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## Notes From the Office

Looking ahead:

**Today!** December 6 - Early Release Day at 12:15pm.

### Address/Phone Change/Email

You must inform the office immediately if you are moving or if any of your phone numbers or email addresses have changed.

**Office Hours:** 8:00AM - 3:30PM

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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](#)

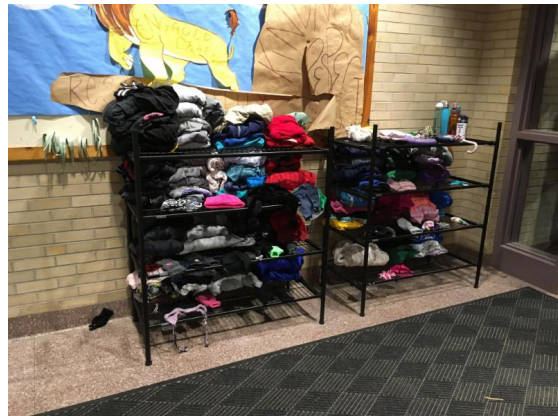
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## Lost & Found



A few of our amazing 4th grade girls took on the task of organizing the lost and found!



Now would be a great time to come by and check for your child's things. Items left over Winter break will be donated.

# Note from our Nurse

Parent/Guardians of 4th Grade Students:

Physical exams/immunizations are requirements governed by Massachusetts State Laws. Please have your child's annual physical and immunizations sent into the Lilja School Nurse as soon as they have been seen by their physician.

If your child has a Summer birthday, please send in those as soon as possible since it covers the school year and before your children moves onto 5th grade it must be in their health folders. Thank you very much for your attention to this matter.

Any questions, please call the clinic at [508-647-6571](tel:508-647-6571) or email [jarahn@natickps.org](mailto:jarahn@natickps.org)

Regards,

Janice Rahn, BSN, RN, NCSN

School Nurse

**Brighten the holidays** by making health and safety a priority. Here are tips from the CDC and the Natick Nurses to help keep you and your loved ones safe and healthy during this busy time of year.

1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots. These clothing items are necessary for children to have for outdoor recess.
3. Manage stress. Give yourself a break if you feel stressed out or overwhelmed. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. Practice safe driving. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
5. Get your Flu vaccination. Everyone 6 months and older should get a flu vaccine each year.
6. Monitor children. Keep potentially dangerous toys, food, drinks, household items, medications, and other objects out of children's reach.
7. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly. Make sure all smoke and carbon monoxide detectors are working properly.
8. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
9. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a

week and help kids and teens be active for at least 1 hour a day.

10. Take time to relax and enjoy your time with friends and family!!



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## Yearbook

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This will be the last year Liz Gorman will be coordinating the yearbook. We need a new team of volunteers to head up this fun project! It is a great way to stay connected to the school, and get to know the students and teachers at every grade level! Please contact Liz Gorman [here](#) if you are interested!



Thank You!

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## Student Services

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### **Natick Parent Connections: A Parent Network Navigating Special Education**

**\*\*NEW Group\*\***

Please join us: Thursday, 12/7 at 7 pm at the Natick Morse Library

#### **Who should attend?**

Natick Parent Connections is for parents/caregivers of children with developmental, learning, social/emotional disabilities and other special education needs.

#### **What does Natick Parent Connections provide?**

This group is committed to providing a welcoming space for parents and caregivers to:

- share resources and experiences
- ask questions
- network with other families

as they work to ensure the best possible special education program for their child.

Natick parents/caregivers are welcome to attend whether or not their child has an IEP or 504 through Natick Public Schools. If you have questions or need more information please

email: [natickparentconnections@gmail.com](mailto:natickparentconnections@gmail.com)

## REMINDER

### Coffee with Student Services Team: Co-Teaching

FRIDAY December 15, 2017, 8:15 - 9:00 am at Memorial 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 12/15/17 event will provide Accommodations/Modifications & Best Practices. In addition, parents whose children attend Memorial Elementary School will also have the opportunity to learn more about the Student Services staff providing IEP/504 support to Memorial Elementary School students. Everyone is invited to attend

## SPARK



Dear Natick Families,

We are writing to let you know that there is a **\*NEW\*** date for our annual Elementary School Parent Workshops: Hot Topics, February 13<sup>th</sup> at 6:30PM. This program is being rescheduled from Nov. 7 (no program will take place on that date). Please mark your calendars – we hope to see you then!

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

Twitter = @SPARKKindness

SPARK = Successful Positive Authentic Resilient Kids

Principal Anne Carothers | Lilja School | Phone: 508-647-6570 | [acarothers@natickps.org](mailto:acarothers@natickps.org)

STAY CONNECTED



