

ROOSEVELT REVIEW

December 2023

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Dear Roosevelt Families,
Happy December!

During this holiday season, we reflect upon all of the positive things we see everyday. We are thankful for the opportunity to work with your child. We are so grateful for you and your child as a part of our Roosevelt family.

Please make sure students are dropped off at school by 8:20 am each day. If you're picking students up early or dropping them off late, please bring them to the front door, ring the bell, and let the front office know the reason for students being late/leaving early. Attendance is a key part of a student's success at school. Of course, illness happens which is understandable. If a child has a fever of 100 or higher, they should not be at school.

To stay up to date with all of our Roosevelt news, please be sure you're connected to your child's teacher as well as enable Push Notifications through the Watertown School App. Visit our website at <https://www.watertown.k12.sd.us/> and download the app.

Mrs. Ward



December Dates to Note:

December 14: 3rd & 4th Grade Christmas Concert
Roosevelt Gym @ 6:00 pm

December 22: Early Dismissal 12:20pm

December 23-January 1: No School /Christmas
Vacation

School resumes on Tuesday, January 2nd.





With the holidays upon us, we become more aware of the positive and negative emotions in all of us. Holidays can be joyous for some and miserable for others.

Maslow's hierarchy of needs can present a different perspective of how we can care for ourselves and others during life's challenging times.

When physiological, safety, belongingness, esteem, and self-actualization needs are not met, the impacts can be negative and unique.

Sometimes a behavior outburst results when a basic need is not met. Think of the old Snickers slogan, "you're not you when you're hungry." Someone who is hungry, tired, or has other unmet basic needs may display behaviors that could be resolved quickly through exploration and meeting those needs.

Safety and security are the next level of needs once our basic needs are met. Behaviors, shutting down, avoidance, inability to focus, and hyperactivity can be signs that someone doesn't feel safe or secure. There are situations when a little time, empathy, and engagement can allow someone to feel safe enough to discuss their concerns. We all process thoughts differently, and sometimes a little space and time can go a long way as well.

Belonging and love builds connection, which is such an essential part of being human. The absence of connection can distort our perceptions of humankind, meaning those without connections and supportive people in their lives may find negative ways to protect themselves. This can mimic negative behaviors that will likely isolate and worsen connections with others.

Building self-esteem begins with our very first interactions with others and continues throughout our existence. People who have low self-esteem may show it in ways such as ridiculing others or searching for negatives/flaws in others instead of looking at positive traits and building others up. This may happen as a way of deflection for our own insecurities. When self-actualization/self-awareness is used, we can take a deeper look into what creates conflict within ourselves and how it impacts our communication and relationships with others.

By honing in on awareness of our own biases, and biases of others, we can increase our ability to communicate more effectively and understand the needs of others. When our physiological, safety, belongingness, esteem, and self-actualization needs are met, we can meet our full potential and seek the full potential of others through guidance and support; and this can be a great place to be!

Local support and resources can be helpful, especially during the holidays. Codington Connects provides this and more, check out their website.

<https://codingtonconnects.com>

NATIONAL HAND WASHING AWARENESS:

Cold and flu season is upon us. It's a good reminder to practice good hand hygiene. Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, at school, traveling, or out in the community, find out how hand washing with soap and water can protect you and your family.

- Germs can survive for up to three hours on your hands.
- There are between 2 to 10 million bacteria on your fingertips and elbows.
- The number of germs on your fingertips doubles after you use the toilet.
- When you don't wash your hands, you transfer germs to the food and drinks you eat.
- Your hands spread 1,000 times more germs when they are damp than when they are dry, yet only 20% of people dry their hands after they wash them
- Studies show that people who wash their hands have 24% less sick days because of respiratory illness and 51% fewer sick days due to a sick stomach.
- One germ can multiply into more than 8 million germs in one day.
- Nearly 80 percent of illness-causing germs are spread by your hands.
- Your remote control is a top carrier of bacteria and there are more germs on your phone, keyboard and cutting board than on a toilet seat.
- One in five people don't wash their hands, and of those that do, only 30 percent use soap.
- When you flush the toilet, germs can spray up to 6 feet-Close that lid!
- Purses and handbags have up to 10,000 bacteria per square inch, and 30 percent of them contain fecal (poop) bacteria.

For more information on Hand Washing:

<https://www.cdc.gov/handhygiene/index.html>



~Nurse Lindsey



What To Wear...In Winter



Make sure your children are dressed for the cold weather when they come to school.

Some tips from the American Academy of Pediatrics:

- Always dress children warmly for outdoor activities. Several thin layers will keep them dry and warm.
- Rule of thumb: dress them in one more layer than an adult would wear in the same conditions.
- Frostbite: When the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
 - If Frostbite Occurs: Bring child indoors and place frostbitten parts in WARM, not hot water. (100 degrees or the temperature of warm bath) Warm washcloths may be applied to frostbitten noses, ears, and lips. DO NOT RUB THE FROZEN PARTS. Dry and cover the cold with clothing/blankets. Give him/her something warm to drink. If the numbness occurs more than a few minutes, notify your doctor.
- Hypothermia: When a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a child is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than adults.
 - Symptoms of Hypothermia: child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases. Take your child indoors and remove any wet clothing and wrap him/her in blankets or warm clothes.

IF YOU SUSPECT HYPOTHERMIA, CALL 911. For more information on wind chill go to, <https://www.almanac.com/windchill-chart-united-states>

Stay Warm!
~Nurse Lindsey