



Fall Newsletter

Student Services

October 2009

Hinsdale
Elementary School

Welcome Back to School!

We are pleased to bring you the first edition of our Student Services Newsletter!

Student Services are those services provided to **ALL** students in the school by the school nurse, the school counselor, and the school social worker. Each of these people has a role helping the school carry out its goal of providing an excellent education for all students in Hinsdale. Services range from vision and hearing screenings to helping connect families with community resources to helping students improve their academic or problem-solving skills ... and much, much more! Every child receives many of these services throughout the course of the year.



We plan to send home a newsletter at least four times during the year, roughly one each marking quarter. It's one way we can provide families with information about community resources, upcoming events, and a variety of other, we hope helpful, information. Please feel free to contact any of us (see contact info—bottom right of this page) if you have any questions or concerns.

Free and Reduced Meal Program: Lunch and Breakfast

Applications will be accepted **ALL YEAR** for this program. Students who qualify for free/reduced lunch automatically qualify for free/reduced breakfast as well. All are encouraged to apply. Please consider applying if you haven't already.

Contact Sara Donahue with any questions about this program. Applications are available in the front office or by mail from Sara Donahue.



DHHS Applications for Assistance

If you are interested in applying for any of the programs offered through the Department of Health and Human Services (DHHS): Food Stamp, Medical Assistance,

Child Care Assistance, Healthy Kids NH, etc. please contact Sara Donahue. She would be happy to meet with you and help you with the application(s).

Homeless Services

Please contact Sara if your living situation changes and you are at risk of being without a secure place to live.

Illness Prevention / When To Stay Home

STAYING HOME:

- If your child has vomited during the night or morning keep them home. They are most contagious during this time.
- If your child is running a temperature of 100° or greater they should remain home. **They must be fever free for 24 hours without medication before returning to school.**
- If your child has a contagious illness such as strep throat or pink eye they must be on antibiotics 24 hours before returning to school.
- Call the school nurse when your child is out ill. It is important this year to track and report flu-like symptoms.

FLU PREVENTION

- Every one should receive the flu shot
- Good hand washing
- Stay out of congested areas as much as possible.
- Teach children good cough and sneezing etiquette

The spread of germs can start in the home where close contact occurs. When someone comes to school and coughs or sneezes it spreads quickly.



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Circle of Friends Preschool

The Preschool is still accepting new students, ages 3 and 4. We have 2 classrooms this year! 3-year-olds attend in the morning, 4-year-olds attend in the afternoon. Both programs meet 5 days per week.



Tuition is just \$600 for the full year. Also, new this year, we are offering a TUITION WAIVER OPTION!!! Parents can attend two parent nights/month in lieu of paying tuition.

Please call the school office for more information.

We're on the Web!
www.hnhsd.org/~hes

Counseling Services

Please call Sara with questions regarding individual counseling for your child. We would be happy to help you with a referral to outside counseling services or to discuss school-based counseling if it seems appropriate and necessary for your child.

In addition, Terri provides brief (6-8 weeks), solution-focused group counseling regarding a number of issues ... divorce, grief/loss, friendship skills, etc. Please contact Terri for further information.

Important Dates

Event	Date
Community Meeting - 2 pm HES Cafeteria	Friday 10/2
NECAP Test Dates Grades 3, 4, and 5	Tuesday 10/6 - Friday 10/16
Reformer Stocking Application Deadline	Thursday 10/8
Teacher Workshop Day No School	Friday 10/9
PTA Meeting	Wednesday 10/21
Cheshire Smiles Screenings* Pre-K through Grade 3	Friday 10/23
End of 1 st Quarter	Friday 10/30
Report Cards	Friday 11/5
Teacher Workshop Day No School	Friday 11/6
Veteran's Day No School	Wednesday 11/11

* **Cheshire Smiles Dental** group will be providing free dental Screening on October 23rd for Pre-K - 3rd Grade but you must have turned in the permission form. They will be back in November to do dental cleanings on those students for whom parents have sign permission.

Staying Healthy 2009—2010



EATING RIGHT

Breakfast is the most important meal of the day. It should consist of grains, fruit and milk. A good breakfast helps your child's brain be ready to learn. When students come to school on an empty stomach they have no energy, feel sick and are not engaged in class activities. They are missing important class instruction, become inattentive and often fall behind in their school work.

Limit the amount of sugar your child eats such as soda, candy bars, high sugar drinks, sugar coated cereal, etc. **SUGAR EQUALS CALORIES AND WEIGHT GAIN.**



MEDICATIONS AT SCHOOL

Children are not allowed to bring medications to school. They may bring cough drops if a parent note is sent.

Prescription medications must have a doctor's order and a parent must sign giving the school permission to give it at school.

Prescription medication must be brought to school by a parent and it must have the pharmacy label attached with the appropriate information.

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Please discuss all medications with the school nurse, Mrs. Cheryl Bachinski, RN ext. 517

POINTS OF INTEREST

- Breakfast is the most important meal of the day.
- Keep your child home if running a fever or has vomited in the last 24 hours
- GET YOUR FLU SHOT
- There are several peanut allergy students. Please avoid these snacks or snacks made in a peanut factory.

Thank You!