



The Crater Connection

From The Desk of Mr. Fisher...

Dear Crater Parents,

For many of our kids, the craziness of the holidays can be challenging and overwhelming. The over-stimulation, late nights and business of the season can lead to stressed, tired and cranky kids during the school day. You can help your child by keeping as normal of a schedule as possible and prioritizing the amount of rest and sleep that your child needs. At school, our staff will do their best to keep a normal academic schedule; maintaining normal routines of teaching and learning.

During the holidays, it is easy to get overwhelmed by obligations. Sometimes we forget to take time to be with and share time with our kids. Here are some ways to help your family feel more connected to each other:

Put laughter on your to-do list: Find ways to inject humor into daily life. Watch comedies on TV, look for the lighter side in household chores, tell jokes at dinner, or read the comics together.

Make giving a family affair: Doing for others helps kids realize the world is bigger than they are and that people need their help. Try making dinner for a needy family, walking for a worthy cause, or giving your spare change to an organization that helps others.

Play hide and treat: Tuck notes or treats into special places - under a pillow, in a lunch box or in a pocket. Let other family members know you are thinking of them no matter how busy you are with holiday preparations.

Play a game together: Take time to enjoy each other's company. Encourage kids to play for the joy of playing, not winning.

The holidays give us a chance to spend time with the family. It is a special time and I hope you and your family enjoy this time of the year.

As always, thank you for your support for our teachers, students and classrooms. If you have any questions or concerns, please feel free to contact me.

Troy Fisher
Crater Principal

UPCOMING

EVENTS

DECEMBER

- Dec. 1: PTO Meeting @ 6:30 PM
- Dec. 8 - Dec. 18: Crater Giving Tree
- Dec. 12: Popcorn Sale
- Dec. 22 - Jan.2: NO SCHOOL : Winter Break



JANUARY

- Jan. 5: School Resumes
- Jan. 5: PTO Meeting @ 6:30 PM
- Jan. 19: NO SCHOOL: MLK Day
- Jan. 23: Popcorn Sale
- Jan. 26: NO SCHOOL: Report Card Day



FEBRUARY

- Feb. 2: PTO Meeting @ 6:30 PM
- Feb. 6: PTO Family Movie Night @ 6 PM
- Feb. 16: NO SCHOOL: President's Day



Check out the PTO & Crater Web Pages for the latest information about school happenings. <http://www.newberg.k12.or.us/crater/>

CALENDAR UPDATES

December 22 -

January 2: *NO SCHOOL - Winter Break*

January 5:
SCHOOL RESUMES



Lost and Found

Don't forget to check Lost and Found the next time you are in the building. We are beginning to collect several



items. All clothing that is not claimed before Winter Break will be donated to Charity.

SHARING TREE

The Annual Sharing Tree will once again be set up outside the main office December 8 - 18. It will be decorated with "ornament tags" that are each labeled with a specific item. Any student/family may select ornament tags from the tree, purchase the item listed on the tag and return the items under the tree by December 18th. Food boxes are then packed and will be delivered anonymously to Crater Families during Winter Break.



Calendars

Calendars teach children how to plan ahead. Does your child have a 2015 calendar? If not consider buying or making one. Noting events such as due dates, sports activities and trips to Grandma's house will help your child get used to scheduling. This is a skill that will help throughout their years in school.



How You Can Fight the Flu

The flu season is starting. Although most children who get the flu recover quickly, it can be a serious illness. So it is best to be prepared. Here is what you can do to prevent and treat the flu:

Encourage good hygiene: The flu spreads in droplets from coughing and sneezing. So remind your children to cover their mouths when they cough or sneeze. Also emphasize the importance of washing hands after using the bathroom and before eating.

Know flu's symptoms: Watch your children for

Attendance

The National Center for Children in Poverty found in 2008 that on average, students who missed 10 percent or more of school in kindergarten scored significantly lower in reading, math and general knowledge tests at the end of the 1st grade than did students who missed 3 percent or fewer days. Moreover, the researchers found chronic absenteeism in kindergarten predicted continuing absences in later grades.



symptoms, such as high fever, cough, sore throat, headache, chills and muscle aches. Call your child's doctor at the first signs.

Watch for complications: Call the doctor if your child's condition worsens. Worsening conditions could lead to complications, such as ear infections, pneumonia, dehydration and aggravation of chronic medical conditions like asthma.

Keep sick children resting at home: If your child shows symptoms of the flu, encourage bed rest with magazines, books, quiet music, or a favorite movie. Offer plenty of fluids or try ice pops. Ask your child's doctor what medications to use to relieve symptoms.