

# S.E.S. SCOOP

## SeDoMoCha Elementary School

Phone 564-6535 opt. # 3 Fax 564-6529

<http://www.sad68.com/SeDoMoChaElementary/scoop.pdf>

Julie Kimball, Principal

January 12, 2018

### Principal's Pen

The Appalachian Mountain Club has written an article to encourage 12 Outdoor Winter Activities for Kids:

1. Make snow angels and snowmen
2. Build snow forts
3. Try tracking
4. Break out the binoculars
5. Play winter "horseshoes"
6. Snowball-throwing or sled-pulling contests
7. Create a treasure hunt
8. Make ice art
9. Catalog conifers
10. Head to the playground
11. Make s'mores
12. Skate, sled, swirl on a saucer, snowboard or ski

More information can be found at:

<https://www.outdoors.org/articles/amc-outdoors/12-great-outdoor-winter-activities-for-kids>

As always, please do not hesitate to contact teachers, Mr. Dyer, or myself with questions or concerns that may arise. When we work together, students will have a great year!

### Nurse Notes

Winter is here! When temperatures drop, children need extra attention to stay warm, safe and healthy. Young children are less likely to recognize when they are cold and more likely to lose body heat quickly due to their smaller size.

Here are some tips to protect children when the thermometer dips:

**Think layers.** Put several layers of clothing on your child and make sure their head, neck and hands are covered.

**Check in on warmth.** Tell children to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may prefer to continue playing outside even if they are wet or cold.

Remember that our students go outside for recess if it is 5 degrees or over.

If your child needs to stay inside due to a medical diagnosis please have your doctor write a note stating the reasons and guidelines to follow.

### Lost and Found

Our lost and found is piling up. If your child is missing something please have them check to see if it is in there.

During February break the lost and found will be emptied and sent to the local thrift shop.

Thank you!

**“What’s On The Menu?”  
January 15<sup>th</sup> – January 26<sup>th</sup>**

- Mon 1/15:** NO SCHOOL, Martin Luther King Day
- Tues 1/16:** Chicken Burger, French Fries, Mixed Fruit
- Wed 1/17:** Beef & Gravy, Rice, Green Beans, Grapes
- Thur 1/18:** Cheese Pizza, Carrots, Apple
- Fri 1/19:** Teriyaki Chicken, Veggie Rice, Mandarin Oranges
  
- Mon 1/22:** Hot Dog, Baked Beans, Apple
- Tues 1/23:** Sloppy Joe, Sweet Potato Fries, Pear
- Wed 1/24:** Chicken Corn Chowder, Roll, Peaches
- Thur 1/25:** Pizza Sticks w/ Dipping Sauce, Cucumbers, Oranges
- Fri 1/26:** Toasted Ham & Cheese, Caesar Salad, Craisins

*Milk is Served Daily with Lunch  
All Bread Served is Whole Wheat*

**Dates to Remember . . .**

- January 15** No School, Martin Luther King Jr. Day
- January 26** Mid-Terms Go Home
- February 3** SSO Father/Daughter Dance
- February 6** RSU 68 School Board Meeting 6:30 pm
- February 19-23** February Break

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**Remember**

SeDoMoCha students go outside when it is 5 degrees or higher. Please make sure your child has the proper attire: a hat, mittens, jacket, ski pants, and boots.

Thank you for your cooperation.

**SSO NEWS...**

We had a very productive January meeting with lots of great things coming together. We could use a few volunteers for upcoming events. Please see the Sedomocha School Organization Facebook page for specific requests as they arise.

The next popcorn sale will be Jan 26th for 50 cents a bag. Volunteers will be needed Thursday to pop and Friday to sell. See the FB page FMI.

The 'Royal Night Out' Daughter Dance is set for Saturday, Feb 3rd. Tickets will be on sale at the elementary school office, the PRYMCA, and Will's Shop N Save starting January 16th. Tickets are \$15 for one daughter and her escort, \$20 for multiple daughters and an escort, and \$10 for an additional adult escort. If you have questions please see the FB page or email [SSO@sedomocha.org](mailto:SSO@sedomocha.org).

We are also pleased to announce we have a volunteer that has stepped forward to coordinate a mother son event for the spring. These events all rely on volunteers at many levels and we are excited to have this event back.

The fall book fair was our best sale to date. Thank you to all who came out. Each teacher received \$25 voucher from the SSO for books, the library received \$150 and the SSO raised funds to support future events.

Our total for box tops 2016/2017 was \$1,130! Please continue to save those box tops, as we will have a collection drive and fun competition this spring.

Our February meeting has been moved to February 7th at 6:30 to allow everyone a fabulous Valentine's evening.

**School Cancellations/Delays**

SeDoMoCha utilizes an automated calling system to contact parents and employees in the event of weather-related cancellations and other important announcements. If a broadcasted message is not received correctly, press 1 to replay the message from the beginning. You will also notice that the Caller ID phone number for our calls is [877-565-8456](tel:877-565-8456). You can replay the last broadcasted message by dialing [877-565-8456](tel:877-565-8456) from the phone on which you received the automated call. To receive announcements via text, text **sedo2017** to 292929. Cancellation announcements are also available on our homepage and on the following television stations: WLBZ 2, WABI 5, WVII 7.