

Hills Highlights

Hills Elementary School

December 6, 2019

688-1105

[http:// www.iowacityschools.org/Domain/1663](http://www.iowacityschools.org/Domain/1663)

UPCOMING EVENTS

Dec. 2-7	Toys for Tots Registration	Dec. 10	PTO Meeting @ 6:00PM
Dec. 2	Lightning bolt sales start for the Cancer bulletin board (50 cents per lightning bolt)	Dec. 12	T-shirt day
Dec. 2	"Block Out Cancer" fundraising begins	Dec. 13	Dress a holiday day
Dec. 5	T-shirt day for PBIS assembly	Dec.19	NCJC will have family fun night 5pm-6pm
Dec. 7	Breakfast with Santa	Dec. 20	T-shirt day
		Dec. 20	Snowflake Sing-a -Long 1:30 PM in the gym

Thank you to all who came out to support our book fair and to those who volunteered to help staff the fair!



Cooper, Sophie Stutsman and Kean Curtis (Kean not pictured) received 4H awards of excellence during a 4H award ceremony.

BOOK FAIR: BIG THANKS!

Toys for Tots Registration

To register you will need:

-Photo ID

-Proof of date of birth for each child (eligible 0-15)
-Proof of Johnson County Residency: Valid address on photo ID, lease, utility bill accepted, mail from government agency (WIC, SNAP card, or SSI/SSDI verification etc.)

-Proof of income eligibility: Pay stubs, SNAP card, Medicaid card, or SSI/SSDI etc.

*Please note that Social Security cards are accepted as additional verification but cannot serve as a replacement for the above listed documentation.

You may Register at the following locations:

The Salvation Army of Johnson County
116 S Gibert Ct.
Iowa City, IA
319-337-3725

North Liberty Community Pantry

89 N Jones BLVD
North Liberty, IA
319-626-2711

If you have questions call Toys for Tots at
319-337-3725

DRESS A HOLIDAY DAY

This is a fun day that lets the students and staff celebrate all of the amazing choices that we have made. We have over 5,000 more tickets than we had at this same time last year. You can dress as any holiday that you would like to, please remember to follow the dress code.

LOST AND FOUND

If you happen to be at Hills Elementary please take a look at our Lost and Found. We have gotten quite the stack of items and we would love them to find their home.

BREAKFAST WITH SANTA

Saturday December 7th, 2019
7am-11:30am

Johnson County Fairgrounds Building "C"
Sponsored by

Iowa City Noon Lions Club

Cost \$6 per person- Kids 3 and under are FREE
Tickets at the door and from Noon Lions or
Call 319-338-1584

*Games*Kids Crafts*Music*Fun*Gifts*

MINI DANCE MARATHON

Hills Elementary continues our efforts to raise money for the University of Iowa Children's

Hospital Dance Marathon. Every year, the University holds a Dance Marathon to raise money for children and families facing and fighting cancer and Hills holds a 'mini marathon' at school. For 50 cents, kids can put their name on a lightning bolt that will be added to the hallway CANCER board. Our goal is to 'block out' cancer. Students can also add coins to a jar for a staff member to receive a pie in the face. Jars are in the office and the staff member who earns the most, gets the pie in the face. This money will also be donated to the marathon. Don't miss your chance to add your name to this important board in our school. We will start fundraising on December 2nd.

There will be a photo booth at the Dance Marathon in January. This will take place on the 23rd. The cost will be 1\$ per print. The money will need to be brought BEFORE that day. It should be given to the child's teacher.

HILLS ELEMENTARY WILL WELCOME THE SEASON OF WINTER WITH A "SNOWFLAKE SING-A-LONG"

Please feel free to join us for our annual *Snowflake Sing Along* in the school gym at Hills Elementary on Friday, December 20th. The sing along will begin at 1:30 and we encourage you to sit with your child or grandchild. There will be chairs available for those who need them and it will be less than 30 minutes long. It is our traditional way of welcoming in the winter and celebrating the season. All family and friends are invited to participate!



REMINDERS-

*Please go into Powerschool and update your addresses and your phone numbers. If you need help doing this, please contact Tricia at 319-688-1105

*If you need assistance with outdoor winter clothing, please contact Lori Montgomery at 319-688-1105

PLEASE REMEMBER THAT IF YOU PICK YOUR CHILD UP AFTER SCHOOL AND THEY USUALLY RIDE THE BUS, YOU NEED TO TELL THE OFFICE!! WE WANT TO KEEP YOUR CHILD SAFE, TO DO THIS WE NEED TO KNOW WHERE THEY ARE AT ALL TIME.

SAFETY PATROL

Hills School is fortunate to have a dedicated group of students serve as the safety patrol. You may have spotted the students wearing the fluorescent green belts that guide students before and after school. These students work to insure safety by: closing the gate, assisting with crosswalks, guidance around the building, encouraging walking, and reinforcing positive student behavior through pride tickets. We would like to thank all the students that help to keep our school safe.

PBIS (Positive Behavior Interventions and Support) Parent Corner

FUN WITHOUT THE FROSTBITE – WINTERTIME OUTDOOR SAFETY TIPS

Winter Wonderland

Children spend a lot of time outside during the winter months. Whether your child is waiting for the bus or building a snowman, be careful when sending him outside. Cold temperatures can be especially harsh on children. Here is some advice on how to keep your child warm, dry, and healthy this winter.

Safety tips for outdoor fun (Part 1)

Bundle them up. Whether your child is going out to play or waiting for the bus, the cold can really get to them. Children should be dressed in several thin layers of clothing to keep them dry and warm. The American Academy of Pediatrics recommends dressing children in one more layer of clothing than you yourself would wear. Make sure you send your child out with a hat that covers her ears (50% of body heat is lost through the head), and wearing waterproof boots with enough room to wiggle her toes. If your child is going outside to play and might get wet, avoid dressing her in cotton clothing, as cotton does not absorb moisture or dry as easily as other materials. Make sure your child comes inside periodically to change wet accessories, such as gloves, hats, and socks, and send them to school, a friend's house, or ski lessons with extras of these. If it is a sunny day and they will be spending time outdoors, apply sunscreen. The sun, especially when it reflects off snow, can still cause sunburn in the winter.

Hold off hypothermia. If your child is playing outside, make sure he/she comes inside periodically to warm up, and set a limit on the amount of time they can be outside. Hypothermia is when a child's body temperature falls below normal. It often occurs when children play outside in extremely cold weather for extended periods of time or without proper clothing. Symptoms of hypothermia include shivering, tiredness, clumsiness, and slurred speech. If you think your child might have hypothermia, change him into warm clothes, wrap him in blankets, and bring him to a doctor.

Prevent frostbite. Frostbite occurs when skin, especially on fingers, toes, ears, and noses, becomes frozen, pale, gray, or blistered and burns or feels numb. If you think your child has frostbite, place the affected parts in warm (not hot) water, or apply warm water to them with a washcloth. Do not rub the frozen areas. Warm your child up with dry clothes and blankets, and give him a warm drink. If the numbness persists, bring him to a doctor.

Non-Discrimination Statement

It is the policy of the Iowa City Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age, marital status, sexual orientation, gender identity and socioeconomic status in its educational programs, activities, or employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the Director of Equity, 1725 N. Dodge St., Iowa City, IA 52245, 319-688-1000.

HILLS MISSION STATEMENT

The Hills Community is committed to serving the whole child. We acknowledge that each student's physical, emotional, creative and social well being is integral to learning and academic experience. The individual gifts and needs of all learners are accepted, fostered, and challenged. We strive to promote life-long learning in a safe, nurturing environment.

COLDS, FEVERS AND INFLUENZA

The ICCSD Health Services Staff has the following guidelines concerning children's illnesses at home and at school. These simple rules will not only benefit the ill child but will also help protect the other children at school. Thank you for your cooperation in keeping our students healthy.

***Keep your child home when she/he has a fever of 100 or greater, has diarrhea, and/or has vomited and for at least 24 hours after these symptoms have ended.**

***Make sure your child is adequately dressed for cold weather, wearing a proper coat, hat and gloves.**

Thank you for your cooperation in keeping students healthy.



DRESSING APPROPRIATELY FOR THE WEATHER

Hills students go outside each day for recess unless the temperature and/or wind chill is below zero. Please assure that your child is adequately dressed each day for the cooler weather, wearing a warm coat, hat and gloves. (Boots and snow pants also when the snow comes.) If your child has proper clothing playing outside will be fun and healthy.

WEB PAGE

Please check the Hills School website for school information such as, the calendar of events, news, classroom teacher webpages, and much, much more!! Also, be sure to “like” us on Facebook.

MANAGE YOUR HOLIDAY STRESS

- **Think positively** and spend time with others who think the same.
- **Accept that** you can't control every situation and learn to be flexible.
- **Get plenty** of sleep and keep consistency in mind to establish a regular bedtime and wake time.
- **Include at least 30 minutes** of exercise on most days to boost your energy level and improve your mood.
- **Healthy eating** is a key component to a healthy body and mind. Under stress, people may make poor choices by eating fast food every day for convenience, skipping meals, eating only one big meal at night, going on crash diets and overdosing on caffeine.
- **Make time** to do things you love to do and identify the triggers/time sabotages that take you away from “me” time.
- **Say no** to tasks or social offers that you know will cause you anxiety.
- **Laugh often** and take time to have fun.
- **Stay clutter - free**, make to do list and plan ahead.
- **Imagine a pause button** and visualize yourself pressing it.
- **Before going** into a stressful situation, imagine yourself calm and poised.
- **Pet a friendly animal.**