



Notes From the Office

Looking Ahead:

Tuesday, February 7, 2018 - Early Release Day

If there is a permanent or a one-time change to your child's dismissal plan, please send a note to the office.



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](#)

Lilja Lion Cafe - Back for the 8th Year!

New to Lilja and not sure what the Lilja Lion Café is?... Read on...

The Lilja Lion Café is a great hands-on project based learning experience for second graders as they learn some fundamentals about economics. In this unit, students learn about buyers and sellers, goods and services, sales and profit, entrepreneurialism, and other aspects of running a small business. The class brainstorms menu items we think our customers will enjoy, teachers fine-tune the menu items and go food shopping; and we all work together to prepare the goods to be sold. This is not a bake sale, as students are making the food during the school day, and we are using the money earned from our sales to purchase necessary ingredients and materials. It's an eye-opening experience, for sure, when students realize how much was spent on groceries and calculate the actual profit!

Not only does this unit tie-in with our social studies curriculum, but there are many literacy connections (reading & comprehending recipes, writing menus & advertisements), math connections (counting money, making change, fractions, measurement & data), social skills connections (working as a team, customer service), and science connections (states of matter - solids, liquids, gases and reversible & irreversible changes). Every year, it is hands down the most memorable and a favorite learning experiences amongst the second graders.

When: Thursdays from 8:45am - 10am

Where: Lilja Lobby

Again, thank you for your continued support! We're excited to get started!

Student Services

Coffee with Student Services Team: Topic Executive Function

FRIDAY, February 9, 2017, 8:15 - 9:00 am at Brown Elementary 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 2/9/2018 event will discuss Executive Function. In addition, parents whose children attend Brown Elementary School will also have the opportunity to learn more about the Student Services staff providing IEP/504 support to Brown Elementary School students. Every one is invited to attend.

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 but please know you can also come last minute! All are welcome! More info at sepacnatick.org (snow date: 2/15/18)

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

<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!

SPARK



All are invited to the next free program in the "Resilient Parent, Resilient Child" series:

Real American: A critically acclaimed memoir about race, origin and inclusion

January 25 at 7pm at Natick High School

with TED Speaker (over 2.8 million views!) Julie Lythcott-Haims & featuring Natick High Graduate

Geanna Landrum

For the Entire Community - [REGISTER HERE!](#)

Best selling author, TED Speaker, and former Stanford University Dean of Students Julie Lythcott-Haims speaks about her acclaimed memoir about growing up a biracial black woman in America. We are **thrilled** to announce student writer Geanna Landrum, NHS and METCO program graduate, will be the "youth writer opening act" for the program.

[REGISTER HERE!](#)

— Lead Program Sponsors: *Natick is UNITED, SPARK Kindness, Natick Public Schools, Natick*

Education Foundation, Natick METCO Program

Join us for an important FREE program in the "Resilient Parent" Program Series-

[REGISTER HERE](#)- this program will sell out!

Rebound: The Chris Herren Story

Monday, Jan 29 at 7pm at Natick High School

- For the entire community, including students, grade 7 & up.

Join us for this important program about substance abuse prevention and the opioid crisis featuring former NBA player Chris Herren. During this inspiring talk, Chris Herren shares his tale of descent into addiction, a miraculous recovery and a new life mission to share his story of hope with others. Chris Herren sold out the auditorium 2 years ago (over 800 seats) - so register now (program is free)!

[TO REGISTER GO HERE!](#)

-Sponsored by the Herren Project, SOAR Natick, Natick ACTS,

Natick Public Schools and SPARK Kindness

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

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STAY CONNECTED

