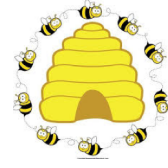


What's The Buzz



Volume 1 Issue 4 <https://www.knoxschools.org/fairgarden>

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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 Thank you. ☺



Important Dates:



11/1/19- Flu Mist For Fair Garden Students (Thank you to all the parents that returned your child's form.)

11/3/19- Daylight Savings Time (Turn clocks back 1 hour)

11/5/19- In-Service Day (**No School**)

11/8/19- Top Coupon Book Seller (Goes to Main Event)/Thanksgiving lunch reservations

11/11-11/15- Food Drive

11/12- Principal For The Day (community visitor)

11/18- Thanksgiving lunch money **due**

11/19- Thanksgiving Lunch

11/27-11/29- Thanksgiving Holidays (**No School**)

11/27- Fantasy of Trees (6:15 pm)

12/19- WinterFest (9:00 am)

12/20- ½ Day For Students (11:15 dismissal)

12/23- 1/6- Winter Holidays (**No School**)



We Are Thankful For Our Fair Garden Parents

November is the time of the year to acknowledge the things we are thankful for in life. Parents, at Fair Garden, we are thankful for each of YOU. Thank you so much for the support you give us with your child every day. Thank you for always making sure your child comes to school daily ready to learn, ready to listen, ready to be respectful, and ready to use helpful hands throughout the day.

A Note From Our Social Worker

Safety

You've spent years teaching your children how to be safe. By using the *Talking About Touching* curriculum, I'm just emphasizing what you've already taught them. When children hear **ALL** the adults in their lives reinforcing the same rules and teaching the same responses, they gain a sense of well-being and security from it. Here are the lessons we are covering in the first 4 lessons of our *Talk About Touching* curriculum:

Car Safety: We spent time talking about how important it is to always be in a carseat, boosterseat, or seatbelt, depending upon age or size. The American Academy of Pediatrics has published an updated policy statement on childhood passenger safety:

- A. All infants and toddlers should ride in a rear-facing car safety seat (CSS) as long as possible, until they reach the highest weight or height allowed by their CSS's manufacturer. Most convertible seats have limits that will permit children to ride rear-facing for 2 years or more.
 - B. All children who have outgrown the rear-facing weight or height limit for their CSS should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by their CSS's manufacturer.
 - C. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly, typically when they have reached 4 ft 9 inches in height and are between 8 and 12 years of age.
 - D. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap and shoulder seat belts for optimal protection.
 - E. All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.
2. **Traffic Safety:** In Our traffic safety lesson, children are reminded to look in **ALL** directions before crossing the street; hold an adult's hand, and listen for sounds that indicate danger.
 3. **Fire Safety:** Ask your child what he/she learned about fire safety. Ask what she/he would do if another child wanted to play with a lighter or matches. The response children learn in class is to say "No" and then tell you about it.
 4. **Gun Safety:** Our students are reassured that most guns are locked up safely. However, if they were to find a gun, they are not to touch it but to find a grown up and tell them where it is so that it can be put up safely.

Be sure to congratulate your child on practicing these safety rules. They are being encouraged to follow your safety rules, and to assertively say "No, that's not safe" if another child encourages them to do something that could cause them harm.



Positive Quote:



A Message from Mrs. Spikes



“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.”
Jane D. Hull

Thank you to every parent that attended Dawgs For Dads. I feel so blessed to have so many parents that want to take an active role in their child’s life, especially fathers. Parents, please ask your child’s teacher how you can help your child be the best student he or she can be at school. Parents, we want you to volunteer in our classes. We want you to see what your child is doing every day, as we become problem-solvers, readers, mathematicians, etc. We want to continuously work together, as a school family to promote success. Thank you for making sure your child comes to school EVERY day ready to learn. "Together we can make a difference."

Remember, ReadyRosie is a fun way for you and your child to learn together at home and reinforce what we are learning at school. Happy learning! Please visit ReadyRosie for fun with a Candy Sort Graph, Decorating Cupcakes, Sharing Goldfish, and Snack Count:

https://app.readyrosie.com/en/playlists/6835?utm_content=playlist-6835-link&utm_medium=email&utm_source=rr-playlist



ReadyRosie

pre-K

En-Lightening News

from Nurse Amanda

Cold and flu season is upon us...The number one way to prevent getting

The Health Department will be administering flu vaccinations for students at Fair Garden on **Friday, November 1st**.



What is diabetes mellitus?

Diabetes mellitus is a disease that prevents your body from properly using the energy from the food you eat. Diabetes occurs in one of the following situations:

- The pancreas (an organ behind your stomach) produces little insulin or no insulin at all. Insulin is a naturally occurring hormone, produced by the beta cells of the pancreas, which helps the body use sugar for energy.

-Or-

- The pancreas makes insulin, but the insulin made does not work as it should. This condition is called insulin resistance.







<https://my.clevelandclinic.org/health/diseases/7104-diabetes-mellitus-an-overview>

type 1 and type 2

- Type 1** diabetes occurs because the insulin-producing cells of the pancreas are damaged. The pancreas makes little or no insulin, so sugar cannot get into the body's cells for use as energy. Type 1 is the most common form of diabetes in people who are under age 30, but it can occur at any age. Ten percent of people with diabetes are diagnosed with type 1.

- In **type 2** diabetes (adult onset diabetes), the pancreas makes insulin, but it either doesn't produce enough, or the insulin does not work properly. Nine out of 10 people with diabetes have type 2. This type occurs most often in people who are over 40 years old but can occur even in childhood if there are risk factors present.

Prevent Type 2 Diabetes

- Eat healthfully 
- Be physically active 
- Lower your stress 
- Limit alcohol intake 
- Get enough sleep 
- Quit smoking 

RISK FACTORS that may increase your chance of getting diabetes:

- *Family history of diabetes
- *Being overweight
- *Smoking
- *African-American, Hispanic, Native American, or Asian-American race, Pacific Islander or ethnic background
- *Age (risk increases with age)
- *Physical stress (such as surgery or illness)
- *High blood pressure
- *Use of certain medications, including steroids
- *Injury to the pancreas (such as infection, tumor, surgery or accident)
- *Autoimmune disease
- *History of gestational diabetes
- *Abnormal blood cholesterol or triglyceride levels

Manage Your Diabetes

- Plan what you eat and follow a balanced meal plan
- Exercise regularly
- Take medication as prescribed
- Monitor your blood glucose and blood pressure levels at home
- Keep your appointments with your healthcare providers

What you do at home every day affects your blood glucose more than what your doctor can do every few months during your check-up.

Through good health and a safe environment, every child can achieve their optimal potential.

