, on time.*** If your child is going to be absent from school or is going to be late for any reason, please call the school secretary (Kari) @ #901-7703. We are allowed to excuse tardiness/absences for: illness, medical/dental appointments, or family emergencies. We are **NOT** allowed to excuse tardiness/absences for: sleeping in, family child care needs, repetitive absence &/or tardiness due to illness or injury *without* a doctor's note, student not wanting to come to school or transportation problems.

COLD & FLU PREVENTION TIPS: Cold and flu season is here & prevention should always be a top priority for our families. Here are some great cold and flu prevention tips that that will hopefully keep everyone healthy this flu season:

- *WASH YOUR HANDS for at least 20 seconds with soap and water OR use alcohol based hand sanitizers.*
- *Don't touch your eyes, nose or mouth with your hands between washing them.*
- *If your doctor recommends it, get a flu shot for your entire family. It's fast, easy and effective.*
- *Don't share food, drinks, lip balm or toothbrushes with anyone, even family members. Germs can spread!*
- *Avoid kissing on the lips if you feel yourself getting sick. *This can be especially hard with young children, but try to refrain. Also, try to avoid letting people touch your baby's hands as well.*
- *Clean doorknobs, bathrooms and children's toys with disinfecting cleaner often.*
- *Yogurt has been shown to stimulate production of an immune system substance that fights disease. So, eat up!*
- *Let fresh air into your home at least 1x week even if it is extremely cold outside. Studies have shown that the air inside your home is 2 to 5 times worse than the air outside. Allowing fresh air in will help to get stale, unhealthy air out ☺.*
- *Get plenty of sleep and drink plenty of water so that your body will be able to fight off illness.*
- *STAY HOME IF YOU ARE SICK! No need to spread your germs to others.*

If you do end-up with a cold... ☺ Eventually, someone in your family WILL end-up with a cold or flu. Be sure the sick person gets plenty of rest and try some of these great natural cold remedies to help them feel better faster:

- *Increase your vitamin C intake to 1,000 mg/day to help boost your immune system and shorten your cold.*
- *Zinc lozenges taken every 2 hours have been shown to help shorten a cold.*
- *Stay hydrated with non-caffeinated drinks and use a humidifier to keep nasal passages moist.*
- *Get plenty of rest! Overdoing it will only prolong your illness.*
- *Eat chicken soup. Studies suggest that the ingredients in chicken soup have anti-inflammatory properties ☺.*
- *Don't sniff! Blow your nose often to remove mucus from your head. *Also, remember to not leave dirty tissues around and wash your hands after blowing to avoid spreading your germs to others.*
- *Gargle 4 to 5 times a day with warm water + a teaspoon of salt to help relieve a sore throat.*
- *Take a steamy shower. The moist heat will help clear and soothe congested nasal passages.*
- *Apply hot or cold washcloths to eye area to relieve congested sinuses. *Wet washcloth and put in microwave for a few seconds for heat or in the freezer for cold. **BE SURE TO TEST THE TEMPERATURE BEFORE APPLYING TO YOUR FACE.***
- *Elevate your head with extra pillows to help with drainage. **CAUTION: If you have an infant or small child, DO NOT place pillows in the crib. This is a serious SIDS risk!***



JANUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>WINTER BREAK</p> <p>No School</p>	<p>3</p> <p>Welcome back to school!!!</p> <p>☺</p> <p>CV Choir 7:45a Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>4</p> <p>Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>5</p> <p>Literacy/Math AM Literacy/Math PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>6</p> <p>CV Choir 7:45a Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>
<p>9</p> <p>Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>10</p> <p>CV Choir 7:45a Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>11</p> <p>Literacy/Math AM</p> <p>SMART WEDNESDAY</p> <p>Early Release</p> <p>12:45p</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>12</p> <p>Literacy/Math AM Literacy/Math PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>	<p>13</p> <p>CV Choir 7:45a Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL SCREENINGS</p>
<p>16</p> <p>MARTIN LUTHER KING JR DAY</p> <p>No School</p>	<p>17</p> <p>CV Choir 7:45a Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>18</p> <p>Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>19</p> <p>Literacy/Math AM Literacy/Math PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>20</p> <p>CV Choir 7:45a Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>
<p>23</p> <p>Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>24</p> <p>CV Choir 7:45a Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>25</p> <p>Literacy/Math AM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>26</p> <p>Literacy/Math AM Literacy/Math PM Refugee Club PM</p> <p>SMILE PARTNRES DENTAL TREATMENTS</p>	<p>27</p> <p>TSD TEACHER PREP DAY</p> <p>No School</p>
<p>30</p> <p>Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM</p>	<p>31</p> <p>CV Choir 7:45a Literacy/Math AM Literacy/Math PM Robotics 4th & 5th PM Refugee Club PM</p>			