



Parent News from Armstrong Elementary

Main: 651-425-4100

Attendance: 651-425-4106

Website: aes.sowashco.org

School hours: 8:40 a.m. - 3:10 p.m.

January 30, 2020

When Should My Child Stay Home Sick?

We are having a rough winter of illness and you can help us keep all kids healthier by keeping your child home when they are sick or recovering from their illness. We do have students who have lowered immune states also, and we work really hard to protect them from illnesses.

Please follow these guidelines and if you have any questions, PLEASE call one of the nurses, and PLEASE understand when we have to call you to take your child home sick.

***STAY HOME UNTIL FEVER FREE FOR 24 HOURS.** This means a temp of less than 100 without any fever reducing medications for a full day. This is especially important in the influenza season to make sure that they have had enough rest and fluid, and that their bodies are ready to come back for a whole day of school.

***STAY HOME IF YOU HAVE DIARRHEA OR THROW UP.** If you have these symptoms, you should stay home that day and the next day to ensure that the symptoms don't return, and that they have again had enough rest and fluid to stay at school. The germs that cause these symptoms are also easily spread.

***STAY HOME IF YOU HAVE A BAD COUGH.** If your child has a very bad cough and it is not controlled, they should stay home. Although we all work very hard at the "Cover Your Cough" habit, if they are coughing frequently, or coughing up frequent phlegm, they should stay home and may need to see their provider. The same goes for really running noses. It is tough to play if you are wiping your nose every couple minutes, and worse if your teacher has to stop to help you.

Make plans for days when your children are ill, and if you are not available to come get them. Please have a backup person that you can call that can come get them if they are sick at school. If we can't reach you, we will phone your emergency contacts to either get ahold of you, or to pick up your child. The most important way we can all stay well is washing our hands. Wash them often, and wash well with soap and water. Thank you for your part in helping keep all of Armstrong healthy!

Lori Gilman LPN and Julie Phelps RN LSN

Shout Outs

Armstrong students are focusing on "**KINDNESS**" in the month of January. Below are the students that received Shout Outs last week for their awesome work. Check out our Armstrong website for a picture of the kids. https://aes.sowashco.org/news/latest_news/shout_outs. The students receiving shout outs will be bringing home a little certificate to show off to family!

Shout Outs from last week...

- **Dylan L.** – Mrs. Kielsa (from Mrs. Nordstrom): “Being kind and helpful”
- **Kiran P.** – Mrs. Marek: “Being a kind and respectable student”
- **Ruth A.** – Mrs. Larson: “Being helpful during math class”
- **Rylee P.** – Mrs. Kielsa: “Working hard & showing great effort”
- **Emma P.M.** – Mrs. Ross: “Working extra hard on her math”
- **Dylan L.** – Mrs. Kielsa (from Ms. Vang): “Cleaning up & taking lost items to the lost & found”
- **Akenzo B.** – Mrs. Kielsa (from Mrs. Theis): “Being a good friend & showing kindness”
- **Bryce N.** – Mrs. Festvog (from Recess Aides): “Good job lining up every day. Very positive attitude”

Pre-School Registration & Information Night

Pre-school registration is online for the 2020/21 school year. Parents of 3 & 4 year olds will be receiving a pre-school catalog in the mail on how to enroll. There will be a pre-school information night held on Wednesday, February 19 from 6-7:00 pm at two locations - the District Program Center in Cottage Grove and Valley Crossing Elementary in Woodbury. Please refer to your mailing for more information.

If you have questions, please contact the Community Education Office at 651-425-6600.

Kindergarten Registration 2020/21

Kindergarten enrollment will be completed online this year beginning Monday, January 27. Children who are five years old on or before Sept. 1, 2020 are eligible to start kindergarten this September. Families of incoming kindergarten students have been sent a “Welcome to Kindergarten” brochure with all the information needed.

Dates to remember:

- **Monday, January 27 through Friday, February 21 – Register your child online**
- **Tuesday, April 21 – Armstrong Open House for incoming Kindergarteners, 4:40-6:00 pm.**

You can click on the following link for more kindergarten information :

https://sowashco.org/departments/student_information/enrolling_your_student/kindergarten_enrollment

If you have questions, please contact the Student Information Dept. at 651-425-6328.

PTO News

Do you have unused gift cards in your wallet? Do you have new gifts you still haven't returned from the holidays? Are you a season ticket holder who can't make it to the game? Consider donating to the Armstrong Elementary Silent Auction! The auction will be held during the school carnival on March 27th. Items to consider for donation are:

- Tickets to events
- Signed Memorabilia
- Gift cards (unused with full amounts on them)
- New-in-box/New-with-tags items (electronics, toys, etc.)

Or if you have connections to a business that is willing to donate items or funds, please let us know! Donations are accepted until February 21st. All the funds raised in the auction go towards things like computer software, field trip transportation, alternative seating for classrooms and other classroom supplies. Email contactaeppto@gmail.com with questions. Thank you from the PTO.

PTO Sign Up Genius: https://aes.sowashco.org/news/latest_news

Upcoming Events

- Friday, January 31, 2020 – School Store Day (during lunch/recess)
- Friday, January 31, 2020 - Class Color Day (sponsored by Student Council)
(K-red, Gr 1-orange, Gr 2-yellow, Gr 3-green, Gr 4-blue, Gr 5-purple)
- Tuesday, February 11, 2020 – PTO Meeting, Media Center, 6:30 pm
- Wednesday, February 12, 2020 – Wendy’s Night, 5:00-7:00 pm
- Friday, February 14, 2020 – **NO SCHOOL, Teacher Workshop Day**
- Monday, February 17, 2020 – **NO SCHOOL, President’s Day**
- Tuesday, February 18, 2020 – **NO SCHOOL, K-5 Teacher Work Day**
- Thursday, Feb. 27 – March 4, 2020 – Book Fair (before & after school & during conferences)
- Thursday, February 27, 2020 – Conferences (by appt only), 3:30-7:45 pm
- Friday, February 28, 2020 – Breakfast & Books, 7:45 am
- Friday, February 28, 2020 – School Store Day (during lunch/recess)
- Friday, February 28, 2020 – Workout Wear Day (sponsored by Student Council)
- Monday, March 2, 2020 – Conferences (by appt only), 3:30-7:30 pm
- Tuesday, March 3, 2020 – **NO SCHOOL, Teacher Workshop Day**
- Wednesday, March 4, 2020 – Lifetouch Spring & Group Activity Photos
- Monday, March 9 – Friday, March 13, 2020 – **NO SCHOOL, Spring Break**
- Monday, March 16, 2020 – **NO SCHOOL, Teacher Workshop Day**