

Nettle News

Nettle Middle School... *Home of the Knights!*

January 6th, 2019



Congratulations to the [6th Grade](#) for winning Spirit Week!

IMPORTANT DATES

JANUARY 6th

First day back from vacation!

Faculty Meeting 2:55pm

JANUARY 8th

PTO Meeting 6:00pm-7:30pm*

*Please note change in date.

JANUARY 9th

UNO's Family Night

Basketball Game at Consentino

JANUARY 14th

Site Council Meeting 4:45pm-5:45pm*

*Please note change in date.

Basketball Game at Sacred Heart

JANUARY 13th - JANUARY 17th

ACCESS Testing for all English Language Learners

JANUARY 16th

Basketball Game at Whittier

JANUARY 20th

Martin Luther King Jr. Day, No School

FROM THE PTO

UNO's Family Night is on **January 9th!**

Flyers will be sent home this week.

Please bring the flyer to UNO's and part of the proceeds from your meal will go to the Nettle PTO. *Change in meeting date this month to January 8th.

DOJO THEME OF THE WEEK

Each week we will have a theme for students to earn Class Dojo points in addition to their usual points. The theme for this week is *Compromise*.

STAR TESTING

The Star testing window is open **January 6th to February 5th**. Star assessments are short tests that provide teachers with learning data. By pinpointing exactly what students know, teachers can personalize a student's practice to keep them growing. Plus, short test times ensure students spend more time learning and less time testing.

MORNING DROP-OFF

Families driving students to school must use the back entrance at Golden Hill Ave. Students may not be dropped off in the front of the building as it causes unsafe traffic issues with the buses. Drop off is 8:05am-8:25am.

FIVE TIPS TO KEEPING KIDS HEALTHY THIS WINTER (From Scholastic.com)

1. **Get Enough Sleep.** Sufficient sleep is an essential component of good health and disease prevention. A good night's sleep makes everyone more productive and keeps our immune systems operating well. Younger kids should get 10 hours of sleep per night, which drops slightly (8.5-9.5 hours) for children aged 10-17.
2. **Eat Well.** Healthy eating fuels our immune systems and plays a huge role in our long-term health. Encourage your family to eat brightly-colored fruits and vegetables – ideally 2 fruits and 3 vegetables per day during meals and snacks.
3. **Stay Active.** Kids are supposed to get at least 60 minutes of physical activity per day. During the week, they may accomplish part of this during school but make sure that they're getting their full 60 minutes afterwards, and especially during holidays and weekends.
4. **Watch Outdoor Temperatures.** Many kids want to run outside at the first sign of fresh snow. Playing outdoors is great for them and can help them stay active during the day. Just remember to limit their time outdoors when it's very cold, and especially when temperatures drop into the 20's, or lower depending on the wind chill. Remember to keep them properly outfitted (layers of clothes, coats, gloves, etc.).
5. **Wash Hands.** This is *the single most effective way* to prevent most winter illnesses (and throughout the whole year)! Any virus can be spread when an infected person coughs, sneezes, or touches a surface and leaves behind secretions. Hand washing -- regularly and correctly -- can dramatically reduce much of the exposure.

Cover
your
Cough



cough or sneeze into
your upper sleeve,
not your hands.