



WOODLAND/HANRAHAN HERALD

Mark your
calendars to **SAVE** the
Dates...

**Principally SPEAKING... (words
from Mr. Wrisberg)**

Volume 8, Issue 8
March 2018

March 6

PTO Meeting 6-7 @HE
MAP Parent Night

March 7

\$1.00 Dress Down
Day

March 11

Daylight Savings
Spring Forward

March 12- 16

2nd grade Engrade
testing ELA and Math

March 22 & 23

Parent Teacher
Conferences
22nd (3-7 p.m.)

23rd (8 a.m. – 12 noon)

March 26- 30-

No School – Spring Break

As we move into the home stretch of this school year, our focus remains on academics. Our aim is for all students to become proficient and advanced on the MAP test. Our teachers are geared up and providing rigorous instruction and interventions for all students.

Our after-school tutoring program is in place and giving additional instruction and support to students.

Our PTO MAP Night is scheduled for Tuesday, March 6th at 6:00 p.m. at Hanrahan and we are looking for a great turnout of parents in hope of engaging their assistance with helping each child to do their best. Parents, you know we need your assistance with home practice in all subject areas and your leadership at home with ensuring your child

gets to school every day and on time.

MAP testing will begin the week of April 16th and go through the week of May 11th. Let's work together to get our BEST performance yet.

Finally, Parent/Teacher Conferences will occur on Thursday, March 22, 2018 from 3:00 PM to 7:00 PM and Friday, March 23, 2018 from 8:00am to 12:00 PM. If you haven't signed up for a time yet, your child's teacher will be contacting you to confirm an appointment.

Thank you for your ongoing support. We at Hanrahan/Woodland School greatly appreciate all of the support and cooperation from all of our students and parents.



The CHARACTER plus Word for the month is **Patience**

Patience is the Capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Quote of the month: "Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

Important Things to Remember:

- Being patient means being able to practice self-control.
- Being patient means being calm when things don't go your way.
- Being patient means waiting for your turn.



TIPS FROM THE SCHOOL NURSE

HELP KEEP YOUR CHILD HEALTHY AND FLU FREE



With flu season upon us, it is important to keep our children healthy. Children are two to three times more likely than adults to get sick with the flu, and on average, one in three children in the U.S. is affected by the virus each year.

Usually flu is spread from person to person through coughing and sneezing. Occasionally, people get the flu from touching a germ-infested surface.

It is important to know the difference between cold and flu. Common symptoms of the flu include high fever, severe headache, muscle and body aches, chills, sore throat, exhaustion and dry cough. Children may also have nausea, vomiting and diarrhea. Often cold symptoms come on gradually and they include stuffy nose, sneezing, sore throat and hacking cough.

SIMPLE STEPS FOR KEEPING YOUR CHILD HEALTHY:

- ◆ According to the Centers for Disease Control and Prevention (CDC), the best way to prevent your child from

getting the flu is to take him/her to get a flu vaccine.

- ◆ Talk to you child about practicing good health habits, such as:
- ◆ Washing hands frequently with soap and warm water for at least 20 seconds
- ◆ Covering mouth and nose when sneezing or coughing-preferably into the inside of the elbow or with a tissue and disposing of the tissue immediately into the trash
- ◆ Avoiding sharing drinks, water bottles, eating utensils and cell phones
- ◆ Avoiding touching their eyes, nose and mouth
- ◆ You can help prevent the flu from spreading at home by disinfecting frequently touched surfaces, toys and other commonly shared items.
- ◆ You can prevent spreading illness to others by keeping your sick children

home from school until they have been without fever for 24 hours. It is important for your sick child to get rest and drink plenty of fluids.

- ◆ Some children may benefit from an antiviral medication, which can be prescribed by a doctor to help lessen the number of days that a child is sick with the virus. To be effective, antiviral medication should be taken within 12-48 hours after the flu symptoms begin. A doctor may also prescribe the antiviral to prevent the child from getting the flu; if taken within the first 12-48 hours of exposure to the flu virus there is an 89 percent chance the medication will keep him/her from getting sick.

If you have any questions or would like additional information about preventing and treating the flu please contact Nurse Hoppood.

A Perfect 100 Days...

You may have heard of a **PERFECT TEN** ... but what about a **PERFECT ONE HUNDRED**??? Hanrahan **VALUES** great attendance. The following students have been in attendance for the first 100 days of school without missing any days and/or being tardy. These students were recognized with a celebration that included t-shirts, a special lunch, music, and a "goodie bag" of treats. Congratulations to the following "PERFECT 100 Days" Students:



- Kasey Smith
- Savannah Smith
- Kyla Jackson
- Terrane Prater
- Daykel York
- Ariyah Edwards



- Destyni Martin
- Javahn Watkins

- Ian Walker
- Matthew Brown
- Aniyah Coleman
- Shiana Edwards
- Courtney York
- Jordan Spottsville-Stanberry
- Johnell Weeden
- Jeremiah Allen
- Taniya Graham