



# SILVER CREEK PRIMARY HEALTHY DRAGONS NEWSLETTER

Dear Parents and Staff,

We would like to welcome everyone back! We are sure you all enjoyed summer and we hope you made some wonderful memories. Now that school is back we want to make sure that everyone is taking care of their health! August is National Wellness Month! We encourage you to focus on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! Self-care promotes **HAPPINESS** 😊

## What Time Should Your Kids Go To Bed?

Age	Wake Up Time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Bed Time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:15 PM	8:30 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

Credit: Wilson Elementary School

**Immunization letters sent 8/10/18, please notify with appointment date or send in updated records. Any information previously turned into office or uploaded were verified with CHIRP, you were then notified of what is still needed/due. Please advise Indiana law provides that no student shall be permitted to attend school for more than 20 days beyond the date of his enrollment without**

- (A) current immunization statement**
- (B) a statement by physician that the required immunizations have been delayed and that a time schedule for immunizations has been established**
- (C) a statement of religious objections or a medical exemption are on file**

## -UPCOMING-

**Safety Drills-throughout month of August**

**Picture Day- August 21**

**Dental Visit-Forms Due August 22**

**Walk A Thon Kickoff- August 27**

**SILVER CREEK**

**DRAGON FOUNDATION**

**Please help support your schools. The foundation was built to help our community and we welcome any and all volunteers. Visit our site**

<https://www.scdragonsfoundation.com/--->



## -REMINDER-

Each student needs to have a set of extra clothing. The Health Office has some items but trying to match sizing can become difficult. Please place underwear, socks, shirt and bottoms in a large ziplock bag marked with student name. IF you have an old pair of shoes that you can send that would also be greatly appreciated. This is not just for "potty" accidents but if your child was to spill food, fall in mud ect.

**Care Plans sent 8/10/18. These are for students with medical conditions. It is extremely important that those are completed and returned ASAP.**



Silver Creek Primary School has the honor of having their own Safety Resource Officer. Our SRO is a sworn officer with the Clark County Sheriff's department and is on our campus daily. Having her provides an extra feeling of safety and comfort for the students, staff and parents. As we never expect anything to happen to our school we also want to make sure we are completely prepared. So please help us in welcoming Officer Mary Sanchez who has been in law enforcement for 32 years!



## Stop the Bleed Campaign!

Every second counts when it comes to emergency bleeding control. The Stop the Bleed Campaign aims to provide training for everyone in what to do in an emergency bleeding situation and to give everyone the tools to save a life.

Casey Prane RN, BSN Director of Health Services for WCCS has partnered with Clark County Health Department to help initiate the Stop the Bleed Campaign. More information coming soon!