

WELLNESS WATCH

FALL 2023 EDITION



All About Asthma

THE SCHOOL NURSE HIGHLY RECOMMENDS THAT ANYONE WHO HAS A STUDENT WITH REACTIVE AIRWAY DISEASE (ASTHMA) WATCH THE VIDEOS BELOW WITH YOUR STUDENT AND PRACTICE THE APPROPRIATE WAY TO EFFECTIVELY ADMINISTER THE MEDICATION FOUND IN AN INHALER.



Fire Safety Tips and Tricks

Prepare so you can protect!

Home fires are the most common type of emergency in the U.S. Home fires can be prevented by following basic safety tips such as:

- **Cooking Safety-** closely monitor meals and keep anything that can catch on fire away from the stove.
- **Heating Safety-** keep anything that could catch on fire at least three feet from heating equipment such as heaters or fireplaces.
- **Electrical Safety-** always plug appliances directly into wall outlets, make sure power cords are not across doorways or under carpets, and have all electrical work done by a certified electrician.
- **Child Safety-** store matches and lighters out of children's reach and sight.
- **Smoking Safety-** if you smoke, do so outside.
- **Candle Safety-** never leave candles unattended.

Working smoke alarms save lives- ensure there is a smoke alarm on every level in your home and test them regularly!

-Information retrieved from the American Red Cross

FOR YOUR INFORMATION

TECH TIPS



As students spend more time online, whether it is playing multiplayer games, using educational apps, or watching YouTube, it is vital that they understand the basics of online safety and privacy. There are some general guidelines to what is and is not OK to share online.

- Use privacy settings on all apps (new and old)
- Avoid location tracking
- Use complex passwords and change them often
- Discuss personal (OK to share) vs. private information (NEVER ok to share!)

DON'T FORGET TO SET
CLOCKS BACK NOVEMBER
5TH!



Be a SUPERHERO... Become a VOLUNTEER!

The students and staff at Sylvan Heights Science CS have amazing learning experiences planned for this year. In order to make those plans reality, **WE NEED YOU!** How can you help? Become an approved School Volunteer!

1. **Request** a Volunteer Application Manual from the Office
2. **Complete** all forms
3. **Complete** the three required clearances:
 - a. PA State Police Criminal History Report
 - b. Federal Criminal History Report
 - c. PA Department of Human Services Child Abuse Report
4. **Return all** completed paperwork to the Main Office to be reviewed.



You will be notified when your paperwork has been reviewed and approved. Once you are an **approved** volunteer, you may volunteer your time and talents for onsite activities (classroom helper, school store, guest reader, after school/evening events) and offsite learning experiences (chaperone for field studies).

Contact the School Office to become a Sylvan Heights volunteer today!

DIGITAL CITIZENSHIP WEEK

OCTOBER 16- 22

THIS WEEK IS DEDICATED TO FOCUSING ON TEACHING OUR STUDENTS HOW TO ACT SAFELY AND ETHICALLY ON THEIR HOME AND SCHOOL DEVICES. IT IS A WEEK SPENT HIGHLIGHTING THE IMPORTANCE OF ACTING RESPONSIBLY IN DIGITAL SPACES. THE JOURNEY TO BEING A DIGITAL CITIZEN DOESN'T END HERE- WE WORK ON IT ALL SCHOOL YEAR LONG! HELP US IN CELEBRATING THE IMPORTANCE OF BECOMING A RESPONSIBLE INTERNET USER!



SCAN ME

WATCH A VIDEO TO LEARN MORE ABOUT DIGITAL CITIZENSHIP! LEARN WHAT IT IS AND WHY IT MATTERS!

JUST A REMINDER!

ITEMS THAT ARE NOT ALLOWED AT SCHOOL INCLUDE:

1. ENERGY DRINKS
2. CANDY
3. HOODIES
4. MONEY
5. TOYS (UNLESS SHOW AND TELL)



KEY TO STAYING SAFE MAKE AN ESCAPE PLAN

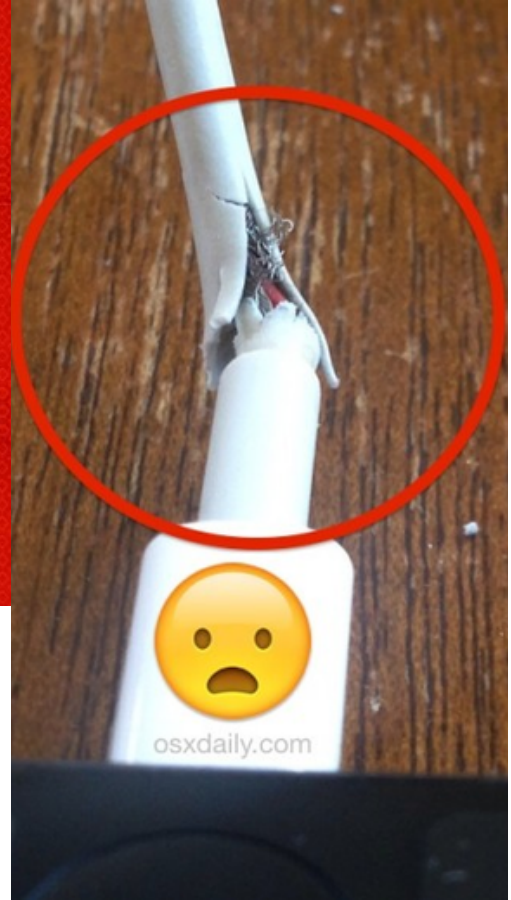


1. FIND TWO WAYS OUT OF THE HOUSE.
2. CAREFULLY CHECK IF DOOR IS HOT.
3. STAY LOW TO FLOOR.
4. PICK A SAFE PLACE TO MEET OUTSIDE.
5. CALL 9-1-1
6. DON'T GO BACK IN THE HOUSE FOR ANYTHING.

MEET IN
SAFE PLACE

EXIT

FIRE PREVENTION WEEK



MAKE YOUR HOME FIRE-SAFE!



1.

Install smoke detectors on every floor and in bedrooms. Replace batteries at least once a year, and test monthly.



2.

Stay in the kitchen while you're cooking on the stove or broiling, and in the house if you're baking.



3.

Keep anything flammable at least 3 feet from space heaters. Turn off space heaters when you leave or go to sleep.



4.

Ask smokers to go outside, and provide deep ashtrays. Never smoke in bed!



5.

Never use extension cords for appliances. Don't use damaged, cracked, or frayed cords.



6.

Keep matches and lighters up high, out of the reach of children. Use child safety locks on cabinets.



7.

Keep candles at least a foot from anything flammable. Blow out candles before leaving the room or sleeping.



8.

Have a fire escape plan, and practice it with your family at least twice a year.



9.

If you're building a new house or remodeling, install home sprinklers.



10.

Have a fire extinguisher, and know how to use it. Don't try to use it on large fires- just get out!



STRANGER DANGER

Before You Eat, Inspect Your Treat!



Check and sort treats before consuming them



Examine wrappers for signs of tampering



Read labels for food allergens

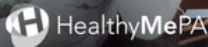


Discard any home-baked goods



Remove choking hazards for small children,
such as hard candy and gum

Source: FDA



KEEPING KIDS SAFE AT NIGHT

1. WALK IN GROUPS
2. MAKE SURE AN ADULT IN THE GROUP HAS A CELL PHONE
3. WEAR A GLOW BRACELET OR NECKLACE SO CARS CAN SEE YOU.

CHECK OUT THIS WEBSITE
FOR SOME GREAT SAFETY
INFORMATION!



SCAN ME

Leaves ARE
Falling
AUTUMN
IS Calling



OUT AND ABOUT

NEW

EVENTS AROUND THE AREA

Did you know there are numerous things in the area to do? Check out the Dauphin County Parks and Recreation website for details!



SCAN ME

What's New In Physical Education (PE)

PE helps students develop social skills and the ability to work cooperatively and effectively with others. It also increases fitness levels in students and encourages a life long interest in physical activity which will help them become healthy adults.

SO FAR THIS YEAR:

We have completed our throwing and four square unit.

NEXT UP: JUMP ROPE

This is a favorite among the student and a great unit for students to increase physical fitness.

JUMPROPE AT HOME

We will start our jump-rope unit on Monday October 16, 2023. I challenge you to ask your child at home to show you what they have learned.

REMINDER- PE DAYS

Please be sure your child wears appropriate attire and sneakers. Please see the chart below for your child's PE days or reach out to Mrs. Buterbaugh on Class Dojo if you have questions.

Monday/Thursdays:

Mr. O
Miss McCraw
Mrs. Beutler
Mr. Edwards
Mr. Wagner

Tuesday/Friday

Miss Long
Miss Morris
Miss Richardson
Mr. Martire
Mrs. Harte

