

explorer NEWS

Fabulous Foothill Parents,

I love books! I love to read with children and to see the light and joy come into their eyes as they enjoy a wonderful story. One of my highlights as principal is when I get to read to classes each week. I also enjoy discussing books with students each month for Dr. B's Readers. I hope to promote a love of reading in your children and to encourage them to learn to read as lifelong learners.

I invite you to personally read with your child each day. Taking time to read with your child not only helps build their reading abilities, but it is also a great way to build a stronger bond and relationship with your child. I remember fondly the moments my parents spent time reading with me as I grew up. I now look forward to those moments each day when I get to read with my children. If reading with your children is already a practice in your home, keep it up! If not, please start now. It is never too late to start a tradition of reading with your child. In this newsletter I have shared one of my favorite lists I received several years ago entitled, "100 Picture Book Everyone Should Know." Two other great book lists are the Caldecott (best picture book of the year) and the Newbery (best chapter book of the year) Awards. For the most part, these lists have phenomenal books that you can enjoy with your child. I once heard a quote that I love, "A child spells love, T.I.M.E." Reading with your child is one of the best ways you can spend quality time with your child.

At Foothill, we are passionate about teaching our students to read. We desire for all of our students to learn and master the "Big 5" of reading identified by the National Reading Panel: phonemic awareness, phonics, oral reading fluency, vocabulary, and comprehension. Our curriculum, instruction, and assessment are focused on the Big 5 of reading. Our wonderful teachers dedicate at least a couple of hours each day to literacy instruction and integrate it into other subjects throughout the day. They provide a rich learning environment in the classroom for students to learn to read.

When a child struggles with their reading, we desire to catch that quickly and to identify the specific skills they need to read successfully. This year, we have been measuring students' reading abilities with the Dibels assessment. This quick assessment allows us not only to identify those students who struggle with their reading, but also to pinpoint and monitor their progress of the specific skills they are missing. This is important so we can provide differentiated instruction and intervention to help them gain the skills they need. Working together with our teachers, we have several paraprofessionals working with the students to provide targeted interventions for our students. We have seen some great results in our student assessments and hope that as we continue our work with literacy that we can help all of our students truly learn to read.

Reading is one of the most important skills your child can learn. We hope that through our joint efforts we can help each student develop the skills of reading and to instill a deep love of reading in each and every child.

So...Happy Reading!

Joe Backman (Dr. B)

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out of the loop?

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www.foothill.alpineschools.org
www.foothillpta.org

Dr. B's Readers

1st-2nd Grades
Dragon Slayers Academy Book 1:
The New Kid at School
by Kate McMullan

3rd-4th Grades
Candy Bomber: The Story of the
Berlin Airlift (Battle of the Books)

5th-6th Grades
Snow Treasure - by Marie McSwigan
(Battle of the Books)

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Early Out				
6	Book Fair 7	Book Fair 8	Book Fair 9	Book Fair 10
Early Out		Parent Teacher Conferences 4:00-7:30	Parent Teacher Conferences 4:00-7:30	
Teacher 13 Appreciation Week Early Out	14 Teacher Appreciation Week	15 Teacher Appreciation Week	16 Teacher Appreciation Week	17 Teacher Appreciation Week
20 President's Day (No School)	21	22	23	24 End of 2nd Trimester
27 Early Out	28 6th Grade Clear Creek	28 6th Grade Clear Creek	1 6th Grade Clear Creek	2 6th Grade Clear Creek

HAPPY BIRTHDAY!

Caitlin Hall	Feb 7
Janelle Tingey	Feb 12
Mark Asay	Feb 19
Rachel Cheney	Feb 24
Elise Stermetz	Feb 26

NEXT MONTH:

March 6 - Teacher's Professional Day (No School)
 March 15 - Spring School Pictures & Panoramic School Picture
 March 27-31 - Kindergarten Registration

The Scholastic Book Fair will be held February 7th through the 10th. (Hours below)

Tues - 11:15-12:30 / 3:30-4:30
 Wed/Thurs - 11:15-12:30 / 3:30-7:30
 Fri - 11:15-12:30

40% of our book fair sales stays at Foothill to benefit the students.

Come have a Picnic!

Have lunch with your student(s). Meet them in the book fair and then have lunch with them in the cafeteria. Bring a blanket to sit on. You must bring your own lunch. There will be no school lunches purchased for non-students.



president's message

Amy Oakey

The next few months are busy ones, filled with many exciting activities!

Come support the Scholastic Book Fair next week, February 6-10. An email was sent out with volunteer opportunities. Take a look and see if there is a time you can help out.

Legislative Day at the Capital is February 22. Contact Amy Oakey if you would like to attend or if you have issues you would like our PTA to discuss with our state legislatures. (oremfoothillpta@gmail.com)

The school Spelling Bee will be held on February 23.

Teacher appreciation week will be February 21-24. Information will be sent home in the coming weeks. We LOVE our teachers and are grateful for all they do!

We are grateful for all the volunteers who run the art program, take home reading library, Knowledge Bowl, Battle of the Books, Box Tops, Ballroom, and the music programs. We know the students benefit from all your time and effort!

Foothill PTA is in need of a president, president elect, and secretary for the 2017-2018 school year. If you are interested or know someone who would do a good job, please contact me, Amy Oakey at oremfoothillpta.com

The next PTA meeting will be February 15 from 1-2 in the library. We will be discussing all the new technology we have at Foothill. Please come with any questions or concerns you may have.



nursing news

NURSING NEWS FEBRUARY 2017

Dear Parents,

Here are some reminders about DRESSING FOR THE COLD!

1. If you're going outside in the cold, stay safe and warm. Make sure your kids have a snack before going out. The calories will give their bodies energy in the cold weather.
2. Protect your kids' faces with sunscreen. The idea of sunburn in February can seem odd, but snow can reflect up to 85% of the sun's ultraviolet rays.
3. Kids should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some clothes down to a dry layer.
4. Avoid cotton clothing because it won't keep the kids very warm. Stick with wool or other fabrics. Dress them in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Waterproof pants and jackets are great top layers because they don't let the wetness seep into the other clothing. The cold-weather ensemble wouldn't be complete without warm socks and boots to keep feet dry and a hat to top it off.
5. There's no set amount of time kids should be allowed to stay out in the cold. However, when being cold becomes unpleasant, it's time to go inside. Sometimes, though, kids may just need some dry gloves. It helps to have an extra pair of gloves or mittens tucked into their pockets if they plan to be outdoors for a while.
6. Make sure your kids are dressed weather appropriately for school as many days the kids will go outdoors for recess.

Kim Lowe, RN, School Nurse

ABUELA , Arthur Dorros

ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY, Judith Viorst

ANANSI AND THE MOSS-COVERED ROCK, Eric A. Kimmell

ANDY AND THE LION, James Daugherty

BARK, GEORGE, Jules Feiffer

THE BOSSY GALLITO: A TRADITIONAL CUBAN FOLK TALE, retold by Lucia M. Gonzalez; illustrated by Lulu De-larce

BREAD AND JAM FOR FRANCES, Russell Hoban, illustrated by Lillian Hoban

BROWN BEAR, BROWN BEAR, WHAT DO YOU SEE?, Bill Martin, Jr.; illustrated by Eric Carle

BRUNA MUNARI'S ABC, Bruno Munari

BUZ, Richard Egelski

CAPS FOR SALE: A TALE OF A PEDDLER, SOME MONKEYS AND THEIR MONKEY BUSINESS, Esphyr Slobodkina

THE CARROT SEED, Ruth Krauss, illustrated by Crockett Johnson

A CHAIR FOR MY MOTHER, Vera B. Williams

CHICKA CHICKA BOOM BOOM, Lois Ehlert

CLICK, CLACK, MOO: COWS THAT TYPE, Doreen Cronin

COME ALONG, DAISY!, Jane Simmons

CORDUROY, Don Freeman

CURIOUS GEORGE, H.A. Rey

DINOSAUR ROAR!, Paul and Henrietta Stickland

MUFARO'S BEAUTIFUL DAUGHTERS: AN AFRICAN TALE, retold and illustrated by John Steptoe

MUNCH! MUNCH! MUNCH!, Candace Fleming

MY FRIEND RABBIT, Eric Rohmann

THE NAPPING HOUSE, Audrey Wood

NO, DAVID!, David Shannon

OFF TO SCHOOL, BABY DUCK!, Amy Hest

OLD BLACK FLY, Jim Aylesworth

OLIVIA, Ian Falconer

OWEN, Kevin Henkes

PAPA, PLEASE GET THE MOON FOR ME, Eric Carle

PIERRE: A CAUTIONARY TALE, Maurice Sendak

THE POLAR EXPRESS, Chris Van Allsburg

PUSS IN BOOTS, Charles Perrault

THE RANDOM HOUSE BOOK OF MOTHER GOOSE: A TREASURY OF 386 TIMELESS NURSERY RHYMES, Arnold Lobel

ROUND TRIP, Ann Jonas

RUMPELSTILTSKIN, Paul O. Zelinsky

THE SNOWY DAY, Ezra Jack Keats

SPOTS, FEATHERS AND CURLY TAILS, Nancy Tafuri

THE STORY OF FERDINAND, Munro Leaf

THE STRAY DOG, Marc Simont

DON'T LET THE PIGEON DRIVE THE BUS!, Mo Willems

DUCK ON A BIKE, David Shannon

FIRE TRUCK, Peter Sis

FREIGHT TRAIN, Donald Crews

FROGGY GETS DRESSED, Jonathan London

THE GARDENER, Sarah Stewart

GEORGE AND MARTHA, James Marshall

GO AWAY, BIG GREEN MONSTER!, Ed Emberley

GOIN' SOMEPLACE SPECIAL, Patricia McKissack

GOOD NIGHT, GORILLA, Peggy Rathmann

GOODNIGHT MOON, Margaret W. Brown; illustrated by Clement Hurd

GOSSIE, Dunrea Olivier

GRANDFATHER'S JOURNEY, Allen Say

HAROLD AND THE PURPLE CRAYON, Crockett Johnson

HARRY THE DIRTY DOG, Gene Zion; illustrated by Margaret Graham

HENRY HIKES TO FITCHBURG, D.B. Johnson

HORTON HATCHES THE EGG, Dr. Seuss

HOW DO DINOSAURS SAY GOODNIGHT?, Jane Yolen

I KISSED THE BABY!, Mary Murphy

IF YOU GIVE A MOUSE A COOKIE, Laura J. Numeroff

IT COULD ALWAYS BE WORSE: A YIDDISH FOLKTALE, retold and illustrated by Margot Zemach

JOHN HENRY, Julius Lester; illustrated by Jerry Pinkney

JULIUS, Angela Johnson; illustrated by Dav Pilkey

STREGA NONA, Tomie De Paola

SWIMMY, Leo Lionni

SYLVESTER AND THE MAGIC PEBBLE, William Steig

THE TALE OF PETER RABBIT, Beatrix Potter

TAR BEACH, Faith Ringgold

TEN, NINE, EIGHT, Molly Bang

THERE WAS AN OLD LADY WHO SWALLOWED A FLY, Simms, Taback

THE THREE BEARS, Paul Daldone

TRASHY TOWN, Andrea Griffing Zimmerman

THE TRUE STORY OF THE THREE LITTLE PIGS BY A WOLF, John Scieszka

TUESDAY, David Wiesner

UPTOWN, Bryan Collier

THE VERY HUNGRY CATERPILLAR, Eric Carle

THE WHEELS ON THE BUS, adapted and illustrated by Paul O. Zelinsky

WHERE THE WILD THINGS ARE, Maurice Sendak

WHERE'S SPOT?, Eric Hill

WHISTLE FOR WILLIE, Ezra Jack Keats

THE WOLF'S CHICKEN STEW, Keiko Kasza

YOKO, Rosemary Wells

ZOMO THE RABBIT: A TRICKSTER TALE FROM WEST AFRICA, retold and illustrated by Gerald McDermott

KITTEN'S FIRST FULL MOON, Kevin Henkes

LILLY'S PURPLE PLASTIC PURSE, Kevin Henkes

THE LINE-UP BOOK, Russo Marisabina

THE LITTLE RED HEN: AN OLD STORY, Margot Zemach

LON PO PO: A RED RIDING HOOD STORY FROM CHINA, Ed Young

LYLE, LYLE, CROCODILE, Bernard Wager

MABELA THE CLEVER, Margaret Read MacDonald

MACHINES AT WORK, Byron Barton

MADELINE, Ludwig Bemelmans

MAISY GOES SWIMMING, Lucy Cousins

MAKE WAY FOR DUCKLINGS, Robert McCloskey

MAMA CAT HAS THREE KITTENS, Denise Fleming

THE MAN WHO WALKED BETWEEN THE TOWERS, Mordicai Gerstein

MARTHA SPEAKS, Susan Meddaugh

MIKE MULLIGAN AND HIS STEAM SHOVEL, Virginia L. Burton

MILLIONS OF CATS, Wanda Gag

MISS NELSON IS MISSING!, Harry Allard and James Marshall

MR. GUMPY'S OUTING, John Birmingham

100 Picture Books Everyone Should Know



THE NEW YORK PUBLIC LIBRARY

Prepared by

The Office of Children's Services

Battle of the Books

Show Team Spirit:

Come to the library Monday, January 30th during lunch recess to decorate a poster board with your team name. Poster board, markers, crayons and colored pencils will be provided. You are welcome to bring any other supplies you might want.

Practice Battles with your Team:

Come Friday, February 17th with your team to do practice battles. It will be right after school from 3:30 to 4:30.

Memorize book titles and authors:

For flashcards and games go to Cram.COM and search for
2016-2017 Battle of the Books Alpine UT 3/4
2016-2017 Battle of the Books Alpine UT 5/6

Get ready to BATTLE:

The Battles will be held the week of March 7th-10th. The practice rounds are on March 7th and 8th. On March 9th will be the semi-final rounds and then the top two teams from 3rd/4th and 5th/6th will do the Final Battles in a school assembly on Friday, March 10th. The winning team from 5th/6th grades will advance to districts on Saturday, March 25th. We will need parent volunteers to help that week to keep time and read questions. Signups will be coming!

Have fun reading!



Utah
Parent
Center

Special needs,
extraordinary potential

The logo for the Alpine School District, featuring a stylized mountain range in white on a dark blue background.

Alpine School District

TRANSITIONS!!

Thursday, February 23, 2017

Transition to Kindergarten

6:00-7:00 p.m.

This presentation will explain how the transition from **Special Education** pre-school to kindergarten process works, including: assessment procedures, determination of needs, available placements, and timelines. This class is for **ADULTS ONLY**.

Transition to Middle School/Junior High and High School

7:10-8:00 p.m.

The transition from elementary to middle school and from middle to high school is bound to create some anxiety for students and parents. Join us for a discussion about what can be done to help ease the transition and prepare your child for success.

*Open to all parents who have a student who is struggling,
on a Section 504 Plan or an IEP.*

Legacy Elementary Media Center, 28 East 1340 North, American Fork

Childcare is not provided.

For information on Parent Nights and other upcoming events visit

<http://alpineschools.org/specialeducation/>

Or Facebook at <https://www.facebook.com/UPCAlpine>

Questions? Please contact Maria Wiscombe 801-318-1959 or maria@utahparentcenter.org





UTAH COUNTY HEALTH DEPARTMENT

Ralph L. Clegg, E.H.S., M.P.A.
Executive Director

Eric S. Edwards, M.C.H.E.S., M.P.A.
Deputy Director

Dear Parents of New Kindergartners:

For kindergarten attendance, Utah State law requires the following immunizations for the protection of your child and others from communicable diseases:

5 DTaP	4 Polio	2 MMR	3 Hepatitis B
	2 Hepatitis A	2 Varicella (Chickenpox)	

The 5th DTP and 4th Polio immunizations need to be given after the child’s 4th birthday, the first MMR and Chickenpox vaccines must be given after the first birthday. Parents may sign the appropriate box on the pink immunization card indicating their child has had the Chickenpox disease instead of the vaccine.

******For a Personal or Religious Exemption from immunizations for your child, you must obtain a waiver at the Utah County Health Dept. (cost of \$25) and return a copy of the waiver to the school. For a Medical Exemption from immunizations, a waiver must be signed at a physician’s office and a copy of that waiver returned to the school before attendance begins at the school.

*** The complete dates of the required immunizations or the correct exemption waiver must be submitted to the school before a child may begin to attend school.** Immunizations are available from your personal physician or from the Utah County Health Department per the schedule below. Please bring your records of previous immunizations for your child to your doctor or the health department clinic.

<u>Location/Days of Health Dept. Clinics</u>	<u>Address</u>	<u>Hours</u>
Provo Mon, Tues, Fri.	151 S. University Ave	8:00 to 5:00
Provo Wed.	151 S. University Ave	8:00 to 7:00
Provo Thurs.	151 S. University Ave	9:00 to 5:00
American Fork Mon. thru Fri.	599 S. 500 E. Suite 2	8:00 to 5:00
Payson each Tuesday	WIC 910 E. 100 N.	4:00 to 7:00

A physical examination, including vision screening, and a dental examination are strongly recommended for entering kindergarten students. Utah County Health Dept. Wellness Clinic performs physicals for \$30. Appointments can be made by calling 801-851-7031. Physical and dental exams and immunizations are advised in the Spring and early Summer to avoid crowds in the fall.



The Hope Effect

HOPE INSPIRES ACTION. **HOPE** SPARKS HEALING. **HOPE** GENERATES ENERGY. Working together we can help people live happier lives free from pornography and create a bright, safe future for children and families.

Sat, March 11, 2017

Salt Palace Convention Center, 100 South West Temple, SLC, UT 84101

8:00 am - Registration & Check-in | 9:00 am - 3:40 pm - Program



REGISTER AT utahcoalition.org

CEUs for social workers and RNs available



KEYNOTE SPEAKERS:



Matt Fradd

The Essential Reason Porn is Wrong
Matt Fradd is Director of Youth and Young Adult Outreach for Integrity Restored. Matt is an engaging and compassionate leader who speaks to tens of thousands of people every year on the dangers of pornography and how to be free from it.



Clay Olsen

A Generation's Fight For Love
Clay Olsen is CEO of Fight the New Drug, a youth movement dedicated to raising awareness on the harmful effects of pornography through science, facts, and personal accounts. He has presented at hundreds of schools and events, and been featured regularly in national media.

JOIN US and learn how you can help your family and community live free from pornography.



Dr. Adam Moore, LMFT
Eight Things Couples Need in Recovery & Why Your Goals are Causing You to Fail



Jill Manning, PhD, LMFT, CCPS
Pornography and Wives: Responding To and Healing from Pornography Use and Secretive Sexual Behavior in Marriage



Sidreis Keller Agla
Cultivating Hope, Healing and Unity for Women Trapped in Sexual Addiction



Tyler Patrick, LMFT
The Opposite of Addiction is Connection



Cordelia Anderson, MA
A Public Health Approach to Pornography



Eva Calvillo Gordon
Recovery Is Real and Possible. If I Can Live in Recovery One Day at a Time, Anyone Can!



Sam Black
Raising Courageous Kids



Sean D. Reyes, Utah Attorney General
Addressing Pornography and Sexual Exploitation in Utah



Jeffrey J. Ford, MS, LMFT
From Darkness to Light: The First Step in Handling Shame is Managing Secrets



Kristen A. Jenson, M.A.
Gender Differences in Porn Usage: What Parents Need to Know to Protect Both Sons and Daughters



Prof. William M. Struthers, PhD
Reimagining Public Health and Internet Pornography: Guilty Pleasure, Addiction or Something Else?



Sean Musil and Panel of Young Adults
Talking About Pornography When You're Dating



Dan Gray, LCSW, CSAT
Keeping the Helper Healthy: How to Avoid Compassion Fatigue and Burn Out



Timothy Rarick, PhD
Fathers Be Good to Your Daughters



Jason Carroll, PhD
What Young Adults Need to Know About Healthy Sexuality

AND MORE!

- Fight the New Drug Session for Teens
- Panel Q&A for Young Adults & Teens
- Panel of Tech Experts
Technology Safeguards in Your Home

LEARN MORE AT utahcoalition.org

WHO BELONGS AT THE UCAP CONFERENCE? Parents, families, high school age teens, young adults, church and community leaders, therapists, educators, students, health professionals, law enforcement, and concerned citizens.

SPREAD THE WORD! Download this flyer on our website to share.



facebook.com/utahcoalition

INFO & REGISTER AT | utahcoalition.org

CONTACT | tatiana@utahcoalition.org