

# Skyline Elementary Newsletter



January 2025

## A note from our Principal

Greetings, Skyline families,

January is an important month in our schools! In addition to the important learning happening each day, we will honor the life and legacy of Dr. Martin Luther King, Jr, celebrate Treaty Day, and report on the State of our District in the next few weeks. You are invited to our first ever State of the District event on Thursday, January 16th, at the Ferndale High School Performing Arts Center and Commons. The program is scheduled from 6-7:00 pm, and you will be able to talk with representatives and learn a little about each of our schools after the program.

Our outstanding 3rd graders will be presenting a musical performance on the evening of Jan 30th, as well. I can't wait to see what Mrs. Bianco and the students have been working on! Thank you for your support, and please feel free to reach out if you have any questions or concerns. (360) 383-9450

Obadiah DeWeber



## A message from our Dean

As families transition back into school routines, it can be helpful to have some strategies. Here are some ideas:

- Talk about how going to school every day will help your child do well in school and will lead to them being able to achieve their hopes and dreams for the future.
- Be excited about school and show your enthusiasm to your child. If your child sees that you think school is awesome and important, they will also see school as awesome and important.
- Have your child list 3-5 positive things that happened at school each day. This keeps attention focused on the good things that happen here and can help your child want to come to school.
- Keep an attendance chart at home. At the end of each week, review the week and if your child went to school every day, recognize this with a fun reward (i.e. visit to the park, a new book, a "chore pass", special time with mom or dad, movie night).
- Set a bedtime that allows enough time for nighttime routines and plenty of sleep time after routines are finished.
- Set an alarm for your child and encourage getting up without using the "snooze" option.
- Even when kids are tired, have them come to school. Sleeping in even one day can set back the building of routines by multiple days or even a week.

Routines create comfort and stability for children, which also translates into a more positive school experience. Building good attendance habits now will benefit students for their entire school career. Thank you for all you do to support your child and our school. We appreciate you!

-Karen Teshera



## Important Dates

- Dec 23 - Jan 3, Winter Break (no school)
- Jan 16, State of our District 6-7pm
- Jan 20, Martin Luther King Jr Day (no school)
- Jan 21, Semester Break (no school)
- Jan 22, Treaty Day (no school)
- Jan 30, 3rd grade music event
- Jan 31, Early Release



## PTO News

Happy 2025 from the Skyline PTO! We are kicking off the new year with a family movie night this Friday, January 10 at 6:30pm in the school gym. This free event is open to the whole family and we hope to see you there!

If you are looking to get more involved with the PTO this year, we'd love to have you! Attend a PTO meeting, use the QR code, or visit [www.skylinepto.org](http://www.skylinepto.org) to get on our volunteer list.

Here are some upcoming events to add to your calendar:

**Move-A-Thon Planning Meeting:** Wednesday, Jan. 8 at 6:30pm in the school library

**Family Movie Night:** Friday, Jan. 10 at 6:30pm in the school gym

**January PTO Meeting:** Wednesday, Jan. 15 at 6:30pm in the school library

**Family Game Night:** Friday, Feb. 7 at 6:30pm in the school gym

**February PTO Meeting:** Thursday, Feb. 20 at 6:30pm in the school library

**Family Skate Night:** Friday, Mar. 7 at 4:00-6:30pm at the Lynden Skateway



## Counselors' Corner

Winter greetings from the counseling office! I hope you enjoyed a restful and restorative break. As we move into 2025, I will be starting small groups focused on the development of specific skills that support school success such as how to be a good friend or how to cope with big feelings. If your child could benefit from working on social emotional skills in a small group, please reach out by phone or email. Take care and stay warm as we make our way through the winter season!

-Meghan Squires



## Information from our School Nurse

### Important Information: Head Lice Prevention and Treatment

Dear Parents and Guardians,

As we navigate through the school year, it's a good time to review how to prevent and manage head lice, a common issue among school-aged children. Getting head lice is not related to cleanliness and while head lice aren't known to pose a health risk, they can cause discomfort and be a nuisance. Here are some tips and resources to help keep your child lice-free:

### Prevention Tips:

1. **Teach your child about personal space:** Avoid head-to-head contact during play, sports, or group activities. Head-to-head contact is the most common way that head lice are spread.
2. **Limit sharing of personal items:** Remind your child not to share hats, hairbrushes, combs, hair accessories, or headphones.
3. **Regular checks at home:** Inspect your child's scalp weekly, especially around the ears and neckline, for signs of lice or nits (eggs). If crawling lice or nits are found all members of the household should be examined for head lice.

### What to Do if You Discover Head Lice:

- **Don't panic:** Head lice are treatable with over-the-counter or prescription options.
- **Treat appropriately:** Use a lice treatment product as directed and comb through the hair carefully to remove nits. Consult with your healthcare provider or local pharmacist on the best options for your individual needs.
- **Clean items:** After treatment wash bedding, clothing, and personal items used in the past 48 hours in hot water and dry on high heat.
- **Notify close contacts:** Let friends, family and caregivers know to check for lice.

### Helpful Resources:

- [CDC: Head Lice Information](https://www.cdc.gov/parasites/headlice/)
- [American Academy of Pediatrics: Managing Head Lice](https://www.aap.org/clinical-resources/managing-head-lice)
- [National Association of School Nurses: Lice Lessons](https://www.naschoolnurses.org/lice-lessons)

Together, we can help minimize the spread of head lice and ensure a healthy learning environment for all students.

Sincerely,

Your School Nurse