



CHAD-DART News

We all feel angry sometimes, even our children. Help your child to understand that feelings are normal, including anger. Help your child communicate feelings in words such as: I feel angry because Let your child know you recognize the angry feeling s/he is having and help the child choose a healthy way to cope with the angry feeling such as: talking about it, punching a pillow, going for a walk or run, etc. Show your child that anger can be short-lived and activities can be resumed.

Notes from the Nurse

Remember no medicine can come to school without a written doctor's note and the parent has to bring in the medicine. When returning to school after being absent, please send in a signed excuse for the absence. Make sure you sign in with the school nurse or fill out a green tardy slip when coming in late, so the attendance can be updated.



Weather is changing, so please talk to your child/children about what is the plan for an early closing of school. If your not sure what you put on your Emergency Closing Card, please contact me or if you need to change it.

Students will have outside recess everyday, so they need to come prepared, by having appropriate footwear (sneakers or boots), **weather appropriate outside wear (Winter coat, hat, mittens, snow pants and boots)**. I only have a small supply for children to borrow, so please help them remember to come prepared each day. If the child needs to be excused from recess for two or more days we need to have a doctor's note just like we do for children being excused from physical education.

If you have any concerns or question please feel free to call me at 315-364-7284 or email me at botsfords@southern cayuga.org

Thank you for your cooperation, which will make for a safe and wonderful year.

Sharon Botsford, School Nurse