

Thompson Instructional Center

Nov/Dec 2018

Principal Corner

Last month I had the pleasure of meeting with a group of educators and Senator Dick Durbin to discuss his legislation related to the rise in the usage of e-cigarettes and vaping with kids/teenagers. He wanted to discuss prevention methods to limit marketing and explain the danger in vaping/e-cigarettes. Information about this meeting can be found in the October 31st edition of The Herald News. Attached please find the parent tip sheet that can be used to assist you with discussing this important subject with your student.

This can also be found on line at e-cigarettes.surgeongeneral.gov

Parent Engagement Academy

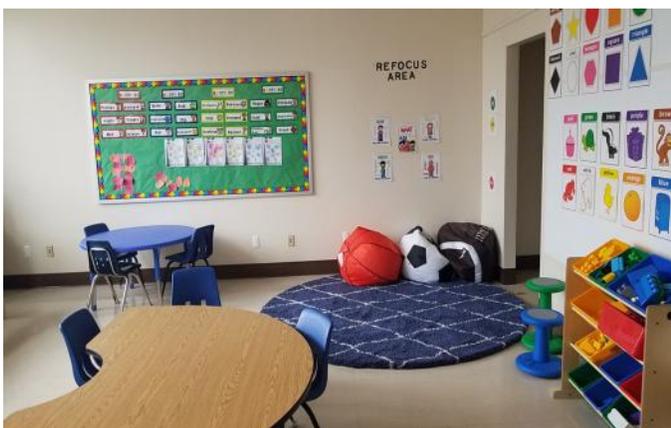
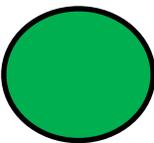
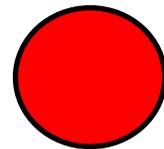
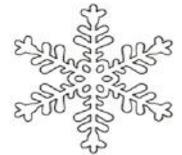
Please join us on **December 13th** for our first Parent Academy! The two topics are Bridging the Gap Between Home & School and Transitioning to High School. Sessions are 4:00p.m., 5:00p.m., or 6:00p.m. Food will be served. R.S.V.P by December 10th.

Teresa Woodard, Principal

"It Takes A Village"

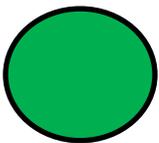
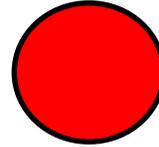
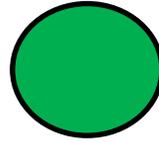
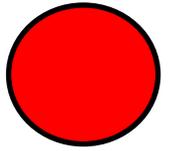
Parent Teacher Conferences

Thank you to everyone that attended our first parent teacher conferences held November 19th and 20th. Parents got a chance to see the updates to our environment, learn about our new curriculum initiatives, and learn about behavioral goals and levels. We had 36% of our families present which is an increase from our 2017-2018 average. Our 2018-2019 goal is 80%.



Thanksgiving Dinner

On November 19th we held our annual Thanksgiving Dinner from 4:00p.m.-6:00p.m. Our menu included turkey, dressing, string beans, and candied yams prepared by the Chef at C.O.R.E. Academy. Thank you to all the friends and families that attended.



Employee Spotlight

THOMAS JONES-ROOM 3

Mr. Jones Takes the Gold

Mr. Jones serves as a paraprofessional, restorative coach, and community outreach lead. He leads the Salem Village team level 4 and 5 students that visit the nursing home bi monthly to assist residents with small task and crafts.

On his time off he is also a basketball star! Mr. Jones team took first place in the Senior Olympics making him a Gold medalist. We are proud to have an Olympian in the Thompson Family! Go Mr. Jones you are a Gold Medal Timberwolf!



Curriculum Corner:

Did you know that 80% of the world's vanilla comes from Madagascar? Thompson students learned this and many other interesting facts about the island of Madagascar while preparing for the Menta Cultural Fair. Students in each class studied an aspect of Madagascar culture and created 3-D projects of what they learned; they built huts, giant boab trees, replicas of the coral reefs, mountains and the rain forest. Room 2 made vanilla scented soap that was in the shape of a lemur! Students from each class were selected to attend the Menta wide Cultural Fair at CORE academy. They were able to tour the other school's projects and were treated to a drumming performance by Urban Gateways.



Clinician's Corner

Mr. Carlson is the clinician for the students in Ms. Stevens, Mrs. Leonard's, Ms. Burnett's, and Mrs. Prisco's classes. The classroom groups have been focused in the past on identifying and responding to the zones of alertness and emotions. Blue zone (sick, tired, bored), Green Zone (happy, focused, calm), Yellow Zone (stress, frustration, anxiety, silliness) and the Red Zone (anger, panic). The focus will continue to be on using Zones of Regulations to assist students to become more aware of how others may perceive individuals in different zones and how to regulate their own emotions. Students will continue developing coping strategies (breathing, talking, stretching, size of problem...) to help regulate their emotions in the zones.

EVENTS

Basketball Season 12/10/2018

**Parent Engagement Academy-
12/13/2018**

**Room # 3 Bowling Field Trip
12/13/2018**

Winter Market 12/20/2018

Nurse Notes

WINTER IS HERE.....lets fight the flu together

The flu (influenza) is a contagious disease of the respiratory tract (nose, throat and lungs). Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year. The Center for Disease Control recommends everyone six months of age and older get vaccinated for the flu this year, talk to your doctor.

DID YOU KNOW???

The top five most virus-contaminated areas in the home are:

1. Telephones (have you cleaned your cell phone lately)
2. Appliances such as the refrigerator and microwave
3. Faucets
4. Light switch and door handles
5. TV remotes



TIPS to keep you and your family healthy this winter:

- Eat right (a good breakfast that isn't too sugary is especially important)
- Drink plenty of water
- Exercise (at least 30 minutes a day)
- Get lots of rest (sleep helps boost immunity to fight the effects of colds and flu, 9-11 hours a night is recommended for young children)
- Wash your hands frequently
- Do an elbow cough
- Disinfect hot spots at work and home
- Please keep sick children home from school (especially if they have a fever or exhibits respiratory or stomach symptoms)