

Wales Window

Website: www.tantasqua.org/wales

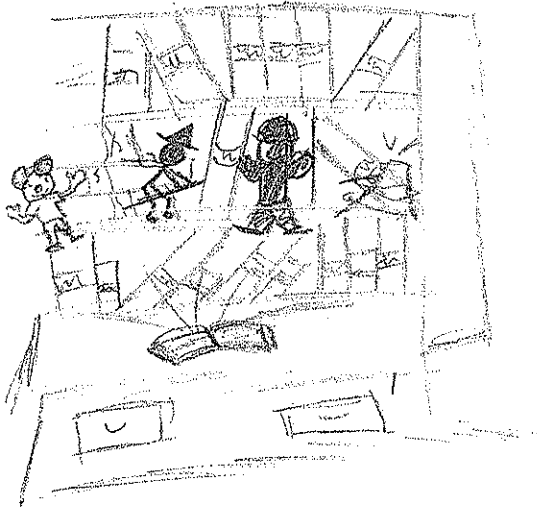
Next School Committee Meeting: June 17th at 6pm
School Committee Voicemail: 245-7571 ext. 132

June 2015

Coming Events!

Imagination's Destination:

Illustration by: *Victoria* /gr. 6



Summer time is here again! Wales Elementary School is participating in Barnes and Noble Imagination's Destination summer reading program. After a book is read, the student records the title, author, and a recommendation of the book. A reading journal will be sent home to record this information.

During the first week of school in September, bring in the completed journal and your child will receive a free book.

Thank you for participating in this reading adventure. Celebrate reading this summer and let your imagination soar!

WALES ELEMENTARY SCHOOL Offering Free School Meals for All Elementary Students *(Preschoolers are welcome to stay for school lunch)*

Wales Elementary Using Community Eligibility Provision to Provide Free, Nutritious Meals to Every Child

The *Wales Elementary School* is launching a new program that will offer **free breakfast and lunch** to all students next academic year, as part of the Community Eligibility Provision universal meal plan. The move allows all students to **eat free breakfast and lunch** at school without having to fill out applications or other paperwork while reducing administrative costs for school nutrition departments by streamlining the application process.

The CEP was enacted as part of the federal Healthy, Hunger-Free Kids Act of 2010. It allows eligible schools to offer **free breakfast and lunch** to all students regardless of household income and does not require families to submit a school meal application. Eligible schools are those in

which 40% of the student enrollment is directly certified for free meals based on a) participation in SNAP, TAFDC, or Medicaid or b) homeless, runaway, migrant, foster or Head Start status. It

does not include students who are categorically eligible for free meals based on a school meal application.

The theory behind the universal meal program is twofold: first, it increases school meal participation, ensuring that all children can receive stigma-free, nutritious school meals that keep them healthy and enable them to perform better in the classroom; second, CEP reduces labor costs for schools by eliminating the administrative process of collecting, reviewing and verifying hundreds of individual meal applications.

The process of phasing in CEP across the nation started in 2011 with three school districts. During the 2013-2014 school year, the District of Columbia and ten states, including Massachusetts' Boston Public School system, successfully implemented the program. The 2014-2015 school year was first year the program was available nationwide, enabling thousands more high-poverty schools to take concrete steps toward reducing child hunger.

Studies conducted on CEP's effectiveness so far have been overwhelmingly positive. A recent report by the Center on Budget and Policy Priorities and the Food Research and Action Center found that schools that have participated in community eligibility for two years have seen lunch participation increase by 13 percent and breakfast participation increased by 25 percent.

"The Community Eligibility Provision is a tremendous new tool for the Wales Elementary School. "Now, all of our children will have access to these healthy meals without fear of judgment from anyone. We know from experience that full, healthy children are much better prepared to learn and, ultimately, have greater educational success."

The CEP is sponsored by the United States Department of Agriculture, an equal opportunity provider and employer, and is administered by the Massachusetts Department of Elementary and Secondary Education with outreach and technical support from the Child Nutrition Outreach Program at Project Bread. For more information about CEP and determining eligibility, visit <http://www.doe.mass.edu/cnp/nprograms/cep/> or www.meals4kids.org/community-eligibility-option.

All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness, have equal access to the general education program and the full range of any occupational/vocational education programs offered by the district.

Reminder to Third and Sixth Grade Parents:

Massachusetts State Law requires that your child get a physical exam prior to entering grade 4 and grade 7.

From the Cafeteria:

All school lunches should be paid on a daily basis for June. Lunches may be pre-paid for the month of June. Breakfast must be pre-paid or cash and carry only. Please try to remain current. There are 14 lunches and 15 breakfasts in June for grades K-6. The June 3rd school-wide field trip is offering a bag lunch for those who wish to purchase. The cost is the same as school lunch, \$2.75. The bag lunch offered will contain a peanut butter sandwich on WW bread, goldfish crackers, granola bar, raisins and an 8 oz. bottled water.

All outstanding lunch balances must be paid in full by Monday, June 1st.

*Have a safe and healthy summer.
Thank you and we will see you in the fall!*
Mrs. Gilley & Ms. Grabowski

PTF NEWS:

The PTF has allotted funds for the sixth grade "Send Off Ceremony", Field Day for all grades and a fun end of the year show for kindergarten and pre-school students in June and another fun educational assembly for all grades.

Thank you for your support of the Originals Works Fundraiser. We did very well again this year.

Thank you for your support of our year long fundraising programs. We also did very

well with Boxtops this year. Please continue to save Boxtops over the summer and we will begin collecting them in the fall once again. Please contact us if you would like to help with counting and packaging the Boxtops.

Another easy way to raise money for our school this summer is the **Target Take Charge of Education Program**. If you have a Target RED card, visit Target.com/tcoe or call 1-800-316-6142 to designate Wales Elementary as your school, then use your REDcard whenever you shop. When you use your REDcard Target will donate up to 1% of your purchases to an eligible K-12 school of your choice.

If you have ideas, questions or suggestions, please contact PTF

- send a note addressed to PTF to the office where we have a mailbox
- email us at WalesPTF@hotmail.com
- call Dawn at 245-3674

We will send home information once school starts with the date for our first PTF meeting of the 2015-2016 school year.

Thank you to all the parents and teachers who helped with our functions this year. We appreciate your help. *Have a safe, relaxing and fun summer!!*

FROM THE HEALTH OFFICE:

Heat Illness

Our bodies create a tremendous amount of heat. Normally, they're cooled through sweating and by heat radiating through the skin.

But in very hot weather, high humidity, and other conditions, this natural cooling system may begin to fail, letting heat in the body build to dangerous levels. The

can cause heat illness, such as heat cramps, heat exhaustion, or heatstroke.

Heat Cramps

Heat cramps are brief, painful muscle cramps in the legs, arms, or abdomen that may occur during or after vigorous exercise in extreme heat. The sweating that occurs with intense physical activity causes the body to lose salts and fluids. This low level of salts causes the muscles to cramp.

Kids are particularly at risk for heat cramps when they aren't drinking enough fluids.

Although painful, heat cramps on their own aren't serious. But cramps can be the first sign of more serious heat illness, so they should be treated right away to help avoid any problems.

What to Do:

A cool place, rest, and fluids should ease a child's discomfort. If possible, give fluids that contain salt and sugar, such as sports drinks. Gently stretching and massaging cramped muscles also may help.

Heat Exhaustion

Heat exhaustion is a more severe heat illness that can occur when someone in a hot climate or environment hasn't been drinking enough fluids. Symptoms can include:

- increased thirst
- weakness
- fainting
- muscle cramps
- nausea and/or vomiting
- irritability

- headache
- increase sweating
- cool, clammy skin
- elevation of body temperature, but less than 104°F (40°C)

What to Do:

- Bring your child to a cooler place indoors, an air-conditioned car, or shady area.
- Remove your child's excess clothing.
- Encourage your child to drink cool fluids containing salt and sugar, such as sports drinks.
- Put a cool, wet cloth or cool water on your child's skin.
- Call your doctor for advice. If your child is too exhausted or ill to drink, treatment with intravenous (IV) fluids may be necessary.

If left untreated, heat exhaustion can develop into heatstroke, which can be fatal.

Heatstroke

The most severe form of heat illness is heatstroke. **Heatstroke is a life-threatening medical emergency.**

In heatstroke, the body cannot regulate its own temperature. Body temperature can soar to 106°F (41.1°C) or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical treatment is required to bring the body temperature under control.

Factors that increase the risk for heatstroke include overdressing and extreme physical activity in hot weather with inadequate fluid intake.

Heatstroke also can happen when a child is left in, or becomes accidentally trapped in, a car on a hot day. When the outside temperature is 93°F (33.9°C), the temperature inside a car can reach 125°F (51.7°C) in just 20 minutes, quickly raising body temperature to dangerous levels.

What to Do:

Call for emergency medical help if your child has been outside in extreme temperatures or another hot environment and shows one or more of these symptoms of heatstroke:

- severe headache
- weakness, dizziness
- confusion
- nausea
- rapid breathing and heartbeat
- loss of consciousness
- seizure
- no sweating
- flushed, hot, dry skin
- temperature of 104°F (40°C) or higher

While waiting for help:

- Get your child indoors or into the shade.
- Undress your child and sponge or douse him or her with cool water.
- Do **not** give fluids unless your child is awake, alert, and acting normally.

An Ounce of Prevention

To help protect kids from heat illness:

- Teach kids to always drink plenty of fluids before and during activity in hot, sunny weather — even if they're not thirsty.

- Make sure kids wear light-colored, loose clothing and use sunscreen when outdoors.
- On hot or humid days, make sure your kids only participate in heavy activity outdoors before noon and after 6 p.m.
- Teach kids to come indoors, rest, and hydrate immediately whenever they feel overheated.

Reviewed by: Larissa Hirsch, MD

Wales Food Bank:

The local Wales Food Bank is available for those families in need on Wednesdays from 10am-12noon at the Wales Senior Center.

Dates to Remember
JUNE

1	All Library Books returned
1	All lunch money due
3	School Field Trip to Norcross
8	Dancing Cop
11	Grade 6 Step-Up to Jr. High
12	All Arts Day-Gr 4 Tantasqua
15	Water Safety
16	Step-Up Day – Grades K-5
16	Last Day for Preschool
17	Preschool Step-Up 10:15am
17	School Committee 6pm
18	Field Day
	Grade 6 Send-Off 5pm
19	Last Day of School
	Dismissal at 11:45am

The 2015-2016 school year begins on September 1, 2015.

OPEN HOUSE will be held on Tuesday, September 8, 2015 from 6-7pm.

Have a safe and wonderful summer!