



Notes From the Office

Looking Ahead:

TODAY! Wednesday, January 10th - Early Release Day.
Monday, January 15th - MLK Day - NO SCHOOL

District & School Report Cards

We are pleased to share annual district and school-based report cards published by the Massachusetts Department of Elementary & Secondary Education as required by the Every Student Succeeds Act (ESSA). The report cards contain information about school and district accountability, student achievement, and other important measures of school performance.

In addition, we provide information about our Title 1 requirements and the "right to know" for parents at the Johnson School.

We encourage you to view the district and school report cards, which are linked on our district website: natickps.org/about/reportcard



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](#)

BOKS

Dear Parents and Guardians,

We are pleased to announce the return of BOKS, a before school physical activity program, at the Lilja Elementary School this winter/spring. BOKS prepares children for a day of learning and is an

important step in helping children appreciate the benefits of exercise and healthy choices that will last a lifetime. BOKS was inspired by Dr. John Ratey's book "Spark". Dr. Ratey, of Harvard Medical School, states that "exercise is the single most powerful tool that we have to optimize the function of our brains." Classes are filled with team-oriented games and provide plenty of opportunity for play, since the program focuses on fun!

Typical BOKS Class

- 40 minutes long
- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses and strength movements
- Fun group game(s)
- Cool Down and a BOKS Bit, a nutrition component of the program

When is BOKS?

BOKS will run every day at Lilja. You can choose the (Monday, Wednesday and Friday program) or the (Tuesday and Thursday program). It runs from 7:40am to 8:20am. The session starts the week of February 5, 2018 and ends May 11, 2018. Drop off is between 7:30am and 7:40am. Parents must walk their child or children into the building and check in with a BOKS trainer.

How do I sign up?

Registration will begin January 2, 2018. Complete the attached registration form for each child and make sure to sign the last page by Tuesday January 16, 2018. Approximately 60 children may participate per session and the participants will be chosen based on a first come first serve basis.

What is the cost for attending BOKS?

The fee is \$90 for M/W/F and \$60 for T/TH. Checks can be made out to Natick Public Schools and sent in with your registration form to the front office of Lilja Elementary. Financial assistance is available for those who qualify.

Is there transportation for BOKS?

Parents will be responsible for transporting their children to school. Children who attend a before school program are eligible to enroll and participate.

BOKS is designed to involve the whole community and family. If you are interested in becoming a volunteer please contact Heidi McGrath at heidib18@verizon.net or Matthew Chase at mkwjchase@gmail.com. You can also visit the BOKS website at www.bokskids.org for more program details.

We hope that you will share our enthusiasm for this program and you will, in turn, see a positive impact on your children. Please look in the virtual backpack for all registration materials or click [HERE](#).

Sincerely,

Heidi McGrath & Matthew Chase

Student Services

Coffee with Student Services Team: Transition

Friday, January 12, 2018, 8:15 - 9 am at Natick High School

The Student Services Department and Natick 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 1/12/2018 event will be discussing Transition . In addition, parents whose children attend Natick High School will also have the opportunity to learn more about the Student Services staff providing IEP/504 support to Natick High School students. Everyone is invited to attend

Notes from the Nurse

The Natick nurses would like to do a collection for the Arthur Sullivan Middle School from Tues Jan 16th till Feb 6th. They are in need of ***can openers, new or gently used backpacks, pasta and sauce***. Please drop them off in the box in the front of the school.

Thank you

The Nurses

We hope you had a great and relaxing vacation. January usually means the start of cold and flu season. Here's some information regarding GI illnesses, Cold, Flu, and ways to stay healthy.

GI ILLNESSES

What are the symptoms "GI illness"?

Most common symptoms include: nausea, vomiting, diarrhea, and abdominal cramps.

Other symptoms can include: fever, chills, and muscle aches. Symptoms begin around 12-48 hours after becoming infected. The illness is usually brief, with symptoms lasting only about 1-2 days. If you have any specific concerns about your child, you should contact your Pediatrician.

How is the "GI illness" spread?

This is a contagious illness and can be spread from an infected person, contaminated food or water, or touching contaminated surfaces.

Ways to prevent GI Illnesses from spreading:

Frequent hand washing, especially before eating or after using the restroom.

Avoid touching your face and your mouth. Discourage “community snacks”, where many “hands” reach into one bag. Pour the snack onto individual plates. Do not share water bottles/drinks with others. Disinfect contaminated surfaces in your home and/or if they become soiled by a sick person. Students who have gastrointestinal illnesses should remain home until they are completely free of nausea/vomiting/diarrhea for a full 24 hours and they should be able to tolerate eating and drinking before returning to school.

COLD/FLU

Symptom	Cold	Flu
Sore Throat	Common	Rare
Fever	Rare	High
Runny Nose	Yes	Yes or No
Headache	Rare	Yes
Aches/Pains	Mild	Can be severe
Weakness	Mild	Can be severe
Cough	Yes	Yes
Fatigue Mild	Severe/Early	

Both the cold and flu are viruses and treatment is based on symptoms. Your children may be more comfortable at home. Give them plenty of rest, fluids, and Tylenol if needed for fever and/or discomfort. **Remember that your children should be fever free without Tylenol or Motrin for 24 hours before returning to school. Also, remember that the most important way to prevent the spread of illness is HANDWASHING.**

Stay Well!

SPARK



The Interfaith Clergy of Natick, Natick Public Schools, SPARK Kindness, Natick Together for Youth, Natick METCO Program and Natick is UNITED cordially invite you to the:

14th Annual Natick MLK Celebration & Family Community Welcoming Event

Monday, January 15, 2018, at 10:00 AM at Wilson Middle School

(To REGISTER & Learn More, go [HERE](#))

Be inspired and join in a community celebration of the life and legacy of Dr. Martin Luther King Jr. This year we will also be highlighting our Natick High School Peer Advocates as featured speakers and performers (along with student MLK essay contest winners and the Johnson Peacemakers!)

A Family Volunteering & Community Welcoming Event will immediately follow the celebration (11AM-Noon in the Wilson Cafeteria.) Light refreshments will be provided. (Registration is not required but encouraged for planning purposes.) Some highlights:

- Join us for craft/service opportunity for students preschool and up (sponsored by [Catching Joy](#)). Catching Joy will also be collecting hats and mittens to be distributed to families in need. Please consider bringing an item to donate!
- Lend a hand with Pat Conaway of [Keep Natick Beautiful!](#) Help Pat build Recycle Buddy Bins and put together the KNB Units (Trash + Buddy Bins) so people can “Adopt A Spot” in their own neighborhoods and keep them clean and beautiful!
- Enjoy interactive activities lead by Natick High School's Peer Advocates including a children's book reading and artistic response project with CUTEY(Community United to Educate Youth)!
- Meet and greet many of Natick's incredible community partners and learn about their work and offerings at the Community Welcoming Event, with info tables from organizations like Natick METCO, Natick Together for Youth (NTY), Natick Center Cultural District & Natick Cultural Council, SPARK Kindness, Kids Connect, Natick is UNITED, Natick SEPAC, SURJ (Showing up for Racial Justice) and more!

Hope to see you there!

Elementary School Parent Workshops: Hot Topics

Tuesday, February 13 from 6:30 to 8:30 at Wilson Middle School

For parents and caregivers (preschool and elementary school).

Elementary educators and administrators will conduct workshops sharing some of their personal expertise and tips on hot topics on navigating the elementary years. (Childcare will be provided.)

Thank you!

The SPARK Kindness Team

SPARK Kindness, Inc.

SPARKKindness.org

Twitter = [@SPARKKindness](#)

SPARK = Successful Positive Authentic Resilient Kids

STAY CONNECTED

