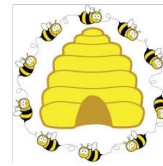




# What's The Buzz



Volume 2 Issue 8 <https://www.knoxschools.org/fairgarden>

Published Monthly March 2021

Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden. Please join our electronic platform: Fair Garden's Twitter:

[https://twitter.com/fair\\_garden](https://twitter.com/fair_garden) Thank you. ☺



## Important Dates:

3/1-3/5- Read Across America Week

(Celebrity readers will be reading to our students virtually)

3/8- National Teaching Assistant Recognition Day

3/10- Virtual Title 1 Parent Engagement Event- Help! My Child's Manual Is Missing: Decreasing Defiance Through Effective Communication 6:00 (Prize Drawings Will Be Taking Place For Attendees)

3/15-3/19- Spring Break

3/26- 3rd Nine Weeks Performance Reports Are Sent Home (Please sign and return these reports as soon as possible.)

4/2- Good Friday (No School)

4/5- System-wide In-service (No School)

4/6- PK4 Stepping Up Pictures

4/15- Drive-Through PK Round-Up At Fair Garden (Spread the Word Please.) 3:00-5:30

5/7- Fair Garden Mother's Day Program

5/21- Fair Garden Virtual PK4 Stepping Up Program

5/25- Last Day For Students (1/2 day dismissal- 11:15)

## A Note From Our Social Worker

### The 3 Types of Touches

We just began talking about touching safety in our *Talking About Touching* lessons. The curriculum we cover identifies that there are three kinds of touches:

- **Safe touches.** These are touches that keep you safe and are good for your body. They make you feel cared for, loved, and important. Safe touches include hugging, holding hands, pats on the back, an arm around the shoulder, and a shot from the doctor.
- **Unsafe touches.** These are touches that are not good for your body and either hurt your body or your feelings. (for example, hitting, pushing, pinching, kicking, and touching the private parts of your body).
- **Unwanted touches.** These may be safe touches, yet the child doesn't want to be touched in that way, by that person, or at that moment in time. It is okay for a child to say "No" to unwanted touches. Children can say "No" to any unwanted touch, even if the person touching them is someone they know. Help your child practice saying "No" in an assertive yet polite voice. This will help children learn how to set personal boundaries for keeping themselves safe.

During classroom lessons, the children will learn the Touching Rule: "A bigger person should not touch your private body parts except to keep you clean and healthy." They will learn that *private body parts* are "those parts covered by a swimsuit." It is recommended that you teach your child at home the correct anatomical names for private body parts so that, if necessary, he or she is able to communicate accurately about any touching questions or problems that arise.

Thank you for being a partner in teaching safety to your child. I realize that touching safety is a sensitive topic, so please call me if you have any questions.

Sincerely,  
Mrs. Gnage  
School Social Worker



Positive Quote:



A Message from Mrs. Spikes



We will have several special visitors reading to our students to help us celebrate reading and promote the love of reading with our Fair Garden students for our Read Across America. We are thankful for the local celebrities that are going to read to our Fair Garden students. Our Fair Garden students are shining BRIGHTLY and being respectful to our guest readers. Their behavior was TOP notch and every visitor stated how well-behaved our students were, during the reading. We truly earned gold stars for our wonderful behavior.

Thank you for reading with your child **at least 20 minutes every day** and reinforcing behavior expectations. It is vital for our students to be exposed to reading every chance they have during the day. The Knox County Public Library has many fun ways for readers of all ages to get involved, they have Tails and Tales Field Guides with stickers to mark reading milestones for young readers. You can find more information regarding Tails and Tales at <https://www.knoxlib.org/calendar-programs/programs-and-partnerships/tails-and-tales-reading-challenge> The below link is of Tearsa Smith reading. "Only together we can make a difference." Let's ignite GREATNESS at Fair Garden. [https://www.youtube.com/watch?v=zK\\_L7\\_fmeyY&feature=youtu.be](https://www.youtube.com/watch?v=zK_L7_fmeyY&feature=youtu.be)

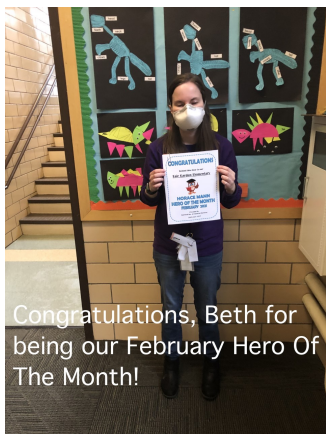
Warm regards,  
Mrs. Spikes

Teacher Of The Month



Congratulations, Eva for being our Fair Garden February Good Neighbor Teacher of the Month!

Hero Of The Month

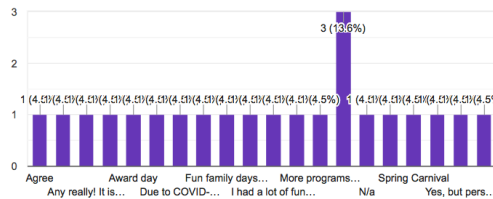


Congratulations, Beth for being our February Hero Of The Month!

Fair Garden 2020-2021 Mid-Year Parent Survey Results (22 responses)

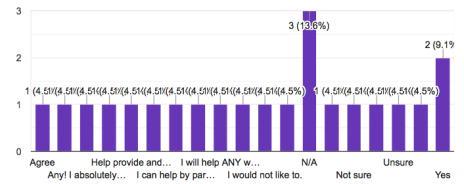
1. I would like for Fair Garden to have the following types of Title 1 Parent Engagement Activities in the spring:

22 responses



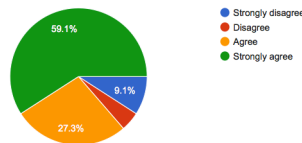
2. I would like to get involved in leadership opportunities in the following way(s) at Fair Garden and I can help in the following ways:

22 responses



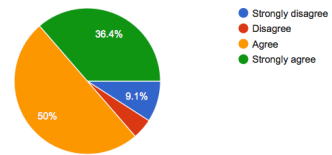
3. My classroom teacher and TA tries to develop a personal relationship with my child.

22 responses



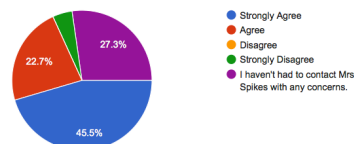
4. My classroom teacher and TA tries to develop a personal relationship with me, as the parent.

22 responses



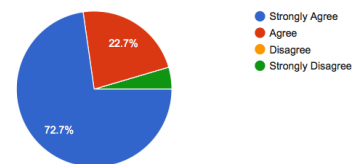
6. When I reach out to Mrs. Spikes, she contacts me back and tries to help me solve the problem or finds someone to help me.

22 responses



7. Fair Garden is setting high expectations for my child to make sure he or she is kindergarten ready.

22 responses





## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

©2018 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, **immediately call 911.**

**Get to a hospital right away.**

**Learn More**

Call **1-800-AHA-USA1 (1-800-242-8721)** or visit [heart.org](http://heart.org).

**Sign up** to get Heart Insight, a free monthly e-newsletter for heart patients and their families, at [heartinsight.org](http://heartinsight.org).

## What is a Heart Attack?

A heart attack most commonly results from atherosclerosis (fatty buildups) in the arteries that carry blood to the heart muscle. Plaque buildup narrows the inside of the arteries, making it harder for blood to flow.

If a plaque in a heart artery ruptures (breaks open), a blood clot forms. The clot further blocks the blood flow. When it completely stops blood flow to part of the heart muscle, a heart attack occurs. Then the section of the heart muscle supplied by that artery begins to die. Damage increases the longer an artery stays blocked. In some cases, it may even die. Once that muscle dies, the result is permanent heart damage.

The amount of damage to the heart muscle depends on the size of the area supplied by the blocked artery and the time between injury and treatment. The blocked artery should be opened as soon as possible to reduce heart damage.

## How can I reduce my risk for a heart attack?

- Don't smoke and avoid second-hand smoke.
- Treat high blood pressure, if you have it.
- Eat a heart-healthy diet that's low in saturated and trans fats, sodium (salt) and added sugars.
- Get at least 150 minutes of moderate intensity physical activity a week.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.

**Connect with others** sharing similar journeys with heart disease and stroke by joining the Support Network at [heart.org/supportnetwork](https://heart.org/supportnetwork).