



# AES: Lil' Dragon Fire



JANUARY 12, 2018

## Important Information



**01/17** Mid-trimester 2

**01/19** Mid terms go home

**02/06** PTO Meeting  
6:30 PM

**02/16** Early release;  
12:30pm

**02/19** No School

**02/28** End of Trimester #2

**03/02** Report Cards to go home

**03/08** Preschool Screening

**03/19** No school

**03/30 - 4/2** No school

The National Center for Missing and Exploited Children ([NetSmartzKids.org](http://NetSmartzKids.org)) has some excellent resources for parents and educators to use as we help our children interact with technology and the internet. On their site, [NetSmartzkids](http://NetSmartzkids) provides some great information, and offer the following statement: The Internet has drastically changed the way that children interact with the world. They have access to in-depth knowledge, tools to express their creativity, and people from all over the world. Yet along with offering a fascinating, new way to connect with the world, the Internet also offers new risks, such as:

- Cyberbullying
- Exposure to inappropriate material
- Online predators
- Revealing too much personal information

Here is some helpful information for adults to consider as we help our kids use the internet productively and safely.

**PROTECTING YOUR KIDS ONLINE:** For more resources visit [NetSmartz.org](http://NetSmartz.org)

**TAKE CHARGE:** Set some ground rules. Establish basic guidelines like when your kids can go online, what sites they can visit, and how many texts they can send a month, so everyone is on the same page. Research before you buy. Did you know that handheld games can connect to the Internet or that many laptops have built-in webcams? Understand what technology you're bringing into your home. Don't just sit there—REPORT! If your kids are dealing with cyberbullies or potential predators, report them to the website, cell phone service, law enforcement, or [www.cybertipline.com](http://www.cybertipline.com).

**MONITOR:** Supervise internet use. If you can see what your kids are doing, they're less likely to get in trouble. Safeguards ≠ Safe Kids. Installing CIA-level monitoring software on your kids' computers does not guarantee they'll be safe online. Technology can't replace your time and attention as a parent or guardian. Don't go overboard. It's smart to keep an eye on your kids' social networking profiles, but it's never cool when you post embarrassing messages or pictures to their page.

**COMMUNICATE:** Talk to your kids; they're not as mysterious as you think. Your kids might not tell you everything, but that doesn't mean you shouldn't ask. Get involved so you're not the last to know. Challenge them to a duel. If you have kids who like to play video or computer games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules. Don't pull the plug. Taking away your kids' Internet access because they've done something wrong doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

### Adrian Elementary School

515 Oklahoma Ave.  
Adrian, MN 56110

**Phone:** 507.483.2225

**Fax:** 507.483.2461

[www.isd511.net](http://www.isd511.net)

### Visit us on Facebook:

[www.facebook.com/adrianelementary](http://www.facebook.com/adrianelementary)

# Nurse Notes

## Tips to Avoid Getting a Cold or Influenza

**Get a flu shot.** It's the No. 1 thing you can do to prevent the flu. There is still time to get your flu shot, flu season can last until May.

**Wash your hands -- a lot.** No matter what line of work you're in, if you come in contact with people who are contagious, you have to wash your hands over and over.

It sounds so simple, but soap and water are the constant companions of doctors and nurses. To completely get rid of viruses from your skin, you need to scrub hard for 20 seconds or more. A good way to time yourself is to sing "Happy Birthday" twice while scrubbing the backs of your hands, between your fingers, and under your nails. It doesn't matter if the water's hot or cold -- the very act of scrubbing will physically remove the germs.

**Use alcohol-based hand sanitizer.** If you can't get to soap and water, sanitizer can kill cold and flu germs.

**Avoid getting close to people who are sick.** For example, don't shake hands or come into close contact with sick individuals.

**Keep your surroundings clean.** Keeping your environment clean—whether at home, work, school or the hospital—is an important way to prevent infection. Dangerous germs can take up residence anywhere. By keeping them to a minimum, you will reduce your chances of developing an infection and improve your health.

### **Clothing Donations Needed**

The school is looking for donations of clothing for students. Accidents happen and we have a very limited supply of clothes.

Please make sure clothing is clean and free of holes.

- We are looking for
  - Boys pants; sizes 6-12
  - Girls pants; sizes 5-12
  - Girls t-shirts; sizes 5-12

Thanks for your help.

**Keep up a healthy lifestyle.** It's important to look after your own health. Get adequate rest -- which people underestimate -- get good nutrition, don't smoke, and keep your allergies controlled.

### **Mid-Trimester 2**

Mid-trimester 2 is on Wednesday, January 17. Grades will be sent home on Friday, January 19th with students in grades 3 through 5. Be sure to check your student's Friday folder on this day for their progress report. If you have any questions or concerns, feel free to contact your child's teacher.

### **Adrian Community Education - Dragon Adventures - After School Program**

**\*Students can sign up for one day or multiple days. Drops in are always welcome; we just ask that you contact the school by noon that day and bring \$3 at pick up.**

**01/15 No School**

**01/16 MLK/Makerspace/Crochet**

**01/17 4-H Wednesday**

**01/18 Dream/Crochet**

**01/19 Indoor Games**

**01/22 Desert**

**01/23 Ocean/Makerspace/Crochet**

**01/24 4-H Wednesday**

**01/25 Wetland/Crochet**

**01/26 Forest**

**01/29 Fingerprints**

**01/30 Slime/Makerspace/Crochet**

**01/31 4-H Wednesday**

For more information about Dragon Adventures or for a registration form, contact Mrs. Dibbern at 507.483.2225 ext. 101 or [j.dibbern@isd511.net](mailto:j.dibbern@isd511.net)