



January Newsletter

Principals Notes:

Welcome back!! I hope everyone had a wonderful winter break. We are already through our 2nd quarter!! Report cards will be sent home on Friday, January 11, 2008.

Shottenkirk 7-Habit Award
Starting 3rd quarter, bi-weekly we will be awarding one student who has displayed 7 habit behavior during the school day with a certificate from Shottenkirk Chevrolet. A representative from our community partner will be present at a morning assembly to give the award to its recipient. Shottenkirk will be including a picture of this presentation in the Quincy Herald Whig within their current paid advertising spot.

7 Habit Quote
*To the world,
you may be just
one person;
but to one person,
you may be the world.*
Josephine Billings

Mrs. Wells, Principal

Dates to Remember:

- Jan 1.....Happy New Year!!
- Jan 7.....School Resumes
- Jan 8.....PTA Mtg, 3:30pm
- Jan 11.....Report Cards
- Jan 18.....Nitro Joe, 1:30
- Jan 21.....No School, M.L. King Birthday observed
- Jan 30.....Mad Cap Puppets, 9:30am

NURSE'S NOTES:

WINTER SPORTS SAFETY

Before you sled, ski, or skate, dress for safety. Dress everyone in layers of tops and pants under warm jackets and add hats, gloves or mittens, and waterproof boots. Wear short, not long scarves and tuck them into jackets.

Respect the cold.

When the temperature is below freezing, beware of frostbite and hypothermia. Check on kids often to make sure they don't get too cold. Beware that cold air increases the risk of exercise-induced asthma.

Give babies special care.

Keep infants inside, if possible, when it is under 40 degrees. Make sure babies' faces remain dry and protected, as cold injury can result from wind whipping their saliva and drool. If clothing is wet, either from snow or diapers, it no longer acts as an insulator.

Ice Skating. Children three and up can skate. Although ponds are scenic, rinks offer safer conditions for everyone. Another good option is to ask your community to flood a grassy area. Rent or buy good fitting skates and lace them tightly. Teach kids to fall on their behinds, not on their hands. Always carry skates to and from the rink, never wear them.

Some guidelines for skating on ponds:

Ice is thinner and less stable at the start and end of winter, so mid-winter is the best time to try pond skating. If possible, skate over shallow water, no deeper than two to three feet. This way, if the ice breaks, you will only get wet. Since ice is thinner at the center of the pond, skate around the edges. Never skate over water that is moving, like rivers or streams.

Sledding: Guidelines for safe sledding include using a sturdy sled with good steering and no sharp edges. Have children sled in supervised areas reserved for sledding only. Choose a spot with no holes, rocks, stumps, trees, ice, cars, or streets. Try to get children to wear their bike helmet for protection. Tell them to sit up not lay down.

Have a safe winter,
Mrs. Bentley, RN

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