



The Hyalite Highlights—Nov. 3rd, 2016

Dates to Remember:

Nov. 15th— PAC meeting from 6-7:30pm in the library—Pizza and childcare for the kids
Nov. 18th—Family Movie Night from 6-8pm—We will be showing *Finding Dory*
Nov. 23-28th—Thanksgiving Break—No school
Nov. 30th—Lifetouch Student Retakes from 8:30-11:00am
Dec. 21st—Holiday music program at 9:30am or 1:30pm.
Dec. 22nd-Jan 2nd—Holiday break. No school.
Jan 23rd—No school for K-12

A couple of reminders from the office:

--We are trying to lessen the amount of phone calls that we are getting at the end of the day. If at all possible, please try to make your end of the day plans with your children in the morning, before they come to school. If the plans are different than their normal afterschool plans, then please send a note with your child, or send an email to the teacher to let them know. We understand that some things come up last minute, so if that happens, please call the office, and we will get a message to your child.

--Remember we do not have adult supervision in the morning until 8:00am. If your child is coming to school before this time, they need to be signed up for our before school program. That link is http://www.greatergallatinunitedway.org/kidsLINK_bozeman_schools.



Lifetouch will be here **Wednesday, Nov 30th** for individual picture re-takes. So, if you weren't happy with your child's picture or if they were absent on picture day, please stop by the office and pick up a retake picture packet. If this is a retake and you are ordering the exact same picture package, your child can just bring in their original picture package to give to the photographer.

LITTLE BOBCAT TRACK - JAN 17"

The Montana State University Health Enhancement Majors Club, in conjunction with the Montana State University Track athletes and the Noon Optimist Club, will be holding its Annual Little Bobcat Track event **Sunday, January 15 (11:45-2:00 pm), January 22 (Noon-2:00 pm) and January 29, 2017 (Noon-2:30 pm)** in the Brick Breeden Fieldhouse on the Montana State campus. All students, grades 1st through 5th are encouraged to participate in this three day activity. Registration opens Nov. 14th until Dec. 31st, 2016. Questions: Call Taylor Cashore @ 406-925-0109. Online registration <https://www.eventbrite.com/e/little-bobcat-track-2017-tickets-28353252341>

November 15th - PAC Meeting and Science Night 6-7:30pm. Join us as Hyalite teacher, Christine O'Shea discusses shifts in how science education is being adapted from our childhood. She even has a hands-on mystery for the adults to solve! Childcare and pizza provided for the kids.

Over please

FOOD ALLERGIES AT SCHOOL

We have several students here at Hyalite with tree nut and peanut allergies. For these students, eating these foods, even in trace amounts, may cause a severe allergic reaction called anaphylaxis. Food allergies are on the rise. 1 in 13 children may now have a food allergy. It is a rising concern in the school setting. You can help us prevent food allergy reactions at school by following a few simple steps:

- Asking your teacher if there are any allergies before bringing in food or special food items.
- Encouraging your student not to share food.
- Washing hands frequently. This prevents cross contamination of food to school objects like school equipment, library books or textbooks.
- Tell your child to get help from an adult if a schoolmate has a reaction.
- Asking your child's friend if they have any allergies and help them to avoid that item.

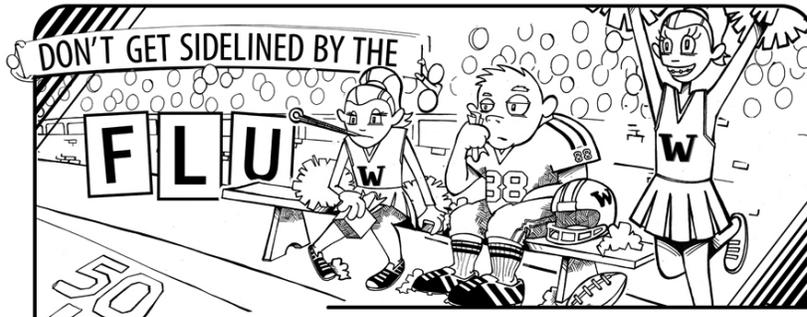
School cafeterias may have an allergen free table. Students with severe allergies are encouraged to sit at this table to help them avoid certain food items. Students with approved allergen-free school lunch or home lunches may sit at this table with their friends.

Due to the rise in severe allergy numbers, and the risks associated with anaphylaxis, the Bozeman School District has stock epinephrine auto injectors in each school. These auto injectors may be used on any student or staff that have a severe life threatening allergic reaction while at school. School staff attend a yearly training in the use of epinephrine auto injectors. In addition, we will be taking the auto injectors on most school field trips when the access to 911 services is delayed due to rural access.

If you have questions or concerns, please contact the Bozeman School District Nurse, Rebecca Spear at 522-6057 or your school principal. Thank you for helping to ensure the safety of our children.

HAPPY THANKSGIVING!





TIPS FROM THE SCHOOL NURSE: HELP KEEP YOUR CHILD HEALTHY AND FLU-FREE

With flu season upon us, it is important that we work together to keep our children healthy. Viruses spread easily among children in schools, and families with school-age children have more infections than others, with an average of one-third of these family members infected each year. By keeping our children flu-free, we benefit the community as a whole. You can help prevent the spread of flu or help your child get better if he/she does get sick by following a few simple steps:

- Get recommended hours of sleep every night
- Eat healthy, include fruit & vegetables with every meal
- Drink plenty of water throughout the day
- Incorporate some kind of physical activity into your daily routine
- Remind your child to cover his/her nose and mouth with a tissue when sneezing or coughing and dispose of the tissue immediately
- Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds
- Disinfect frequently-touched surfaces and shared items at least once a day
- Ensure that bathrooms are stocked with soap, hand towels and tissues
- Change out hand towels daily
- Teach your child not to touch his/her mouth, nose and eyes
- If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others
- The CDC recommends getting a flu shot

If you are concerned about your child's flu symptoms, call your doctor early. Call your doctor immediately if your child has a chronic disease. Common symptoms of flu include high fever, severe headache, muscle and body aches, exhaustion, and dry cough. Additionally, children often exhibit other flu symptoms that are rare in adults, such as nausea, vomiting and diarrhea.

If you have any questions or would like additional information about preventing and treating the flu, please contact the school nurse, Kelli Robinson at 548-4491.

Health Matters!