

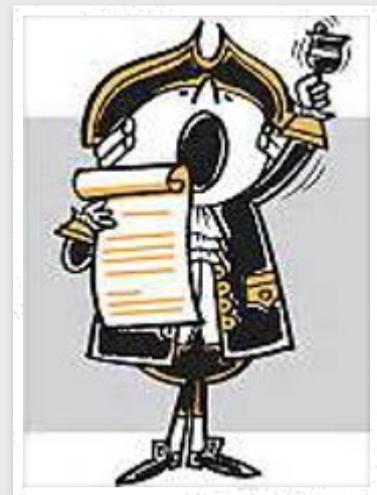
# Knight Writer

OCTOBER 2019 EDITION

## PRINCIPAL'S MESSAGE

Greetings North Shore Families,

October brings beautiful Fall colors. It also marks the time when cooler weather is anticipated and our children show symptoms of the start of cold and flu season. In terms of academics, it also signifies the end of the first quarter. Report Cards come home this month, and since our parents can access grades through the Focus system, parents are aware of their Knight's progress. If you are not able to access grades contact Ms. Macon or your child's teacher.



To make it through the cold and flu season, we encourage following these suggestions from Signature Pediatrics:

### 1. Wash hands frequently.

Your child is exposed to bacteria and viruses daily at school. Whether it's through a favorite shared toy, a bathroom faucet or a doorknob, exposure to viruses can happen quickly. The best defense is simply using soap and warm water to disinfect hands after playing outside, before meals and snacks, after bathroom visits, and after petting animals. The Centers for Disease Control and Prevention (CDC) recommends at least 10-15 seconds of hand scrubbing during each hand wash.

### 2. Use hand sanitizer.

When warm water and soap are not available, an alcohol-based hand sanitizer can be another effective defense to keep hands germ free. But parents should use caution, especially with young children, as hand sanitizer can be dangerous if consumed. Keep out of reach of children.

### 3. Get a flu shot.

The CDC recommends that everyone 6 months of age and older get an annual flu shot. Be sure to follow your pediatrician's recommendation.

### 4. Cough or sneeze into a tissue or the elbow.

Teach your child to cough or sneeze into a tissue. If a tissue isn't available, use your elbow. Kids shouldn't cough or sneeze into their hands as this only spreads germs more easily.

### **5. Teach young kids how to blow their noses.**

Encourage little ones to avoid putting their fingers in their noses and teach them to use a tissue as soon as they are old enough. Throw away tissues immediately after each use.

### **6. Drink more water.**

Staying hydrated can help your body fight viruses. "Water is especially important when a child has a fever," says Dr. Laura Sinai, Pediatrician. "Fever causes our bodies to lose water due to sweating and evaporation and also increases the body's need for water due to increased metabolism. Plenty of water also helps to keep mucus thin, making it easier to cough up or blow from the nose."

### **7. Eat a healthy diet.**

Kids might not like fruits and vegetables, but they can help fight illness. "Making sure your child is getting the proper nutrients and vitamins can help boost the immune system," says Dr. Holly Smith, Pediatrician.

### **8. Get a good night's sleep.**

Studies show that poor sleepers became sick more often. Make sure your child gets the recommended hours of sleep each night.

### **9. Disinfect your house.**

No one enjoys scrubbing countertops and toilets, but doing so can reduce the number of germs in your house. Be sure you are disinfecting toys and household surfaces, especially kitchens and bathrooms.

### **10. Avoid people who are sick.**

This seems obvious, but it might be necessary to "quarantine" household members who become sick to avoid spreading the illness to others in the house, especially young children. Also, make sure your child stays home from school if he or she is sick.

October is a busy month, so we want you and your family to stay healthy so that you can enjoy all our programs such as Reading Night, CAP, Field Trips and the Fall Festival.

We look forward to working together for our Knight's success. Until next time, Carpe Diem!  
Carpe Success.

## **WHAT'S HAPPENING IN THE CASTLE**

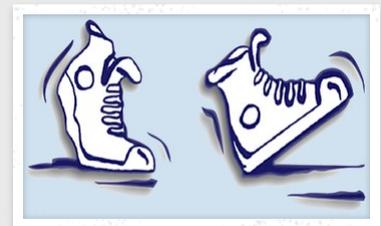
- 1 – PTA General Meeting
- 2 – CAP Day 1
- 2 – Walk to School Day
- 2 – SAC Meeting
- 3 – PTA Bar-B-Q/Literacy Night
- 4 – Walking Club 7:45 – 8:15 AM
- 4 – Reading Logs Due



4 – 4th Grade Challenge Island  
9 – CAP Day 2  
11 – Walking Club 7:45 – 8:15 AM  
11 – End of the First Quarter  
11 – Kindergarten Field Trip to Pumpkin Patch  
11 - North Shore Pool Party at the YMCA  
14 – Pro-Ed/No School for Students  
16 – CAP Day 3  
18 – Walking Club 7:45 – 8:15 AM  
22 – Kindergarten Halloween Parade  
23 – CAP Day 4  
23 – 4th & 5th Grade Orchestra 10:30 AM  
24 – 4th & 5th Grade SPIFFS Field Trip  
25 – Walking Club 7:45 – 8:15 AM  
26 – Fall Festival  
28 – Majestic Monday  
28 – Red Ribbon Week Starts  
29 – Report Cards Go Home  
30 – CAP Day 5

## NORTH SHORE WALKS AROUND THE WORLD

Greetings North Shore Knights and welcome to the Walking Club.



We would like to invite all students, staff, and parents to support our goal of walking around the world (24,901 miles) by May 8th, 2020. You can help by visiting each Friday from 7:45 to 8:15 to Waka, Waka, Waka.

Our first Walking Club will begin on October 6, 2019. Students will be receiving Foot Tokens for every mile they walk and our group mileage will be calculated each day. Let's walk this place!!!

- \*Parents must sign in each day and leave school at 8:15
- \* Students will collect popsicle sticks for each lap (3 laps = 1 mile = 1 token)
- \* Students must follow the laid out course.
- \* All participants must walk at all times (No running).
- \* Mileage will be multiplied by 10 to help move us around the world

We look forward to your participation in this Healthy School Initiative.

## COMMITMENT TO CHARACTER

The character trait for the month of October is Cooperation. Cooperation is getting along with others and working together to accomplish a goal.

We encourage your family to reinforce the character traits by participating in Dinner Dilemmas. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.



Another way to reinforce the traits is through daily affirmations. As a family, take a mindful minute and focus on the three words a day.

Please download the resources below.



C2C\_Oct\_Dinner\_Dilemma.pdf

[Download](#)  
17.2 KB



C2C\_Oct\_Dinner\_Dilemma\_sp.pdf

[Download](#)  
17.3 KB



C2C\_Oct\_Three\_Words.pdf

[Download](#)  
9.6 KB

## CONSTRUCTION UPDATE

There are a few near-term and long-term construction projects on the horizon for North Shore Elementary:

1. 1st Street Approach.
2. 34th Avenue/Oak Flashing Cross with new sidewalk
3. Smart Growth Master Plan

Please see the information below, prepared by Mrs. Laura Hine. If you would like more information, please contact Cooper Dawson, Principal.



Construction update October 2019.pdf

[Download](#)  
524.2 KB



## FROM YOUR PTA

North Shore PTA wants to send a huge thank you to our parents, teachers, and staff for their tremendous support so far this year. We are over halfway to our target of 100% representation in PTA membership. PTA is first and foremost an advocacy organization, looking to promote equity and inclusion in education. Parent involvement is vital for student and school success. Here at North Shore, our PTA aims to do that through teacher support and building community.

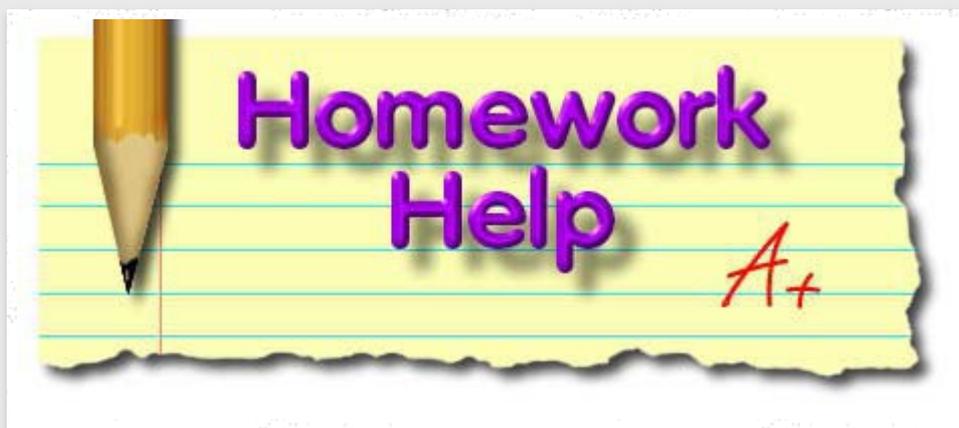
The month of October starts our most active PTA season, and we have many opportunities to connect and grow as a community and support our school. Our first monthly general meeting will be Tuesday, October 1 at 6 PM. This one-hour meeting is your opportunity to hear about current PTA initiatives and ask questions of our PTA board and school representatives. Children are welcome, and we offer pizza and salad to make your evening easier. We do request you RSVP, so we can ensure enough dinner for everyone.

Family favorite "Reading Under the Stars" is back this year in conjunction with our PTA family social BBQ on Thursday, October 3rd. All family socials are free to attend, so join us for supper and sharing reading time and literacy tips from our wonderful North Shore teachers. There will be a book giveaway, and we ask that you RSVP through the flier sent home or through the PTA Facebook page.

The BBQ also kicks off our Direct Donation Drive, the first PTA fundraiser of the year. Our PTA won't ask you to buy wrapping paper or overpriced candy in exchange for tiny profits. Instead, this is the one time each year where we ask you to give what you can directly to PTA. You'll be hearing from PTA VP of Fundraising Jon Kile about how PTA funding supports our many initiatives, including 7th Hour, field trips, teacher support, and school gardens.

The month will end with our much anticipated Fall Festival on October 26th. This is a wonderful family fun day with bounce houses, a petting zoo, games, and everyone's favorite Pumpkin Auction. Chair Hillary Miller and Crystal Crisp have been hard at work to ensure another successful festival. Tickets will go on sale soon. Invite friends and neighbors to see our beautiful campus and enjoy our fun-filled community.

PTA is always available to answer your questions. You can reach us at [northshoreknightspta@gmail.com](mailto:northshoreknightspta@gmail.com) or through our Facebook page. We look forward to being in community with you.



## HOMework HELPLINE

The Homework Helpline is a free service for all PCS students. The service is available from 5 to 8 p.m., Monday-Thursday. Students can get help with math, science, social studies and language arts. Students who need practice reading can also call the helpline and spend 10 minutes reading to an adult. Families can reach the Homework Helpline at 727-547-7223.

## OCTOBER LUNCH MENU



**Nutrislice Menus | Pinellas Coun...**

[pcsb.nutrislice.com](https://pcsb.nutrislice.com)

Pinellas County School Board menus, powered by Nutrislice. Nutrislice is the leading provider of digital menus, signage, and ordering software. View menus online or with the Nutrislice app.

## CARPE DIEM! CARPE SUCCESS!



### NORTH SHORE ELEMENTARY

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# Elementary



North  
Shore  
Elementary