



Nimitz Elementary

Dolphin Splash

100 Valley View, Kerrville, TX 78028 (Phone) 830-257-2209 (Fax) 830-895-7905

Volume 1, Issue 1

Principal's Desk

Welcome to the 2009-2010 school year! I hope that your student's school year has started off positively. The level of enthusiasm amongst our staff is high and we are ready for a year full of success.

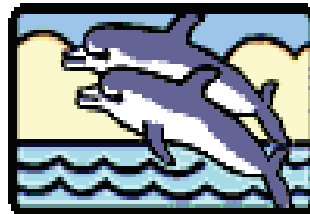
This year, we are putting a focus on communicating with parents in a way that gives you the information you need to assist your child in establishing good habits and responsibility. Every night, your student will bring their folder home. Among other things, the folder will let you

know how your child behaved at school. Please sign and return it every day.

If you have a 3rd, 4th, or 5th grader, we want to let you know when your student has not turned in their homework, and if they have signed their folder 2 times in one day. If you have a kinder, 1st, or 2nd grader, we want to let you know if they have moved their color to red. Therefore, we will call you during the school day if your student is experiencing these types of diffi-

culties. The quicker you know, the more effectively you can handle these types of situations with your child.

Thank you for allowing us to educate your children this year! They are great!



" Imagine... Dream... Believe... Achieve."

Office Space

(Information from the front office)

As the new school year starts, there are a few things to remember regarding student pick up and visiting the school.



1. Let the teacher know if there is a change on how your child will be getting home.
2. To go upstairs, you must have a visitor badge. Entry into the cafeteria and gym is permitted without a badge until 8:00am. After 8:00am, you must enter the doors by the office.
3. When you enter the building, bring your drivers license to be scanned.
4. If you have changes on your relatives or friends who are allowed or not allowed to pick up your child please come by the office.

8/26/2009

Principal
Wade Ivy
Assistant Principal
Charli Stehling

Important Dates:

September 7—Student Holiday

10/6/2009 Family Math Night 6:00-7:30

11/2/2009 Family Reading Night

12/8/2009 Family Science Night

1/11/2010 Family Reading Night 6:-7:30

2/8/2010 Family Reading Night

Inside this issue:

Principals Desk	1
Office Space	1
Clinic Corner	2
Book Nook	2
From the Counselor	2

From The Counselor

The first pillar of Character is TRUSTWORTHINESS

How to be trustworthy



BE HONEST. . .

Don't lie, cheat, or steal.



BE RELIABLE. . .

Keep your promises and follow through on your commitments.



HAVE THE COURAGE. . .

to do what is right, even when it is difficult.



BE A GOOD FRIEND. . .

and don't betray a trust.

Always kiss your children goodnight - even if they're already asleep. -H. Jackson Brown, Jr

As we begin a new school year, Remember that Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits. How much sleep should my child get?

Each child is different and has different sleep needs. Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours.

Children Need And Thrive On Routine

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

Helpful Tips

- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
- Keep the bedtime environment (e.g. light, temperature) the same all night long



Clinic Corner

(News from the Nurse)



HEALTHY KIDS!!!

A few reminders as we start out the school year:

Medicine at School - "KISD will begin implementing new procedures for administering medications at school beginning with the 2009-2010 school year. All medication that must be taken by a student while at school will be brought to the school clinic by the **parent or guardian**. Students will not be allowed to carry medication to and from school. A Medication Administration Permission Form signed by the parent or guardian must be received by the school prior to school personnel giving any medication to a student."

Enjoy a healthy snack of Ants on a Log. Fill celery stalks with peanut butter and top with raisins. Delicious and nutritious.

Illnesses - Your child should stay home if he/she has the following symptoms:

Fever above 100.0 (child must be free of fever for 24 hours before returning to school, **without the use of Tylenol/Motrin**)

Vomiting or diarrhea

Any unexplained rash

Your child will be sent home for any abnormal or acute condition, including the following: fever, any suspected contagious disease (chickenpox, skin rash and pink eye), vomiting and/or diarrhea, etc.

Breakfast - Children feel better and learn better if they eat breakfast. If your child cannot eat breakfast at

home, they can always eat at school. If you need assistance with paying for meals, be sure to fill out the Free/Reduced Lunch form and return it to the office.

There is no reason why ALL children cannot eat breakfast.

Head lice - The school district is required by the Texas Dept. of Health to exclude any child found to have head lice. All students who have lice will be excluded and must have their hair rechecked by the school nurse. They must be free of all lice and eggs before returning to class. Only one day of excused absence is allowed for treatment.

Mrs. Seibel, RN.

School Nurse

257-2209

Book Nook

(Library Happenings)

Welcome to the Library-

Library will be open for classes on Monday, August 24th. We will start checking out books for 2nd -5th on Monday August 31st. **Kindergarten** and 1st grade start checking out books later in the year.

Grades 2nd -5th will be responsible for two books. If a book is overdue

(two weeks), the student cannot check out any more books until the overdue book is returned. There are no late charges but that does not mean the books are never overdue! If a book is lost, it must be paid for before another book can be checked out.

Happy Reading! 📖

NES Library

