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## Notes From the Office

### Looking ahead:

Wednesday, October 18th - Early Release Day at 12:15pm

### Final Call! School Council Candidates

Any parent interested in running for school council is asked to please email [Rose McDermott](#) and include 3-4 sentences with some information about you and why you'd like to be part of the council. Electronic voting will occur once all candidates are selected. Deadline is Thursday October 12, 2017.



### Morning Drop Off:

We ask that you please say your good byes outside prior to students entering the building. Please do not walk your child to their class.

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## Lilja PTO



### News & Events Snapshot

Keep up with all the PTO news that's fit to print. Learn about upcoming events and other happenings around the Lilja and Natick community.

[Click Here to Catch Up](#)

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## Note from Nurse Rahn

Now that Fall is in the air, many people may experience **Fall allergy symptoms**. Ragweed and mold are the most common allergens this time of year. It's often difficult to know the difference between allergy and cold symptoms.

**Allergy symptoms** can come on all at once- scratchy throat, runny nose, itchy, watery eyes, and sneezing. Allergy medications can help alleviate the symptoms. Keeping windows closed and changing clothes after being outdoors can help decrease exposure.

**Cold symptoms** are usually progressive- sore throat, cough, achy feeling, possible fever. Cover your cough

and drink lots of fluids. Colds need to run their course.

Hand washing is always a good practice to help stay healthy and decrease risk of exposure.

Whether you suffer from allergy or cold symptoms, see your doctor if your signs and symptoms worsen or persist.

**Vision screening (grades 1-4), Hearing screening (grades 1-3), and Height & Weight screening (grades 1&4)** will take place during the months of October & November in all elementary schools. Please make sure your child brings his/her glasses to school. If you do not want your child screened, please notify your school nurse(s) **in writing by October 10th.**

**A Family Flu Clinic will take place at Natick High School on Thursday, October 26th from 3:30pm-6:30pm. Get the Flu Shot, not the Flu!**

Many children and families will be celebrating **Halloween** at the end of this month. Here are a few **safety tips** to help keep the experience fun and healthy:

- Young children must always be accompanied by an adult
- Costumes should fit properly and children should have an unobstructed view (avoid masks)
- Make sure you are visible, especially if going out after dark. Carry flashlights or use reflective tape on costumes
- Travel and knock on doors in areas that are familiar to you
- Inspect your child's candy for any open wrappers or tampering
- Limit the amount of candy your child eats
- Remember to brush teeth after eating those treats
- Leftover candy can be donated to your local Police station, Military troops, or other charitable organization

Have fun!

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## Notes from Nursing

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The Natick Public Schools and the Natick Board of Health are working collaboratively to provide your family the opportunity to come together to receive your flu vaccine. This vaccine will protect against all four influenza strains that are expected to circulate this year. We will hold vaccination clinics this fall on **Thursday October 26, 2017 from 3:30 to 6:30 PM in Room 103 at Natick High School.**

There will be no cost to you for this vaccine. We ask that you bring your health insurance card and policy number so that we can bill your insurance company, but there is no direct cost to you!

*For this influenza season, only the Flu Shot will be available.*

For more information on the Flu Vaccine please click [here](#). Flu consent form, please bring with you on the day of the clinic, please click [here](#).

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# Tilly's Pumpkin Festival

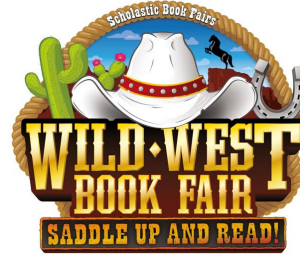
## 17th Annual Pumpkins for our Schools Festival - This Sunday!

Proceeds from the pumpkin sales at our festival will be donated to the Natick school of your choice! Please click [here](#) for the flyer.



## Scholastic Book Fair

Yee-Haw! Almost time to ride on down to the wild west for Lilja's annual Scholastic Book Fair! Wednesday and Thursday, October 25th and 26th, from 2-8 pm in the Lilja Learning Commons. Please come support this important fundraiser by shopping the fair with your children and/or [volunteering](#). **All proceeds from this book sale come right back to the school, so mark your calendars and giddy-up to help us reach our \$10,000 sales goal!**



## Box Tops Contest



The next Box Tops contest deadline is fast approaching. **The deadline for your submissions is Wednesday, October 25th.** The classroom and the student who collect the most Box Tops will win a prize!! Each year Box Tops provides nearly a thousand dollars for our PTO. It is easy to help us raise these funds. All you have to do is take a look at the products already on your pantry shelves. Clip and collect the box tops as you use the products, and check your shelves for any box tops that are expiring soon as once they expire, we can't collect money for them. You don't have to donate any money, all it requires is a little bit of your time. You can attach the box tops to one of the submission forms found in the [virtual backpack](#) or even easier, put them in a Ziplock bag. Once you have them collected, send them into school with your child – Don't forget to label with your child's full name and classroom. For a list of participating products see the product list found in the virtual backpack.

## Office of Pupil Services

## **Coffee with Student Services Team: Special Education Overview**

**FRIDAY OCTOBER 20, 2017, 8:15 – 9 am at Lilja Elementary School**

The Student Services Department and SEPAC are hosting monthly coffees where parents have the opportunity for coffee and conversation with the student services staff at each school in our district. Each coffee will have a focus topic and the 10/20 event will provide a Special Education Overview. In addition, parents whose children attend Lilja will also have the opportunity to learn more about the Student Services staff providing IEP/504 support to Lilja students. Everyone is invited to attend.

## **Strategies for reducing academic stress and strengthening executive function skills at home**

**THURSDAY NOVEMBER 2, 2017, 7pm Natick High School (Lecture Hall – 2<sup>nd</sup> floor)**

Please join Dan Levine and Melissa Wilson of Engaging Minds who will present strategies for reducing academic stress and strengthening executive function skills at home. In this workshop parents will learn:

- Strategies to help your child get “unstuck” when he/she has trouble initiating tasks
- Organizational strategies to help your child keep track of his/her belongings and schoolwork
- Strategies to promote flexible thinking, enhance working memory, and sustain attention
- Self-monitoring strategies to help your child set goals, stay on track, and follow-through

*Hosted by Natick SEPAC: The Natick Special Education Parent Advisory Council (SEPAC) is an all-volunteer organization of parents and caregivers dedicated in building a network for families whose children are receiving support services through an IEP/504 as well as for families considering requesting an IEP/504 evaluation. SEPAC provides a parent’s perspective of information, support and recommendations. [www.sepacnatick.org](http://www.sepacnatick.org) or [naticksepac@gmail.com](mailto:naticksepac@gmail.com)*

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STAY CONNECTED

