



# Minooka Primary Center

## December 2018 & January 2019 MPC Newsletter

Each month we will have a building newsletter that shares important upcoming events and details. Please read all newsletters to help wrap up one month and prepare for the new month!

Minooka Primary Center building hours are from 8:00 a.m. until 4:00 p.m. The main office phone number is 815-467-3167. To contact the nurse please use extension 7003. If you have bus transportation questions please call 815-467-5133.



We are still working on filling our Good Character Bucket focusing on Being Respectful, Responsible, Safe, and Kind while we arrive at school, dismiss from school, in the hallways, and of course in the classrooms. We intend on earning our second prize which will be a visit from Dot the Story Teller on December 14<sup>th</sup>, 2018 during the school day. We will also earn our special snack day as a result of our November 6<sup>th</sup> Election Day cookie choice. A permission slip will come home so parents can approve the children eating an OREO cookie! We will fill our Character Bucket with paper book cut outs earned by being “caught” showing good character, making good choices, and being good friends. Please talk to your children about filling their personal invisible bucket daily and doing so well that they fill the invisible buckets of the adults around them as well.



## **News from the Nurse**

### **Flu Season is Coming, Be Prepared!**

The Centers for Disease Control (CDC) recommends a **yearly flu shot** as the first step in preventing flu infection. Adults and children over the age of 6 months should receive the vaccination by end of October if possible. Young children, pregnant women, and people with chronic illnesses such as asthma, diabetes, and heart disease are at high risk of flu complications and are especially encouraged to get a yearly flu shot.

#### **Everyday Actions to Prevent the Spread of Illness**

Flu and other viruses are spread mainly through droplets made when people with the virus sneeze, cough, or talk. Viruses may also be spread by touching something with the virus on it and then touching their mouth, eyes, or nose. The most important thing you can do to prevent illness is wash your hands frequently with soap and water or use hand sanitizer if a sink is not available. Avoid touching your eyes, mouth, or nose, and limit contact with sick people.

Our teachers and custodial staff make every effort to regularly clean and disinfect our rooms, desks, toys, door knobs, light switches, bathrooms, and drinking fountains. We also practice good handwashing while at school, and talk about the importance of covering our sneezes and coughs with our arms or tissues.

Promoting a strong immune system through a healthy diet, exercise, plenty of fluids and rest, and regular fresh air is the body's basic defense against infection. Avoid second hand smoke or other contaminants, and use a humidifier during the winter months to moisten dry nasal passages. See your medical provider regularly for check-ups or if you have any concerns.

**If your student does develop influenza, please let the nurse know so we can take appropriate precautions at school. Please keep him/her home until he/she has been fever free for 24 hours without the use of fever reducing medication.** If the doctor prescribes antiviral medication, he/she should be on the medication for at least 24 hours before returning to school.



# Hand Washing Song

Tune: Row, Row, Row Your Boat

Wash, wash, wash your hands,  
Soap will make them clean!  
Scrub the germs 'til they fall off,  
Germs go down the drain.



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① Use **SOAP** and  
**WARM WATER**

① **SCRUB** your hands  
**VERY WELL**



① **WASH**

① **Between Fingers** ① **Wrists**

① **Under Fingernails**

① **Backs of Hands**

To be placed in any of our programs parents must sign up for an Early Learning Screening once your child is at or between the ages of 3-5.

## 2018-2019 EARLY LEARNING SCREENINGS

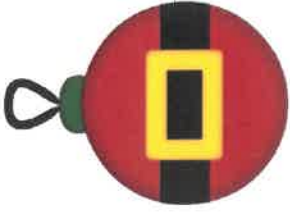
GRUNDY COUNTY SPECIAL EDUCATION COOPERATIVE  
725 School Street  
Morris, IL 60450  
815-942-5780

FOR 3, 4, AND 5 YEARS OLDS  
IN GRUNDY COUNTY  
OR ATTENDING GRUNDY COUNTY SCHOOLS

FEBRUARY 9, 2019 (Saturday)	8:00 – 12:00	MINOOKA ELEMENTARY SCHOOL
FEBRUARY 23, 2019 (Saturday)	8:00 – 12:00	MORRIS GRADE SCHOOL
MARCH 9, 2019 (Saturday)	8:00 – 12:00	JONES ELEMENTARY SCHOOL

**REGISTER ONLINE AT: [GRUNDYSPECIALED.ORG](http://GRUNDYSPECIALED.ORG)**





# December 2018

## Will-Grundy County Community Screenings Birth-3 years

	Mon	Tue	Wed	Thu	Fri	Sat
						1
						8
	2 8:30-3 WCHD/WIC	4	5	6	7	
	3 8:30-3 WCHD/WIC					
	9 CFC 9-11	11 8:30-3 WCHD/WIC Morris Lib 9:30-11	12 *We Care 4-6	13 Easter Seals 9-11	14	15
	10 CFC 9-11	18 One Hope United 9-11	19 Catholic Charities 9-11	20 Fam. Dev.Cnt 9-11	21	22
	16 8:30-3 WCHD/WIC	25	26 Morris Lib 9:30-11	27	28	29
30	23 Easter Seals 212 Barney Drive Joliet, IL 60435	24 Family Development Center 1 University Parkway University Park, IL 60484	26 CFC #15 2300 Glenwood Joliet, IL 60435	27 Morris Lib 9:30-11	28	29
	31 WCHD/WIC 501 Ella Joliet, IL 60433	25 One Hope United 500 Parks Ave. Joliet, IL 60432	26 Catholic Charities 203 N Ottawa Joliet, IL 60432	27 Morris Lib 9:30-11	28	29
	30 WCHD/WIC 501 Ella Joliet, IL 60433	25 Catholic Charities 203 N Ottawa Joliet, IL 60432	26 Catholic Charities 203 N Ottawa Joliet, IL 60432	27 Morris Lib 9:30-11	28	29

If you are looking for a screening for a child who is age 3 or over please contact your local school district. School districts conduct screenings for children age 3-5 years. To determine the school district you reside in, go to the following website and enter your address, <https://www.greatschools.org/school-district-boundaries-map/>

# W-Sitting



## What does W-Sitting look like?

When a child is in a W-Sitting position, his bottom is between his legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”.

## Why do kids W-Sit?

In this position, a child's base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It's a convenient position for play because kids do not have to work on keeping their balance while also concentrating on toys.

## Why is W-Sitting a problem?

This position limits trunk rotation so that kids can't shift their weight to either side. This affects the development of balance reactions and the ability to cross midline. Hip and leg muscles can also become shortened and tight which may lead to “pigeon toed” walking and back or pelvis pain as they grow.

## What can you do to help?

Encourage other ways to sit on the floor: side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important! If a child is frequently in a W-sitting position, core strength may be an issue. Check out our Core Strengthening Exercises for Kids at The Inspired Treehouse!

# December 2018 & January 2019

## IMPORTANT DATES

1. Friday, December 7<sup>th</sup>, Tornado Drills @ MPC
2. Friday, December 14<sup>th</sup>, MPC Character Reward Day #2 Dot the Storyteller with Election Cookie Snack
3. Wednesday, December 19<sup>th</sup>, Make-n-Take Day, details coming home from each classroom
4. Friday, December 21<sup>st</sup>, MPC Half Day only morning students attend 8:45-11:25 a.m. No afternoon session.
5. Monday, December 24<sup>th</sup>-Monday, January 7<sup>th</sup>-NO STUDENT ATTENDANCE-Winter Break
6. Tuesday, January 8<sup>th</sup>, School Resumes
7. Friday, January 18<sup>th</sup>, MPC Fire Drills Day-weather permitting
8. Monday, January 21<sup>st</sup>, No Student Attendance, Martin Luther King Day
9. Thursday, January 24<sup>th</sup>, Firefighter Cindy Day, Smoke Alarms
10. Friday, January 25<sup>th</sup>, MPC Half Day only afternoon students attend from 8:45-11:25 a.m. No morning session.
- 11.

**Please mark your calendars. Also, reminders are sent home via teacher mail as well as email blasts, if your email address is not listed in PowerSchool please call 815-4673167 to add your email address.**

