

## March 2010 Newsletter

Greetings from the Elementary/Middle School! You can't tell it's March by looking out the window. I still have my view blocked by a huge snow drift. I did have a teacher tell me that they heard a robin this morning. I hope that's a sign of warm weather to come.

On March 25<sup>th</sup>, our annual Parent-Teacher Council Soup and Pie supper will be held. I encourage you to attend. It's a major fundraiser for the PTC. These volunteers do many things for the school district. Please come and show you're appreciation by attending March 25<sup>th</sup>. You won't go away hungry!

Below is a partial list of March Activities. Keep thinking spring!

Dan Kruse  
Elementary/Middle School Principal

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<b>March 1<sup>st</sup></b>	<b>End of 3<sup>rd</sup> quarter for elementary/middle school students</b>	
<b>March 8<sup>th</sup></b>	<b>Parent-Teacher Conferences</b>	<b>5:00-8:00</b>
<b>March 9<sup>th</sup></b>	<b>Parade of Bands</b>	<b>HS Gym 7:30</b>
<b>March 11<sup>th</sup></b>	<b>Parent-Teacher Conferences</b>	<b>5:00-8:00</b>
<b>March 12<sup>th</sup></b>	<b>No school due to Parent-Teacher Conferences</b>	
<b>March 15<sup>th</sup></b>	<b>No school due to staff in-service</b>	
<b>March 16<sup>th</sup></b>	<b>Middle School Vocal Concert</b>	<b>7:30</b>
<b>March 18<sup>th</sup></b>	<b>School Board Meeting</b>	<b>7:00</b>
<b>March 24<sup>th</sup></b>	<b>2:20 dismissal due to teacher collaboration</b>	
<b>March 25<sup>th</sup></b>	<b>PTC Soup and Pie Supper</b>	<b>5:00-7:00</b>

### **FROM THE NURSE'S OFFICE**

Spring is hopefully just around the corner. With spring, however, come some things that can trigger asthma. I thought I'd talk a little bit about asthma this month.

**Asthma** is a condition where airways are sensitive and can become swollen. Asthma affects more than six million children. It is one of the biggest reasons for school absenteeism. Some common things that **trigger** asthma symptoms include animal dander, grasses cold air, dust mites, exercise, pollution, respiratory infections, scented cleaning solutions and tobacco smoke. **Symptoms** of asthma include coughing, wheezing, shortness of breath or chest tightness. Medications to help block symptoms include inhalers and oral medications.

### **PARENTS OF CHILDREN IN GRADES 4 AND 5**

Maturity classes will be scheduled for late April and early May. You will be invited to attend one of these classes with your child. Watch for more information to come home at a later date.

Mel De Jong, RN

### **FREE PRESCHOOL FOR YOUR CHILD!**

Mid-Sioux Opportunity, Head Start is currently accepting applications for the FREE preschool program. Head Start offers education, health, nutrition and family support services.

Mid-Sioux Head Start centers are located in Akron, Cherokee, Ida Grove, LeMars, Orange City, Rock Valley, Rock Rapids and Sioux Center. A Child Development Program (CDC) is also located in Hawarden. Transportation is provided in most areas.

Your child will leave head Start more prepared for Kindergarten, excited about learning, and ready to succeed!

**Give your child a Head Start in Life**

For more information call: 1-800-859-2025