

Dear Parents,

The 2017-18 school year is off to a fantastic start. Please find below a couple of reminders and resources to start off the year!

Birthday Celebrations: We will be celebrating birthdays with a small gift bag for each student on (or near) their birthdate. This will be provided by our amazing Parent Teacher Club.

Office Hours: Office Hours for this year are:
Monday-Friday, 8:00AM-4:30PM

School Start Time: 8:40AM.
Don't be late! Doors open to students at 8:30AM.

Reporting An Absence: If your child is going to be absent please call the office at 503-399-3187 by 9:30AM.

Emergency School Closure & Default Pick-up Plan forms: If you have not already, please complete, sign and return these forms to your students teacher.

Head Lice: We recommend that parents regularly monitor their students for head lice. Current research does not support the effectiveness of classroom or school-wide screenings.

Safe Web Links for Students: Looking for great educational websites? Check out our Library/Media resource page on the Salem Heights Website! Go to:

<http://salemheights.salemkeizer.net/library-media>

Just In Case...

- ◆ They fall in the mud at recess
- ◆ They spill their milk at lunch
- ◆ Or they have an unexpected accident

...Please pack a change of clothes in your child's backpack.



Stay alert during the peak time for asthma attacks

The third week of September has been identified as the peak time for asthma attacks in children and youth. This is seen in visits to the ER for asthma exacerbations and for hospitalizations for asthma in school-aged children. Here are some reasons why:

- **Back-to-School:** The stress of school days and expectations, combined with increased exposure to infections among crowded children
- **Outside:** Weather gets chillier as pollens like ragweed and mold increase
- **Inside:** Close association with other children in schools

You can support student health and reduce absenteeism when you prepare for and manage chronic conditions like asthma. From nebulizers to inhalers to education, rely on us for products you need.

IMPORTANT DATES

October 5	Picture Day!
October 9	PAWS Field Day!
October 12	Jog-A-Thon
October 13	NO SCHOOL
October 20	6:30-Family Fun Movie Night!
November 2	6:30-PTC Meeting
November 3	NO SCHOOL
November 10	NO SCHOOL

PE Reminder: Rascal students have Physical Education four times a week for 30 minutes! Parents, please help your child remember to wear or bring tennis type shoes to school on the days they have PE class. Your child cannot participate and be active in PE class if they are wearing shoes that expose their toes and heels. Thanks for your help!



Visit the Salem Heights Website at:
<http://salemheights.salemkeizer.net>



Parent Teacher Club

- ◆ Welcome back to school!
- ◆ Thank you to everyone who came out to the first PTC meeting of the year. Our October meeting will be a big one, as we will finalize the budget for this school year.
- ◆ Thanks to everyone who came out to the Harvest Festival, our first family night of the year, we had a great turnout.
- ◆ Coming up in October is the JOG-A-THON. We've moved it back to the fall this year. Watch out for packets coming home with the kids soon.
- ◆ Our family night for October will be a movie night, to fit the season.

Calendar

Oct 5th - PTC Meeting 6:30pm

Oct 12th - JOG-A-THON

Oct 13th - NO SCHOOL

Oct 20th - Movie Night

Please visit us online at www.salemheightsptc.org, or find us on Facebook: Salem Heights Parent Teacher Club.