



A MESSAGE FROM THE PRINCIPAL

Healthy Habits During Flu Season

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Hand-washing offers great rewards in terms of preventing illness. Adopting this habit can play a major role in protecting your health. It involves five simple and effective steps -Wet, Lather, Scrub, Rinse, Dry. Regular handwashing is one of the best ways to reduce the spread of germs so you can stay healthy. It is a win-win for everyone, except the germs.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Ms. Littell☺

Special Areas Update – Physical Education 

The Physical Education Department is running its annual Jump Rope for Heart fundraiser to support The American Heart Association. In class, we tie in the importance of community, selflessness as well as cardiovascular health and fitness. The second week in February is when the actual event will take place in class. The gym will be set up in stations all emphasizing jumping, moving and heart healthy activities and challenges.

**IMPORTANT
LEGO Drive**

Have your kids outgrown their Legos? Donate them to us! We are looking for new or gently used Lego bricks of all shapes and sizes for Sunquam’s Makerspace. All donations are greatly appreciated!



SCHOOL WEEKLY EVENTS & FIELD TRIPS



February 5 – 2-P & 2-F - Planetarium
 - 4-G – Discovery Center
February 6 – 2-Z/G – Planetarium
 - 4-P – Discovery Center
February 7 – 2-Kn – Planetarium
 - PTA Meeting – 9:30 a.m. – cafeteria
February 8 – 2-Ke – Planetarium
February 9 – 4-S & 4-H/S – Raynham Hall

February 13 – 1-G – Vanderbilt Museum
February 14 – 1st Grade Valentine Exchange – classrooms
 - 3-I, 3-D, 3-M, 3-P/H, 3-H – John Engemann Theater
 1-K, 1-R – Vanderbilt Museum
February 15 – 1-B, 1-D – Vanderbilt Museum
February 16 – **SPIRIT WEAR DAY**
 - 4-G, 4-P – Raynham Hall
February 19 – **President’s Day – School Closed**

February 20-23 – **Winter Recess – School Closed**
February 27 – **PARP Launch**
 - Arts in Education – to support PARP
February 28 – K-T – African Folktales
March 1 – 5-L, 5-F – Caleb Smith Park
March 2 – **Mystery Reader Day**
 - PARP Family Fun Night

PTA WEEKLY NEWS

On Tuesday, February 27, the Sunquam students will find out this year’s best kept secret.....the theme for PARP! As part of the PARP program, we will be holding a book fair in the Sunquam cafeteria on March 7 from 4:30-8:00. Flyers with more information about PARP and the book fair will be sent home. Pajama night will be on March 8, 2018 from 6:30-8:00 p.m. Please save the date for our “Spring Fling” to be held on April 26 at the Crest Hollow Country Club. Hope to see everyone at our next PTA meeting on February 7 at 9:30 at Sunquam.

THOUGHTS FOR PARENTS

Cold and flu season is here. Luckily, with simple adjustments to your daily routine, it’s possible to decrease your risk of catching one of these nasty bugs. Make these six simple changes to boost immunity and to avoid catching a cold or flu this season.

1. **Stock up on tons of fruits and vegetables** to pack your meals with vitamins and other health-boosting nutrients.
2. **Cut down on sugar.** Foods that are high in sugar can suppress your immune system, preventing white blood cells from fighting off bacteria and viruses
3. **Wash your hands frequently.** Everything we touch can carry germs, including doorknobs, tabletops, counters, and stair rails.
4. **Add exercise to your routine** to lessen your risk of getting a cold. It will stimulate an immune response.
5. **Give yourself time to destress.** When you’re constantly stressed, your body releases stress hormones that prevent your body from fighting disease.

Get enough sleep. Lack of sleep suppresses the immune system and makes it harder for the body to fight off colds and bacteria.

WEB SITE OF THE WEEK

<https://www.verywell.com/good-kids-habits-to-prevent-cold-and-flu-620491>

QUOTE OF THE WEEK

“The first wealth is health”

~Ralph Waldo Emerson

