

Sunset Hills Elementary School



January 2016
Newsletter

“Anchored in Achievement”

Principal's Message

The staff and I would like to thank you for continuously supporting our learning community. We are excited to continue our learning as a school. We hope you celebrated as a family during the winter break the accomplishments of your child as a “learner.” Continuously, our students are demonstrating the ability to meet grade level expectations.

As we prepare for state level assessments during second semester, it is important that students continue to hone their study and organizational skills. Sharpening these skills prepare students for the challenges of increased academic rigor.

We are committed as a faculty and staff to prepare your child for the next grade level. Beginning next month, we will ask all families to complete a survey and share your feedback with us about your child's educational experiences at Sunset Hills. The survey results will help us to gather information about your level of satisfaction as it relates to school climate and culture.

Next, I encourage you to meet with your child's teacher during second semester to monitor your child's academic progress. Maintaining open communication with your child's teacher helps to support common student academic and behavior goals. You may contact the school to help arrange a parent teacher conference.

Without your continued support, which I appreciate, the tradition of a family friendly school would not be possible.

We ARE Sunset Hills Elementary School-where STRONG community equals STRONG school.

Sincerely,

Ms. Miles

Parent U

Did you know there are multiple free keyboarding websites for students? Keyboarding is not taught in our elementary schools but it is an essential part of children's skill building. Please check out the sites below to provide opportunities for your child to practice his or her keyboarding skills.

Dance Mat Typing: <http://www.bbc.co.uk/guides/z3c6tfr>

Keybr: <http://www.keybr.com/#!/practice>

E-Learning for Kids: <http://www.e-learningforkids.org/computer-skills/lesson/keyboarding-skills/>

Fun Fact!		Pinellas Elementary School Lunch Menu				
January		Monday	Tuesday	Wednesday	Thursday	Friday
<p>In the Middle Ages most European Countries used a different calendar and celebrated New Years Day on March 25th!</p>  <p>DAILY BREAKFAST CHOICES</p> <p>Choose up to 2 Grain Choices such as cereal (=1), toast (=1), pancakes (=2), cinnamon Texas toast (=2) OR</p> <p>Choose 1 Grain and 1 Meat Choice such as a breakfast sandwich (=1G/1M)</p> <p>Must choose at least</p> <p>1: Fruit or Juice</p> <p>May Choose 1: Milk</p> <p>Low Fat White Milk, Fat Free Flavored or Skim Milk</p> <p>DAILY LUNCH CHOICES:</p> <p>Choose 1: Entrée</p> <p>Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their meal)</p> <p>Available Daily:</p> <p>Meatless Entrée, Entrée Salads, Cold Sandwiches, Variety of Fruits & Juices</p> <p>May Choose: 1 Milk; Low Fat White Milk, Fat Free Chocolate Flavored or Skim Milk</p>		<p>January is National Book Month</p>  <p>4 No School</p> <p>Professional Development Day</p>  <p>No School For Students</p>	<p>Visit nutrilslice.com for Menu & Nutrition Information</p>  <p>5 Scrambled Egg & Cheese Pita</p> <p>Choose One:</p> <p>Pizza Cruncher</p> <p>Chicken Sandwich</p> <p>Chicken Popper Salad</p> <p>Chicken Caesar Wrap</p> <p>Choose:</p> <p>Corn</p> <p>Romaine Side Salad</p>	<p>#1 New Year's Resolution</p>  <p>6 Maple Pancake Minis</p> <p>Choose One:</p> <p>Chicken Nuggets</p> <p>Spaghetti & Meatballs</p> <p>Farmer's Salad</p> <p>Ham & Cheese Croissant</p> <p>Choose:</p> <p>Seasoned Carrots</p> <p>Sliced Cucumbers</p>	<p>Menus are subject to change.</p> <p>We do our best to provide our customers with all of our planned options, however, occasionally crops, weather & supplies have other ideas</p>  <p>7 Apple Cinnamon Texas Toast</p> <p>Choose One:</p> <p>Beef or Pork Tacos</p> <p>Giorgio Cheesy Bread</p> <p>Chicken Caesar Salad</p> <p>Italian Sub</p> <p>Choose:</p> <p>Marinara Cup</p> <p>Refried Fiesta Beans</p> <p>Mixed or Tossed Side Salad</p>	<p>8 Chicken Breakfast Bites</p> <p>Choose One:</p> <p>Pizza</p> <p>Baja Fish Sticks with Hushpuppies</p> <p>Veggie Double Dipper Salad</p> <p>School Favorite Sandwich</p> <p>Choose:</p> <p>Wax Beans</p> <p>Veggie Dippers</p>
		<p>11 Pancake Pup</p> <p>Choose One:</p> <p>Hamburger/Cheeseburger on a Bun</p> <p>Max Snax Quesadilla</p> <p>Chef Salad</p> <p>Turkey & Cheese Hoagie</p> <p>Choose:</p> <p>Seasoned Curly Fries</p> <p>Salsa Cup * Veggie Dippers</p>	<p>12 Bacon, Egg & Cheese Pizza</p> <p>Choose One:</p> <p>* Beef & Potato Turbante with Roll *</p> <p>Corn Dog</p> <p>Farmer's Salad</p> <p>Chicken Caesar Wrap</p> <p>Choose:</p> <p>Baked Beans</p> <p>Romaine Side Salad</p>	<p>13 Glazed WG Dunker</p> <p>Choose One:</p> <p>Popcorn Chicken</p> <p>Macaroni & Cheese</p> <p>Fruit & Yogurt Plate</p> <p>Ham & Cheese Croissant</p> <p>Choose:</p> <p>Steamed Broccoli</p> <p>Sliced Cucumbers</p>	<p>14 Chicken Biscuit</p> <p>Choose One:</p> <p>BBQ Pork Bowl with Roll</p> <p>Grilled Cheese Sandwich</p> <p>Chicken Caesar Salad</p> <p>Italian Sub</p> <p>Choose:</p> <p>Tomato Soup</p> <p>Mixed or Tossed Side Salad</p>	<p>15 Sausage Gravy Breakfast Toast</p> <p>Choose One:</p> <p>Pizza</p> <p>Ocean Treasure Nuggets</p> <p>Chicken Popper Salad</p> <p>School Favorite Sandwich</p> <p>Choose:</p> <p>Corn</p> <p>Veggie Dippers</p>
		<p>18 No School</p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>19 Sausage Biscuit</p> <p>Choose One:</p> <p>♦ Herb Roasted Chicken, Buttered Noodles and Roll ♦</p> <p>Mini Calzones</p> <p>Chef Salad</p> <p>Chicken Caesar Wrap</p> <p>Choose:</p> <p>Marinara Cup</p> <p>Sweet Potato Waffle Fries</p> <p>Romaine Side Salad</p>	<p>20 Egg & Cheese Breakfast Sandwich</p> <p>Choose One:</p> <p>Beef Dippers with Rice</p> <p>Cheese Lasagna Roll Up</p> <p>Yogurt Parfait</p> <p>Ham & Cheese Croissant</p> <p>Choose:</p> <p>Steamed Broccoli</p> <p>Sliced Cucumbers</p>	<p>21 Cinnamon Roll</p> <p>Choose One:</p> <p>Breakfast for Lunch</p> <p>Bean & Cheese Burrito</p> <p>Chicken Caesar Salad</p> <p>Italian Sub</p> <p>Choose:</p> <p>Deli Roasted Potatoes</p> <p>Mixed or Tossed Side Salad</p>	<p>22 Ham & Cheese Croissant</p> <p>Choose One:</p> <p>Pizza</p> <p>Cheesy Fish Filet Sandwich</p> <p>Chicken Double Dipper Salad</p> <p>School Favorite Sandwich</p> <p>Choose:</p> <p>Green Beans</p> <p>Veggie Dippers</p>
		<p>25 Breakfast Sausage Bagel</p> <p>Choose One:</p> <p>Max Sticks</p> <p>Teriyaki Chicken Bowl with Roll</p> <p>Chef Salad</p> <p>Turkey & Cheese Hoagie</p> <p>Choose:</p> <p>Marinara Cup</p> <p>Stir-Fry Vegetables</p> <p>Veggie Dippers</p>	<p>26 Scrambled Egg & Cheese Pita</p> <p>School Favorite Day</p>  <p>Menu to be chosen by a group of students at each individual school</p>	<p>27 Maple Pancake Minis</p> <p>Choose One:</p> <p>Chicken Nuggets</p> <p>Spaghetti & Meatballs</p> <p>Farmer's Salad</p> <p>Ham & Cheese Croissant</p> <p>Choose:</p> <p>Seasoned Carrots</p> <p>Sliced Cucumbers</p>	<p>28 Apple Cinnamon Texas Toast</p> <p>Choose One:</p> <p>Beef or Pork Tacos</p> <p>Giorgio Cheesy Bread</p> <p>Chicken Caesar Salad</p> <p>Italian Sub</p> <p>Choose:</p> <p>Marinara Cup</p> <p>Refried Fiesta Beans</p> <p>Mixed or Tossed Side Salad</p>	<p>29 Chicken Breakfast Bites</p> <p>Choose One:</p> <p>Pizza</p> <p>Baja Fish Sticks with Hushpuppies</p> <p>Veggie Double Dipper Salad</p> <p>School Favorite Sandwich</p> <p>Choose:</p> <p>Wax Beans</p> <p>Veggie Dippers</p>

In accordance with Federal Law and U.S. Department of Agriculture policy, Pinellas County School Food Service is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave., SW., Washington D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

New Teacher Spotlight:

Ms. Brook Albrest



Ms. Brook Albrest is a 2nd grade teacher and a recent graduate from the University of South Florida. She chose Sunset Hills Elementary to come and teach after her second interview for a teaching position in Pinellas County. After spending some years working with preschool students, Ms. Albrest knew teaching elementary students was a right fit for her. She notes how reading to her students is her favorite part of the school day. She also enjoys learning with and from her students and grade level teaching team here at Sunset Hills Elementary School. Ms. Albrest also serves as Sunset Hill's Multicultural Liaison.

Parent Power

I want to VOLUNTEER! Click on the video link for more information: <https://vimeo.com/99252984>



Children's WEEK

DEDICATED TO
health, safety & well-being
OF FLORIDA'S CHILDREN & FAMILIES

Children's Week
January 24 to 29, 2016
Tallahassee, FL

'Hanging of the Hands'
January 24 • 12 to 4 p.m.

Awards Dinner & Reception
January 25 • 5 to 8 p.m.

Complimentary Breakfast
January 26 • 8:30 to 10 a.m.

Storybook Village
January 26 • 9 a.m. to 2 p.m.

Town Hall Meeting
January 26 • 10 a.m. to 11:30 a.m.

Press Conference & Dedication Ceremony
January 26 • 12 to 12:30 p.m.

Complimentary Luncheon
January 26 • 11:30 to 1 p.m.

Youth Advocacy Workshop
January 26 • 1 to 2:30 p.m.

Register Today!

Free Books,
Guided Tours,
Breakfast and
Lunch

Find free local events & activities in your area January - April

childrensweek.org/localevents

Download the Children's Week App for Free!

Available for iPhone & Android

www.ChildrensWeek.org
info@childrensweek.org
850.222.3868

#childrensweek








Volunteer News

We want to thank the following volunteers who helped coordinate the hugely successful presentation of the 30th Annual Lambatha Celebration: Ms. Paras Hatzileris, our Lambatha coordinator and her family; Ms. Jeanette Scanlan (PTA secretary), Sarah Gardner, Heather Vernillo and their families who diligently volunteered from early morning to the lighting of the candles; Maria Patatoukos, our exceptional support staff employee who wrote over 70% of the bags; Mrs. Beverly Scourtas, PTA treasurer (we greatly appreciate her accounting expertise). This event is a monumental undertaking and could not have taken place without the support of the Sunset Hills Community and so many of our wonderful volunteers. Next year we will be celebrating our 31th year and we will start working and selling bags in early November 2016.

The following teachers and specialist have yet to be adopted for the 2015-2016 school year. Please consider adopting one of these wonderful teachers or specialists:

Mrs. Lindquist, Mrs. Fitzpatrick, Mr. Smith, Mrs. Carlin, Ms. Bone, Mrs. Lang, Mr. Marshall

Mrs. Jones, Mrs. Wendler, Mrs. Patatoukos –ESOL, Mrs. Widdicombe, Mrs. Pappas, Mrs. Prive,

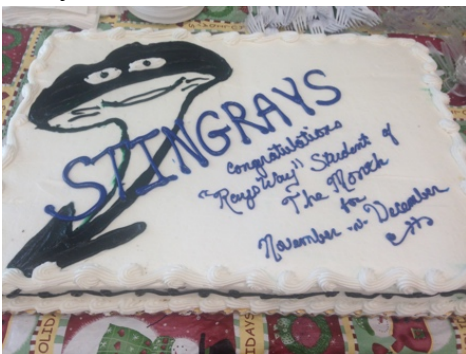
Ms. Taylor, Mrs. Gabriel, Mrs. Beardsley, Mrs. Esposito, Mrs. Moss and Mrs. King



We appreciate those who support this valuable program. Please consider asking your business owner or family member to donate \$ 150.00 to your child's class or program for the second semester.

Our January Volunteer of the Month is Joyce Martin who is an extraordinary volunteer. She is a great role model, math tutor, classroom assistant, and mentor. Joyce is always ready to go the extra mile. The Sunset Hills Community wishes to applaud her. Joyce can be found at school on Wednesdays, Thursdays and Fridays tutoring and mentoring from the 1st through 5th grade classes. Whenever a special event arises she is always available to enhance the learning experience of the students. Thank you again for the joy you share with all you meet.

A special thank you goes to our local Tarpon Springs Papa John's Pizza for their donation of 8 ex-large pizzas for our November and December Student of the Month celebration. They also support our SAC meetings with a donation of pizza for all to enjoy at the meeting. Please mark your calendar for these upcoming events. Our next Papa John's Pizza Night is Tuesday, February 9, 2016. Our Pappa John's Pizza nights are always on the second Tuesday of each month. The next SAC meeting is scheduled for Wednesday, February 10, 2016 at 6:00 p.m. in the Media Center. Please come and join us for an informative meeting about your school.



If you can spare an hour or more a week to volunteer we would greatly appreciate your support in the cafeteria as a hostess or ice cream sales, library assistant, office assistant, tutor, mentor and classroom assistant. Please contact me at 727-943-5523 Ext. 2004 leave message anytime. I will gladly get back to you.

In closing, we would like to thank our SAC members for their continued efforts in representing Sunset Hills Elementary School: Chairperson Farrah Hippe; Principal Daphne Miles; Assistant Principal Julie Brewster; Mrs. Andropoulos, Mrs. Spataro, Mrs. Popov; Officer Matt Geer; Nick–

Suncoast YMCA; PTA Treasurer, Beverly Scourtas; and parents representatives Monique Mazza, Sheryl Diaz, The Boyle's and Karin Wiggins. Thank you for helping us to reach our goal of maintaining our Five Star School status this school year.

Also, a special thank you to Renata Pateras for all her hard work to cut and count our Box Tops for Education the PTA received a check well over \$1200.00. That is 12,000 + box tops our families donated, keep saving those tops.

Becky Coghlan-Family and Community Liaison

At Your Service....

News from Pinellas County Schools Student Services Department

Tips for a Healthy Life

Take steps every day to live a safe and healthy life

- Eat healthy
 - ✓ Eat a variety of fruits, vegetables, and whole grains every day
 - ✓ Limit foods and drinks high in calories, sugar, salt, fat and alcohol
 - ✓ Eat a balanced diet to help keep a healthy weight
- Be active
 - ✓ Be active for at least 2 ½ hours each week
 - ✓ Help kids and teens be active for at least 1 hour each day
 - ✓ Include activities that raise breathing and heart rate and strengthen muscles
- Protect yourself and your family
 - ✓ Wear helmets, seat belts, sunscreen, and insect repellent
 - ✓ Wash hands frequently to stop the spread of germs
 - ✓ Avoid smoking and breathing second-hand smoke
 - ✓ Build safe and healthy relationships with family and friends
 - ✓ Be ready for emergencies! Gather emergency supplies – make a plan – be informed
- Manage stress
 - ✓ Balance work, home and play
 - ✓ Get support from family and friends
 - ✓ Take time to relax and do activities that you enjoy
 - ✓ Get 7 to 9 hours of sleep each night
 - ✓ Get help or counseling if needed
- Get regular check-ups
 - ✓ Find out what exams, tests, and shots you need and when to get them
 - ✓ Ask your doctor how you can lower your risk for health problems
 - ✓ See your doctor for regular check-ups and as often as directed. Get seen if you feel sick, have pain, notice changes, or have problems with medicines



A Message from Our School Nurse, Heather Vernillo

School Exclusion List indicates for which illnesses a child **must be excluded from, or kept out of, school.**

It also indicates when medical notes are necessary for children to return to school after certain illnesses.

Exclusion Criteria Based Upon Sign and Symptoms

Fever

Exclude if oral temp is 101 or above, or if axillary/tympanic temp is greater than 100. Must be fever-free for 24 hours without the use of fever-reducing medication before returning.

Vomiting

Exclude if vomiting 2 or more times in 24-hour period. Exclude for the following day unless vomiting is known to be caused by a condition that is not contagious.

Diarrhea

Exclude if two or more loose stools in 24-hour period. Return to school when 24 hours pass without diarrheal stool.

Diarrhea with blood or mucous

Exclude with 1 or more loose stools with blood or mucous.

Localized skin infection

Exclude from contact sports. Exclude from school only if lesion cannot be covered until medical clearance is given.

Generalized rash of unknown origin

Exclude until rash is resolved or medical clearance is given.

If you have any questions about this list, please contact your child's school or the Pinellas County School Health Services department at 727-588-6320.

For more information, visit our website at www.pcsb.org

The best protection from disease is PREVENTION!

Make sure your children receive their immunizations on time ...



...cough or sneeze into your sleeves...

...and wash hands frequently with soap and warm water



School Health Guidelines for Exclusion

If you think that your child has an illness that can be spread to others, please keep him or her home from school. Contact your health care provider for further assistance.

**School Health Services
727-588-6320.**

A Quick Reference Guide for Parents

- **Please keep your child home from school if he or she has one of the conditions or illnesses listed below.**
- **Report your child's absence to their school and consult their healthcare provider.**
- **Most of the conditions and illnesses are reportable to the Health Department during outbreaks only. *Illnesses noted (*) are reportable for single cases***

Conjunctivitis (Pink-eye)

Children who have pink or red eyes with white or yellow discharge- often with matted eyelids after sleep and eye pain or redness of the eyelids or skin surrounding the eye may have Purulent Conjunctivitis. They should be **excluded from school** while symptomatic or until 24 hours after antibiotic treatment. A medical note is required to return to school.

Children with pink eyes who have a clear, watery discharge without fever, eye pain, or eyelid redness **do not need** to be kept home.

Fifth Disease (Erythema infectiosum)

The primary symptom of this illness is a rash, characterized by "slapped face" appearance and there is no specified exclusion for cases. Pregnant women and immune-compromised persons should seek medical advice.

Head Lice

Children should be **excluded from school** if they are experiencing head scratching and **live lice or nits** are present. The parent must bring the child to be examined in order to return to school.

Hepatitis A*

Children should be excluded until one week after the onset of jaundice or illness.

Influenza-Like-Illness

Children with fever, cough and/or sore throat should be **excluded until symptoms resolved**.

Measles*

Children with fever, reddened eyes, runny nose, cough, dusky-red blotchy rash on day 3 or 4, should be **excluded until 4 days after onset of rash**.

Meningitis*

Bacterial/Viral - Children experiencing high fever, headache, and stiff neck should be excluded until recovered. ****Bacterial Meningitis is immediately reportable to Health Department.***

Mononucleosis

Exclusion recommended until a medical note to return to school and/or resume physical activities is required.

Mumps*

Initially excluded. Children may return 5 days after the onset of parotid gland swelling.

Pertussis*

Children should be **excluded until 5 days of appropriate antibiotic therapy**, with a note from the healthcare provider.

Rubella (German Measles)*

Initially excluded. Child should remain at home until 6 days after onset of rash, with a note from the healthcare provider.

Scabies

Children with this condition should **remain out of school until 24 hours after application of appropriate scabicial treatment** has been completed.

Staphylococcal or streptococcal skin infections. (includes MRSA)

Exclude children from school whose lesions cannot be covered. If lesion can be covered exclude from contact sports only.
Impetigo- May return 24 hours after treatment started, but areas/sores must remain covered.

Streptococcal pharyngitis (strep throat)

Children can return to school 24 hours after starting antibiotic treatment if there is no fever.

Tinea Capitis (Ringworm of the scalp)

Children must be **excluded from school until an oral antifungal treatment** is initiated.

Tinea Corporis (Ringworm of the body)

Children should be **excluded from school until an oral or topical antifungal treatment** is initiated, unless the affected area can be completely covered.

Tuberculosis*

Children with this condition must be **excluded from school** until the local health department and treating physician state that the student is noninfectious.

Varicella (Chickenpox)*

Children should be excluded from school until all lesions have dried and crusted (usually 7 days/1 week after the onset of the rash).

Varicella Herpes Zoster (Shingles)

Keep children home who have lesions/sores/blisters that cannot be covered. Child may return to school once all lesions are dried/crusted.

If you have any questions about this list, please contact your child's school nurse or the Pinellas County School Health Services department at 727-588-6320.

Sunset Hills Elementary Announcements

Multicultural Club

Multi-Cultural Club will meet on Thursday, February 4 at 8:00am in the Media Center.



Library News

Celebrate Literacy Week is the last week of January, January 25-29.

Sunset Hills Elementary School is celebrating literacy this week with a literacy-based fundraiser. During this week, students will be bringing home Magazine order subscription postcards to send



to family and friends. Children love receiving mail and imagine how excited they will be to receive their own magazine subscription. When it comes to literacy, it is always important children have interesting material to read at home. This is their chance to ask for relevant reading materials from those closest to them. Info packets will go home on Monday, January 25 and completed packets are due by Thursday, January 28. Participating students will receive a fun light up duck keychain. Subscriptions will benefit the school's Media and Morning Show program's need to purchase a digital SLR camera for video/photo production.

Help us celebrate literacy here at Sunset Hills Elementary school!!

[Click here](#) for more tips for celebrating literacy at home.

Ms. Spataro' Class News



Mrs. Spataro's 4th graders have a New Year's challenge for you! Our class motto is "**Be a Smile Maker NOT a Smile Taker**". That simply means that we want to make other people happy and smile and we don't want to make them feel bad and take away their smiles. Each and every day, we do our best to make people smile by doing nice things. We can do nice things like hold the door for someone else, help someone carry something heavy, help someone clean up in class, or even something as simple as using our manners, or being a friend when someone needs a friend. One of the easiest things we can do for others is to give them a smile! That might just be all they needed. A smile is free and easy to do! So our challenge is for you to **BE THE REASON SOMEONE SMILES EACH DAY!** It will make you feel good too. Smiles are contagious and make people happy so wear a smile each day and make someone happy!

