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## Notes From the Office

### Looking Ahead:

Tuesday, February 7, 2018

#### 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](http://natickps.org/about/reportcard)

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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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## Student Services

### Basic Rights Training

**THURSDAY FEBRUARY 8, 2018, 7 - 9 pm Natick High School**

**(2nd floor – Lecture Hall)**

Ruth Diaz, a speaker from the Federation for Children with Special Needs (FCSN), will help parents/caregivers learn how to navigate the process to request support services and understand the laws/guidelines surrounding support services and special education. Ruth Diaz is the Director of Parent Training and Information Center at FCSN. Tim Luff, Assistant Superintendent for Student Services, will also be in attendance to help explain how the Natick School system translates and addresses some of these requirements. This meeting is highly recommended for parents just starting the special education process or parents that have a child on an IEP but have never attended a Basic Rights workshop before. In order to prepare the correct amount of handouts, we would greatly appreciate RSVPs to [naticksepac@gmail.com](mailto:naticksepac@gmail.com) but please know you can also come last minute! All are welcome! More info at [sepacnatick.org](http://sepacnatick.org) (snow date: 2/15/18)

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## Notes from the Nurse

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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

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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**

<u>Symptom</u>	<u>Cold</u>	<u>Flu</u>
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!**

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## **SPARK**



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### **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](https://SPARKKindness.org)

Twitter = @SPARKKindness

SPARK = Successful Positive Authentic Resilient Kids

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STAY CONNECTED

