



Nimitz Elementary

Dolphin Splash

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Principal's Desk

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Nimitz utilizes Character Counts as a tool to instill basic values, and encourage behaviors that make for a safe, orderly and caring community. There are six pillars; Trustworthiness, Responsibility, Caring, Citizenship, Fairness, Respect. We talk with our students often about these concepts in classrooms and in individual interactions.

Faculty and staff are on the lookout for students with character. To provide real life examples, students who have demonstrated an act of character are recognized on our daily announcements. They also get their picture taken and hung on our "Caught with

Character" display in the cafeteria. We hear stories of students who return lost items, pick up trash, give their best effort, and show kindness to someone in need.

Caught with Character helps us all to focus on the positive, and fosters respect for ourselves, each other and our property. I encourage you to try this in your own homes and work places. If you see someone being trustworthy, kind, or respectful, let them know that you noticed it and that you are thankful for it.

Principal
Wade Ivy
Assistant Principal
Charli Stehling

Important Dates:

- ☺ 11/18/09 Fall Picture Retakes
- ☺ 11/25/09—11/27/09 Thanksgiving Break
- ☺ 12/3/09 Honor Choir Holiday Concert 6:30 pm
- ☺ 12/8/09 Family Science Night 6:00-7:30 pm
- ☺ 12/21/09—1/4/10 Christmas Break

Office Space

(Information from the front office)

Several times a year, we lay lost jackets and clothing out in the courtyard in hopes that students will walk by and find their lost clothing. Unclaimed items represent literally thousands of dollars each year. Please write your child's name with permanent marker on jackets, sweatshirts, and "hoodies" so we can get these lost articles home where they belong.

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said. -Unkown

Hundreds of cars pass through our driveways each day. Safety is everyone's responsibility. Drop off and pick up your children from the right lane of the drive. Stopping on the left side blocks traffic, and puts your child at risk of being hit by a car. Drive slowly while on school property. Look at least two times before turning, backing out, proceeding forward, or changing lanes.

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Six Pillars of Character (Pillar Three)

RESPONSIBILITY: HOW TO BE A RESPONSIBLE PERSON

- ☺ Be reliable and dependable; when you agree to do something, do it.
- ☺ Take care of your own business. Don't make others do what you are supposed to do.
- ☺ Take responsibility for your actions; don't make excuses or blame others.
- ☺ Use your head; think before you act; imagine the consequences.

Clinic Corner

(News from the Nurse)

COLD AND FLU SURVIVAL GUIDE

Get plenty of Zzzzzz.

Studies show that lack of sleep can make you more susceptible to illness by reducing the number of cells in your body dedicated to fighting off viruses and bacteria. The average adult requires 6-8 hours of sleep, elementary children require 9 - 11 hours.

Family togetherness!

Exercising increases your sickness-fighting cells. Get the whole family in the habit of exercising together to improve your health and to enjoy some quality time together. Try walking, biking, go to the park – great time to talk to your kids!!

Germ Warfare!!

WASH HANDS – the single most important thing EVERYONE can do to prevent the cold/flu and stop the spread. Soap and water is all you need. Wash before and after you eat,

after playing outside, using the bathroom, handling pets, blowing noses, and after being anywhere in public. Carry hand-sanitizer/wipes for when you are out and about for quick clean-ups.

Drink up!

You have probably heard how important it is to drink plenty of fluids when you are ill, but it's just as important for preventing illness. Adequate hydration keeps the tissue of the respiratory system moist, which prevents microbes from settling in. Hydration also helps the immune system work properly.

Air Out

Open a window or two in your home just a crack for a few minutes each day. You'll let out indoor air pollutants that may be stressing your immune systems as well as chase away germs.

Keep it cool

An overheated home promotes dry air, the perfect environment for viruses

EFFECTIVE CONSEQUENCES

Children are not "little adults" like we sometimes think. Their brains are different so they do not understand a lot of words, long explanations or lectures.

■ Consequences help teach children how to behave well. When giving consequences make sure they are:

◆ **Immediate:** They should follow as soon after the unacceptable behavior as possible.

◆ **Logical:** They should relate to the misbehavior. For example, if you have set a rule that your child cannot play with a toy in the house and they do, a logical consequence would be to take away the toy for the rest of the day.

◆ **Fair:** The consequence should be enough to teach them the lesson but not too harsh, too much, or too long. For example, less serious misbehaviors, would have smaller consequences.

◆ **Well thought out:** Take time to be calm and think about the situation before you react. If you are angry, you are more likely to say consequences that you will not follow-through with.

◆ **Followed by forgiveness:** When a consequence is over it should be over. No lectures, nagging, or anger.

to thrive. And when your mucous membranes, (i.e. nose, mouth, and tonsils) dry out, they can't trap those germs very well. Lowering the heat in your house 5 degrees and using a room humidifier helps maintain a healthier level of humidity in the winter.

Pump up on produce

Carrots, kiwis, raisins, green beans, oranges, strawberries; they all contain such immunity-boosting phytonutrients as Vitamin C and carotenoids. Vegetables including broccoli, cabbage, cauliflower, are good sources of Vitamin C and calcium.

Go easy on the sweets –

Sugar makes the body acidic, just the way pathogens like it (they thrive on sugar). So especially during cold and flu season, reduce sugar intake.

From WebMD



Cough into the crook of your arm to help decrease the spread of germs.

Child Safety Seats

CAR SEATS ARE RESPONSIBLE FOR SAVING THOUSANDS OF LIVES EACH YEAR. ALL CHILDREN UNDER 8, UNLESS THE CHILD IS TALLER THAN 4'9", MUST BE IN A CHILD

mini pizzas - spread tomato paste or spaghetti sauce onto a toasted English muffin, sprinkle with shredded mozzarella cheese and any other toppings you like. Heat in the broiler for a minute or two until cheese is bubbly.

SAFETY SEAT, PREFERABLY IN THE BACK SEAT.

REAR-FACING SEATS ARE FOR INFANTS FROM BIRTH TO 1 YEAR OLD AND UP TO 35 POUNDS.

FORWARD-FACING SEATS ARE FOR TODDLERS AGE 1 TO 4 AND 20 TO 40 POUNDS.

BOOSTER SEATS ARE FOR CHILDREN AGES 4 TO 8 AND OVER 40 POUNDS.