

# Fort Allen Newsletter

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 F O R T A L L E N E L E M E N T A R Y S C H O O L

## FROM THE PRINCIPAL'S DESK

### SPECIAL DATES:

- January 1—School closed
- January 2—Return to school
- January 16—Kid's heart Challenge Assembly
- January 17—End of Term 2
- January 18—No school
- January 21—No school

### WELCOME 2019!

Our theme for the month of **January** is **Self-control—choosing to do what you should even when you don't want to**. The animal is the **Crow** and the color is **yellow**. It is the color of the sun. When it is sunny outside, we are usually happy and have a sense of warmth.

It is important that we display self control not just as we are young but as we get older too. When we are in school, it is important to control how we act with our friends and in our classroom. We want to be sure to use words that are kind and not mean. Even the

tone of our voice can be misinterpreted and hurt someone's feelings. Self-control means being aware of your body movements so we don't touch or hurt another person. You choose how you want to behave, self-control is a choice you have to make. As adults we have to have self-control. We have to be able to realize what we can and cannot do. You are coming back from vacation, I am sure you can show your self-control. Remember to think before you act!

We will be starting our mid-year assessments in January so we can see how much we

have grown academically. It is hard to believe that the end of the semester is coming upon us and we can reflect on how much we have changed since the first day of school.

A huge **THANK YOU** to all of you for supporting our Dinner with Santa! It was a **HUGE SUCCESS!**

Please be sure you are checking out the flyers on our website.

We appreciate you sharing your children with us daily! We return to school on January 2, 2109. See you then!!!

Sincerely,  
*Mrs. Rovedatti-Jackson*

### PTO NEWS

Become a member of PTO!

**PTO Meeting**  
 Wednesday, March 13th  
 Library  
 7 PM

**Chick-fil-a Day**  
 January 31, 2019  
 6:30 AM-10 PM  
 Supports our Food 2 Go 4 Kids Program

Save the labels...Box Tops and log on to Giant Eagle to designate Fort Allen to receive your Apples for Students!

## NEWS FROM THE NURSE

Outdoor winter activities and sports are a great way for children to stay active and enjoy the colder temperatures. It is important to keep your child safe and warm while they are having fun. It is a good rule of thumb to dress children in one more layers of clothing than an adult would wear in the same conditions. Limit the amount of time spent playing outdoors to safe intervals, and bring children inside periodically to warm up. Keep them indoors during snowstorms, extreme cold or high winds. Wear brightly colored clothing that is easily seen

from a distance. Only play winter sports in safe and approved locations. It is a good idea to wear goggles and helmets for winter sports. Supervise your child while sledding, and keep them away from motor vehicles. Teach kids to sled feet-first or sitting up, instead of lying down head-first, to help prevent head injuries. Rinks are always safer than ponds for skating. Make sure that ice skates are properly fitted. Teach children to skate in the same direction as the crowd and to avoid darting across the ice. Be sure that your child has

been properly instructed and has correctly fitting equipment before playing ice hockey, skiing or snowboarding. Stress with your child safe sports behavior including following the rules and avoiding horseplay. These winter safety tips will help your child to have a fun and safe winter. Happy New Year from the nurse's office! Enjoy your holidays!