Cottage Lake Families,

We are entering the last couple of weeks before Winter Break which is hard to believe. Please remember that the colder weather is approaching, as well as the days getting shorter. It is pretty dark when school gets out and I want to take this time to remind everyone of our walkers and to be extra vigilant when driving and walking around campus. Thank you.

This is another reminder that drop off for school is at **9:10 AM and no earlier**. At 9:10 AM, there will be an adult out on the grounds to supervise the students that are being dropped off for school. We are noticing students are being sent or dropped off much earlier and there is no supervision. We ask that you help us keep all our students safe while on school grounds. Thank you!

We know we can’t do this work alone and we would like to extend a very BIG Thank You to the St Amand family for donating a new microwave for our staff lounge. Cottage Lake Staff is so appreciative of this gift!! We would also like to share a thank you to Beth Rampson and volunteers who delivered goodies to all staff Friday, November 22nd. It was such a nice treat! Thank you.

This will be our final school newsletter communication until the new year. I’d like to take this opportunity to share how thankful I am to continue to partner with you for the education of your child(ren). I appreciate your continued support of each of our teachers and all our students. We cannot do this work alone and need each of you to assist in being a champion for our students.

I want to wish you all a Happy Holidays and hope you are able to make new memories during our two-week break. I wish you a Happy New Year and I look forward to welcoming back all students on Monday, January 6, 2020!

Take Care,
Jennifer Welch, Principal

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**UPCOMING TWO WEEKS AT A GLANCE:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Monday, December 9</td>
<td>● Book Fair</td>
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<tr>
<td>Tuesday, December 10</td>
<td>● Glee Club Field Trip to Bellevue Square</td>
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<td></td>
<td>● 5th Grade Garbology Workshop</td>
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<td></td>
<td>● Family Night at Book Fair, 5:00-8:00 PM</td>
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<td></td>
<td>● PTA Meeting, 7:00-8:00 PM</td>
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<td>Wednesday, December 11</td>
<td>● Book Fair</td>
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<tr>
<td>Date</td>
<td>Event Description</td>
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<tr>
<td>Thursday, December 12</td>
<td>Book Fair</td>
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<tr>
<td>Friday, December 13</td>
<td>Last Day of Book Fair</td>
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<tr>
<td>Monday, December 16</td>
<td>Character Day—dress up or represent your favorite character in a movie, book, TV, etc</td>
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<td>Tuesday, December 17</td>
<td>Winter Sweater/Sock Day—wear your favorite winter/holiday sweater and socks</td>
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<td>Wednesday, December 18</td>
<td>Crazy Holiday Head Day—wear your favorite holiday/winter hat or make your hair crazy</td>
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<td>TMS Beginning Band &amp; 2nd Year Strings Concert 7pm</td>
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<td>Thursday, December 19</td>
<td>Winter Color Day—wear your grade level color</td>
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<td>○ Preschool, Kindergarten &amp; 1st Grade - BLUE</td>
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<td></td>
<td>○ 2nd &amp; 3rd Grades - RED</td>
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<td></td>
<td>○ 4th &amp; 5th Grades - WHITE</td>
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<td></td>
<td>○ Staff - GREEN</td>
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<td>Friday, December 20</td>
<td>Pancake &amp; PJ’s in Morrison’s Class</td>
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<td>Comfy Cozy/PJ Day—wear your cozy PJ’s</td>
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**Additional Dates of Note:**

- December 23 - January 3 - **NO SCHOOL** - Winter Break
- January 6 - School Resumes
- January 20 - **NO SCHOOL** - Martin Luther King, Jr. day
- January 27 - **NO SCHOOL** - Teacher grading day for report cards

**Scholastic Book Fair** - Mrs. Sterling is still seeking more Book Fair volunteers! You are needed and so very much appreciated! Here is the link for the sign-up genius. There are a variety of shifts and jobs available. We really need help for the morning shifts!
GLEE Club field trip - Tomorrow, December 10, our GLEE club will be traveling to Bellevue Square Mall to perform just after lunch. We have chaperones attending and many will be meeting the choir at the mall. It is our expectation that all students return to school on the bus and finish the day learning in their classrooms.

Students have been asked to dress nicely and we ask for students to wear their performance clothes to school. There will not be an opportunity to change before leaving on the bus.

This past weekend, our students also performed at Crossroad Mall in Bellevue. I had the pleasure of being an audience member and I’m so very proud of our students. They were poised, confident, and sang beautifully! Congratulations to all our performers!!

Hour of Code - This week, all our classrooms K-5 will be participating in the Hour of Code with Mr. Paganini, our technology teacher. We will also be welcoming Dr. Reid, Superintendent, on Tuesday and Ms. Wilner, Assistant Director of Communications, on Thursday. These special guests will join our students in their coding activities. At the conclusion of the classroom sessions, students will receive a certificate and a bracelet.

Highly Capable testing - If students has been identified as moving onto the assessment portion of the Highly Capable identification, this will occur before our Winter Break. Please ensure your students are at school each day and are ready to do their best any day.

Notes from the nurse: When should my child stay home

Contagious illness is always with us and can be spread in a variety of ways. For example, the flu is spread when a person who has a virus coughs, sneezes or speaks and sends the virus into the air. The virus enters the nose, throat or lungs of another person and multiplies. It is important to teach everyone not to share personal items such
as food, drink containers, water bottles, lipstick etc as these items can harbor and transfer germs between people.

We are trying to ensure that all of our students and staff stay as healthy as possible. **Hand washing is the number one way to reduce the spread of illness.** We are reminding students to be diligent in washing their hands while at school. Hand gel will be available to students, especially in rooms that do not have access to sink and water. In order for hand gel to be effective, it must contain at least 60% alcohol. Getting enough sleep at night and good nutrition also play a role in staying healthy. Flu shots are recommended for all children age 6mo to 18yrs and adults over 50, especially those with chronic health conditions.

When your child is ill, he/she is more likely to contract other illnesses. Your child also exposes other students and staff when he/she comes to school sick. **If your child has any of the symptoms below, please keep him/her at home until the symptoms subside.**

These are the same guidelines that the school nurse uses to evaluate students who may need to go home:

- **APPEARANCE/BEHAVIOR:** unusually tired, difficult to wake, pale, skin rash, lack of appetite; these are often signs of underlying illness.
- **FEVER:** temperature of 100 degrees or higher. Child may be sent home without a fever if other symptoms are present.
- **SORE THROAT:** especially with fever and/or swollen glands.
- **VOMITING/DIARRHEA:** within the past 24 hours.
- **NASAL DRAINAGE/COUGH:** yellow or green nasal drainage and/or chronic coughing may prevent your child or other students from being able to concentrate. They may expose others to illness, especially if they cannot control their secretions. Severe coughs should be evaluated by a health care provider to rule out Pertussis or "whooping cough".
- **RASH:** Any rash of unknown cause should be considered contagious. Please have your child examined by a health care provider to determine the cause and communicability of the rash before sending him/her to school. The school may require a note from the health care provider stating that the rash is not contagious.
- **Other:** For other specific diseases or health difficulties it is always a good idea to [contact the school nurse](https://www.schoolnurse.org). We are happy to share information and resources anytime!
Students should be fever-free without fever reducing medication and no vomiting/diarrhea for 24 hours before returning to school.

It is not unusual for students to feel better in the morning and then worse as the day goes along. The school is not equipped for prolonged care of your sick child. **We require that you or an emergency contact will pick up your sick child within the hour that you are called.** It is important for the school to have a list of local emergency contacts that are available to pick up your child in the event that we are not able to reach you. Please notify the school if there are changes to your contacts.

We need everyone’s cooperation, to be better able to provide a healthy learning environment for our students and staff members. Thank you for your cooperation.

Con los posibilidades de la temporada de gripe severa este año, estamos intentando a asegurar que todos los estudiantes y personal de la escuela se quedan los mas sanos que sean posibles. La gripe infecta otras personas cuando la infectada tos, estornude, o hable y se pasa los gérmenes por el aire. Este virus se entra por la nariz, garganta, o los pulmones de la persona y empieza a multiplicar. No es tan fácil a infectarse con la gripe no mas en tocar el mismo superficie de la persona infectada, tiene que ser algo mas directo como el aire.

Pruebas dicen que lavando las manos seguido es una de las mejores maneras de evitar enfermedades. Por eso nosotros estamos recordando a los estudiantes cuando es necesario a lavarse las manos. También, es muy importante a dormir suficiente y comer bien. Pregúntele a su doctor sobre la inyección de la gripe.

**Si su hijo/a tiene estas síntomas, por favor recuérdele que se tiene que quedar en casa hasta que se mejore. Estas son las mismas reglas que la enfermera usa cuando manda a los niños a su casa.**

- **APARICIÓN / COMPORTAMIENTO:** raramente cansada, dificultad a despertarlo, pálido, ronchas, falta de apetito, estos son lo señales de enfermedad.
- **CALENTURA:** temperatura mas de 100 grados. Si asista la escuela y tiene calentura lo vamos a volver a mandarlo a casa.
- **DOLOR DE GARGANTA:** especialmente con calentura y anginas inchadas.
- **VOMITO / DIARREA:** en los ultimas 24 horas
• **FLUYENDO DE LA NARIZ / TOS:** Fluido verde o Amarillo, tos que puede prevenir su hijo y otros a aprender o concentrar. Puede ser contagioso por otros niños y mas cuando tiene dificultad a controlar a sus fluidos.

Los estudiantes deben ser libre de fluidos(mocos) y no vomito ni diarrea por 24 horas antes de regresar a la escuela.

No es inusual que se siente bien en la mañana y se mas enfermo tarde en el día. Es muy importante que la escuela tiene una lista de contactos de emergencia en caso que no podemos localizar a usted. Por favor notifique la escuela si hay cambios en dirección, números de teléfonos etc.

Cuando su hijo esta enfermo es mas fácil a enfermarse de otras cosas. Su hijo también infecta a otros cuando esta enfermo y viene a la escuela. No estamos equipados para cuidar a su hijo cuando esta enfermo. Esperamos que alguien recoger a su hijo mas tardado una hora después que hablamos.

Necesitamos que todos se cooperan, para poder a proveer un ambiente de aprendizaje sano para su hijo y nuestro personal.

Gracias por su cooperación.

**JOINING THE PTA:**

Be a part of the Cottage Lake Community by being a part of the PTA! Research shows that children perform better when parents are involved both at home and in school. By becoming part of Cottage Lake PTA, not only are you showing your child the importance of education, but you'll also be part of the solution in helping to make positive changes at our school!

It's easy to get involved in the PTA:

- Sign Up for Membership by visiting us online at [www.CottageLakePTA.org](http://www.CottageLakePTA.org)
- Like & Follow Us on Facebook @Cottage Lake Elementary PTA (and yes, it does show a Tacoma location, but this is our PTA page) so you stay up-to-date all things PTA!