

# Santa Fe Trail Junior High School

May, 2022 Family Newsletter  
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## Better Together!

### SCHOOL HAPPENINGS

The end of an amazing school year is upon us. In the coming 7 school days students and staff will finish/grade all assignments, celebrate our eighth grade students during their promotion, participate in field day, prepare the school building for summer cleaning and maintenance, and say 'see you later' to friends, young and older. Then we'll gear up for summer school to start on May 31. Wow! What an ending to a new beginning in August.

I want to give a very special shout out to Tina Arb who is retiring from USD 434 after serving students and families for 35 years! Tina, thank you for your service and dedication to so many children. May you take with you as many fond memories as you gave our students over the years.

We are finalizing class rosters for summer school. We mailed letters to the parents of the students who we want and need to enroll. If you haven't sent the form back to school but plan to have your child attend, please send the form in this week. Thank you!

Eighth grade promotion will take place at 7:00 p.m. on May 13 at the high school. To walk in the promotion, eighth grade students need to have a \$0 account balance. Please call the office if you need more information.

As I round out my first year as the SFTJH school principal I cannot explain how welcomed and appreciated you made me feel. I have come to know so many remarkable children in these few short months and I absolutely treasure the years to come. See children learn, grow, and mature means the world to me. I hope your family has an amazing summer, that you have late evenings outside with buzzing mosquitoes and croaking frogs, and that you take the time to treasure every little moment you can with your children.

I will email parents periodically throughout the summer to share classroom assignments, student schedules, and information regarding a get-together to meet the staff. Please reach out if I can support in any way. See you in August!

### Positive Office Referrals

Staff members have been busy noticing and celebrating positive student choices by writing positive office referrals. We are celebrating whole-class and individual endeavors in the following areas:

- ♦ Cooperation
- ♦ Highly Active Learners
- ♦ Eagerness to Give Effort
- ♦ Academic Success
- ♦ Ready and Willing to Learn
- ♦ Respect
- ♦ Self-Motivation
- ♦ Goal Focused

Whole-class acknowledgements are celebrated with a special treat from Ms. Testa and a 'shout-out' during our morning assembly. Individual acknowledgements are mailed home to families for your personal celebrations.

To celebrate a staff member send an email to [JTesta@usd434.us](mailto:JTesta@usd434.us). Celebrations of staff will be shared at our all-school morning assembly!

## NURSE NOTES

Summer is the time that all children look forward to because school is out, the sunshine is abundant and there is plenty of time to be with friends. This year, summer may look a bit different with social distancing and masks but it can still be fun. These health and safety tips will help you make the most of the lazy days of summer.

The sun is hottest between 10 am and 3 pm. It's best to stay out of the sun during this time so look for shady park areas or stay inside. When you do go outside, everyone, from infants to adults, should wear hats and sunglasses to protect from the sun's UV rays. And don't forget the sunscreen! Apply the sunscreen to children 6 months and older at least 30 minutes before heading into the sun. Even on cloudy days. And remember, sunscreen wears off so reapply every 2 hours. For very young children, be sure to use sunscreen specially formulated for them and only sparingly. Sunburn can be painful so if your child gets too much sun, the best remedy is cool compresses and aloe ointments. While the warmth of the sun is welcome after winter's chill, too much heat can also be dangerous. Heat exhaustion is caused by too much exposure to the heat along with not drinking enough water. You'll know that your child is showing signs of heat exhaustion because they will be very tired, very thirsty, and have muscle cramps. If not caught, heat exhaustion can turn into heatstroke which could cause death. If you think your child is suffering from heat exhaustion, find a way to cool your child down and give them plenty of water to drink. You can spray them with cold water from a hose or bottle and fan them. If you have ice packs, putting those under the arms can help speed up the cool-down process. If in doubt or your child seems to be getting worse, call 911. Babies are especially susceptible to heat-related illnesses so keep them in air-conditioned areas where possible, never leave in a car even with the windows cracked.

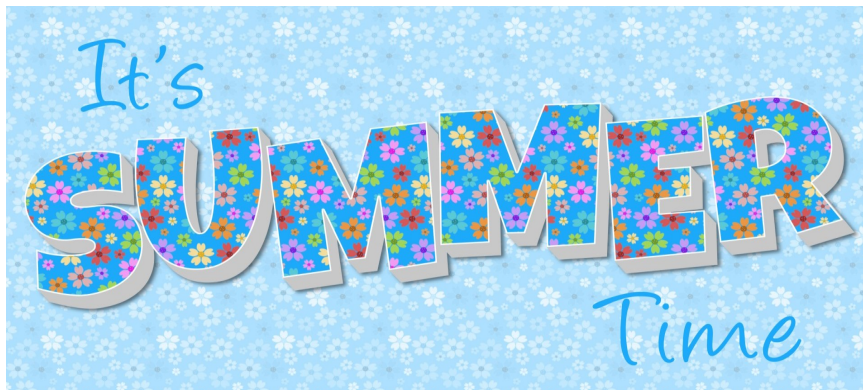
Drowning is a leading cause of death for children younger than four years old and teenagers. The number one safety rule is to always watch children when they are around water. This includes bathtubs, wading pools, fish ponds, or lakes. You can never be too careful, so try to keep kids within arms reach when in and around water. Being unable to breathe air can result in brain damage and with drowning it happens very quickly. When a child is pulled from a drowning situation, they will need emergency medical care. You can help prevent drowning by taking your child to swim lessons, an important part of water safety. Many local organizations offer free or low-cost swim lessons like the YMCA and Red Cross.

Summer brings many opportunities for cooking outdoors at campsites or on the grill. It's also the time of year that fireworks are used to celebrate. Each of these situations holds the potential for a child to get burned. About half of all accidental burns happen to children under the age of 4 years. First degree burns are red and hurt but don't blister. These are easily treated with cool running water for about five to ten minutes, there is no need for ointment. Don't use ice, this can delay healing. Second-degree burns are deeper through the skin and do blister. But don't pop the blisters. Contact your child's doctor for second or even third-degree burns, which require immediate attention.

Spring and summer bring the plants into full bloom including poison ivy which grows as a vine or bush in the grass or trees. Poison ivy has 3 leaves on each little branch with notched and pointed tips. Contact with the oil of this plant causes a red, very itchy rash. If your child is exposed to poison ivy, change his or her clothing, and wash the clothes and skin area affected with soap and water to remove any oils. You can treat the skin rash with any anti-itch (hydrocortisone cream) and antihistamine tablets.

Summer brings many wonderful opportunities for being outside and enjoying activities. It's also a time when children are exposed to additional dangers. By keeping a watchful eye on children many of these situations can be avoided and the summer will be enjoyable for all.

Reference: Summer safety. Healthy Kansas Kids. (2020, June 17). Retrieved May 3, 2022, from <https://healthykansaskids.org/summer-safety/>



## Counseling Corner

Spring has definitely sprung because students and teachers alike are itching for summer vacation. It is difficult because we all start to lose focus on finishing the year strong, especially as our 8th graders are about to be promoted. As I look back on my first year as school counselor, it is very easy to remember all the ways I grew as a professional and how I supported student growth. And, it's easy to remember the times I learned and grew from my mistakes. These thoughts were bouncing around more frequently in these last few weeks after I read an article about how it is impossible to provide a quality education without optimism.

Our students, even in their young age, are very perceptive. As previously mentioned, they feed off our end of year burn-out, our good days, and our bad days. We, as adults, set the outlook for the day through our body language and tone. When there is conflict, students look to us as parents, siblings, and educators to set the tone on how to handle it. We must learn to navigate differences and strengthen society. One of the things I try to impress upon our students is for them to learn that we need to be kind to everyone, even if we disagree with them and aren't their friend. We need to establish a north star that will guide us as individuals contributing to a cohesive society. As adults, within the school setting and beyond, we must prioritize creating a future for our children that they can believe in and one that makes learning significant and satisfying while including well thought out goals. Thank you for supporting our students in a positive way each day and evening. You are very much appreciated!

I look forward to seeing our students after summer break. I hope it will be a fun and restful one for our students and families, as well as our hard-working educators.