

Wales Window

May 2014

Coming Events!

Next School Committee Meeting: May 21st @ 6pm
School Committee Voicemail: 245-7571 ext. 132

Memorial Day Program/Spring Concert: May 27

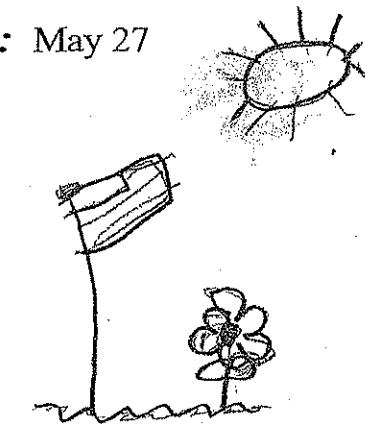
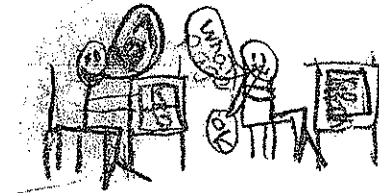
Illustration by: AvaLyn/gr. PK

Join us at 2:00 p.m. on Tuesday, May 27th for our Memorial Day/Spring Concert assembly. Our program will feature a presentation by each grade.

Everyone is welcome!

Volunteer Recognition Day: May 27

Illustration by: Scott/gr. 3



We will be having a "reception" to thank our many volunteers on Tuesday, May 27th at 2:00pm. Our heartfelt thanks for the many hours spent helping our students and teachers.

Wales Preschool:

All children who were born in 2010 and 2011 are eligible for our preschool program. For information, please call 413-245-7748.

Our screening date for new students this year will be held on Thursday, May 22nd by appointment only.

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.

Testing Schedule:

The MCAS will be administered in Grades 3-4-5-6 according to the following schedule: *May 5-20*

Message from P.E./Mrs. Hughes:

With the warm weather upon us, please feel free to send a water bottle along with your child on Thursdays as there is no outside water source.

School Dress Guidelines:

Students are expected to display an appropriate appearance when attending school or school related events. Student's clothing should not disrupt, distract, or interrupt the school's educational process. The administration and faculty have developed guidelines for student attire at school.

While in school, students will wear clothing that meets the following standards:

1. No bare backs.
2. No spaghetti straps, tube tops or strapless shirts.
3. No low cut shirts or blouses.
4. No bare midriffs. All shirts must be long enough to be worn tucked in.
5. No bare feet or unsafe footwear.
6. No clothing that uses see-through material unless worn with other appropriate attire.
7. No clothing that displays words or graphics that is obscene and vulgar, violent, sexist, racist, and/or promotes the use of illegal drugs, alcohol, or tobacco.

8. No droopy pants or clothing that reveals undergarments.
9. The length of shorts or skirts must be longer than the tip of the student's fingers when his/her extended arm is by his/her side.

The administration reserves the right to determine what is or is not appropriate, and will determine appropriate consequences for non-compliance. The administration may waive restriction in cases involving extenuating medical circumstances.

From the Health Office:

Seasonal Allergies (Hay Fever) **About Seasonal Allergies**

"Ah-choo!" It's your son's third sneezing fit of the morning, and as you hand him another tissue you wonder if these cold-like symptoms — the sneezing, congestion, and runny nose — have something to do with the recent weather change. If he gets similar symptoms at the same time every year, you're likely right: seasonal allergies are at work.

Seasonal allergies, sometimes called "hay fever" or seasonal allergic rhinitis, are allergy symptoms that occur during certain times of the year, usually when outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants.

The immune systems of people who are allergic to mold spores or pollen treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's

the release of these chemicals that causes allergy symptoms.

People can be allergic to one or more types of pollen or mold. The type someone is allergic to determines when symptoms occur. For example, in the mid-Atlantic states, tree pollination is February through May, grass pollen runs from May through June, and weed pollen is from August through October — so kids with these allergies are likely to have increased symptoms at those times. Mold spores tend to peak midsummer through the fall, depending on location.

Even kids who have never had seasonal allergies in years past can develop them. Seasonal allergies can start at almost any time, though they usually develop by 10 years of age and reach their peak in the early twenties, with symptoms often disappearing later in adulthood.

Signs and Symptoms

If your child develops a "cold" at the same time every year, seasonal allergies might be to blame. Allergy symptoms, which usually come on suddenly and last as long as a person is exposed to a particular allergen, can include:

- sneezing
- itchy nose and/or throat
- nasal congestion
- clear, runny nose
- coughing

These symptoms often come with itchy, watery, and/or red eyes, which is called allergic conjunctivitis. If your child has wheezing and shortness of breath in addition to these symptoms, the allergy may have progressed into asthma.

Diagnosis

Seasonal allergies are fairly easy to identify because the pattern of symptoms returns from year to year following exposure to an allergen.

Talk with your doctor if you think your child might have allergies. The doctor will ask about symptoms and when they appear and, based on the answers and a physical exam, should be able to make a diagnosis. If not, the doctor may refer you to an allergist for blood or allergy skin tests.

To determine an allergy's cause, allergists usually do skin tests in one of two ways:

A drop of a purified liquid form of the allergen is dropped onto the skin and the area is pricked with a small pricking device.

A small amount of allergen is injected just under the skin. This test stings a little but isn't extremely painful. After about 15 minutes, if a lump surrounded by a reddish area appears (like a mosquito bite) at the injection site, the test is positive.

Even if a skin test or a blood test shows an allergy, a child must also have symptoms to be definitively diagnosed with an allergy. For example, a child who has a positive test for grass pollen and sneezes frequently while playing in the grass would be considered allergic to grass pollen.

Treatment

There is no real cure for seasonal allergies, but it *is* possible to relieve symptoms. Start by reducing or eliminating exposure to allergens.

During allergy season, keep windows closed, use air conditioning if possible, and stay indoors when pollen counts are high.

Have your child wash hands or shower and change clothing after playing outside. And a child with seasonal allergies should not mow the lawn (this tends to kick up pollen and mold spores). If reducing exposure isn't possible or is ineffective, medicines can help ease allergy symptoms. These may include decongestants, antihistamines, and nasal spray steroids. If symptoms cannot be managed with medicines, the doctor may recommend taking your child to an allergist or immunologist for regular allergy shots (immunotherapy), which can help desensitize kids to allergens.

*Reviewed by: Nicole A. Green, MD
Date reviewed: May 2013*

PTF NEWS:

Staff Appreciation Week is May 5th through May 9th. The PTF would like to take this opportunity to thank the staff of Wales Elementary School for their hard work and dedication to our children. We have a wonderful staff and we are very lucky.

Thank you very much for your support of our Original Works fundraiser to raise money for a new swing set. We did very well again this year. Ordered items are due in soon and we will let you know as soon as they arrive.

We will *not* be having a Book Fair this spring. We will have our next Book Fair in December of this year.

Funds have been allotted to purchase snacks for grades 3-6 for the MCAS in May and to purchase folders and planners for students for the 2014-2015 school year.

Thank you for all the **Boxtops** that have been sent in this year. Please continue to clip them and remind your family and friends that Wales Elementary collects Boxtops. Also, remember to visit www.boxtops4education.com before purchasing anything online as our school will receive a percentage of your purchase. Please remember to also save your Boxtops during the summer months.

Please remember that Stop & Shop is continuing their **A+ Bonus Bucks program**. Please tell your family and friends that we are taking part. It's not too late to register your card if you shop at Stop and Shop!! Our school will earn cash from the Stop and Shop program.

Another easy way to raise money for our school 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 the eligible K-12 school of your choice.

We do not collect printer cartridges any longer. Thank you to those who supported that fundraiser but we were no longer getting enough cartridges to continue.

If you have any questions, suggestions or ideas for next year, please call Dawn at 245-3674 or email us at walesptf@hotmail.com.

Please join us for our next meeting on Thurs, May 8th at 3:00 p.m. This will be our final meeting for the year. We will not meet in June. We would love to have you attend and will discuss our fall fundraiser and other fall events. We'd love to hear your ideas and suggestions and plan some new events for our school and students.

BOX TOPS FOR EDUCATION:

PK	131	6.89 Boxtops/Student
K	232	11.6 Boxtops/Student
1	159	7.95 Boxtops/Student
2	177	8.85 Boxtops/Student
3	141	7.42 Boxtops/Student
4	279	14.68 Boxtops/Student
5	44	2.44 Boxtops/Student
6	333	16.65 Boxtop/sStudent

April is 6th Grade, with a total of **333** or an average of 16.65 per student. WOW! Keep up the good work! Remember every boxtop is worth **10¢**.

Just a friendly reminder we *do not* collect soup labels. Thank you.

Safety Notices:

- Please speak to your children about talking to strangers.
- This is also a good time of year to remind your children about bicycle and water safety.

Dates to Remember

May 4	Early Release 11:45am
4	No Preschool
4	Mid-term
5-9	Staff Appreciation Week
5-20	MCAS Testing
7	Progress Reports
8	PTF Meeting 3pm
16	School Banking
19	Ferry Beach Ecology School Presentation (TRHS – 5:30pm)
21	School Committee 6pm
21	Town Meeting 7pm
22	Preschool/Kindergarten Screening (NO PK Classes will be held)
26	No School – Memorial Day
27	Memorial Day Program/Spring Concert/Volunteer Appreciation 2pm
30	School Banking (last one for this yr)
30	Spirit Day – Crazy Boot Day