



# Ellicottville Elementary



## March 2012

This month's character trait is **Humility & Good Sportsmanship**.

**Humility** – Showing modesty and humbleness will always make people more comfortable. Avoid being arrogant if you want to maintain friendships.

**Good Sportsmanship** – Show respect for opponents and gracious behavior in winning or losing.



### IMPORTANT DATES

March 8	Performing Arts Program Gr. K & 1
March 11	Daylight Saving Time
March 14	NOON DISMISSAL Parent/Teacher Conferences
March 15	Performing Arts Program Gr. 4 & 5, Spring Pictures and the Irish Dance Assembly
March 17	St. Patrick's Day
March 20	1 <sup>st</sup> Day of spring PreK Parent/Child Activity Night
March 22	Eagle Time – Host Gr. 4

Read to Ride student tracking charts are due the day we come back from vacation. Enjoy lots of time spent reading over vacation!

#### Communication and Information:

#### Message from the Nurse, Mrs. Golley

#### Burns: First aid

To distinguish a minor burn from a serious burn, the first step is to determine the extent of damage to body tissues. The three burn classifications of first-degree burn, second-degree burn and third-degree burn will help you determine emergency care.

## 1st-degree burn

The least serious burns are those in which only the outer layer of skin is burned, but not all the way through.

- The skin is usually red
- Often there is swelling
- Pain sometimes is present



Treat a first-degree burn as a minor burn unless it involves substantial portions of the hands, feet, face, groin or buttocks, or a major joint, which requires emergency medical attention.

## 2nd-degree burn

When the first layer of skin has been burned through and the second layer of skin (dermis) also is burned, the injury is called a second-degree burn.

- Blisters develop
- Skin takes on an intensely reddened, splotchy appearance
- There is severe pain and swelling.

If the second-degree burn is no larger than 3 inches (7.6 centimeters) in diameter, treat it as a minor burn. If the burned area is larger or if the burn is on the hands, feet, face, groin or buttocks, or over a major joint, treat it as a major burn and get medical help immediately.

**For minor burns**, including first-degree burns and second-degree burns limited to an area no larger than 3 inches (7.6 centimeters) in diameter, take the following action:

- **Cool the burn.** Hold the burned area under cool (not cold) running water for 10 or 15 minutes or until the pain subsides. If this is impractical, immerse the burn in cool water or cool it with cold compresses. Cooling the burn reduces swelling by conducting heat away from the skin. Don't put ice on the burn.
- **Cover the burn with a sterile gauze bandage.** Don't use fluffy cotton, or other material that may get lint in the wound. Wrap the gauze loosely to avoid putting pressure on burned skin. Bandaging keeps air off the burn, reduces pain and protects blistered skin.
- **Take an over-the-counter pain reliever.** These include aspirin, ibuprofen (Advil, Motrin, others), naproxen (Aleve) or acetaminophen (Tylenol, others). Use caution when giving aspirin to children or teenagers. Though aspirin is approved for use in children older than age 2, children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. Talk to your doctor if you have concerns.

Minor burns usually heal without further treatment. They may heal with pigment changes, meaning the healed area may be a different color from the surrounding skin. Watch for signs of infection, such as increased pain, redness, fever, swelling or oozing. If infection develops, seek

medical help. Avoid re-injuring or tanning if the burns are less than a year old — doing so may cause more extensive pigmentation changes. Use sunscreen on the area for at least a year.

### Caution

- **Don't use ice.** Putting ice directly on a burn can cause a person's body to become too cold and cause further damage to the wound.
- **Don't apply egg whites, butter or ointments to the burn.** This could cause infection.
- **Don't break blisters.** Broken blisters are more vulnerable to infection.

### 3rd-degree burn

The most serious burns involve all layers of the skin and cause permanent tissue damage. Fat, muscle and even bone may be affected. Areas may be charred black or appear dry and white. Difficulty inhaling and exhaling, carbon monoxide poisoning, or other toxic effects may occur if smoke inhalation accompanies the burn.

**For major burns,** call 911 or emergency medical help. Until an emergency unit arrives, follow these steps:

1. **Don't remove burned clothing.** However, do make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat.
2. **Don't immerse large severe burns in cold water.** Doing so could cause a drop in body temperature (hypothermia) and deterioration of blood pressure and circulation (shock).
3. **Check for signs of circulation (breathing, coughing or movement).** If there is no breathing or other sign of circulation, begin CPR.
4. **Elevate the burned body part or parts.** Raise above heart level, when possible.
5. **Cover the area of the burn.** Use a cool, moist, sterile bandage; clean, moist cloth; or moist cloth towels.

**Get a tetanus shot.** Burns are susceptible to tetanus. Doctors recommend you get a tetanus shot every 10 years. If your last shot was more than five years ago, your doctor may recommend a tetanus shot booster.

### Message from the Guidance Office: Mr. LaCroix

#### HELPING PARENTS IMPROVE CHILD BEHAVIOR AT HOME

By Mary Pat McCartney of the *American School Counseling Association*  
for [GuidanceChannel.com](http://GuidanceChannel.com)

One of the responsibilities of being a school counselor is to help parents help their children. Although most of our time is spent as a resource for students and staff at school, we also deal with concerns from parents about a child's behavior at home. How do school counselors effectively handle a parent's request for help? What are some guidelines that could be followed when school counselors respond to parental calls for behavioral advice and/or

support? This article will delineate some general "how-to's" that can serve as a quick reference for school counselors to use when helping parents improve a child's behavior.

Effective parenting is not synonymous with perfect parenting. No parent can be expected to raise a responsible child without ever having to deal with a problem. Remind the parent that parenting can be challenging. It is important to use the resources available to help with solving problems. Most concerns might be categorized into three main issues: lack of motivation and/or low self-esteem, poor peer interactions, and non-compliance with authority. Whatever the problem, however, it's helpful to keep in mind some basic parenting principles. The list below represents some key points to review with a parent who calls for advice.

**Clearly state the behavior you expect.**

Move close, look your child in the eye and tell your child in a calm voice what you want him/her to do. Be specific and avoid using negatives such as no, stop, don't. For example:

- Instead of "stop running," try "walk."
- Instead of "no grabbing," try "ask for a turn."
- Instead of "stop yelling," try "speak softly."

**Catch them being "good."**

Look for appropriate behavior and praise it. For example, say:

- "Nice work setting the table!"
- "Excellent, you got right to work on your report!"
- "Wonderful -- you let your friend decide on a game."

**Let them know you understand their feelings.**

Actively listen by giving full attention, describing the situation, and naming the child's feeling. Remember, behavior is what we do with our feelings. Children must be taught appropriate ways of expressing their feelings.

**Set appropriate limits.**

State clear, simple rules and post them on the refrigerator. Follow through quickly and consistently. Develop consequences (such as lose a privilege, go to Time-Out, etc.)

**Teach children appropriate behaviors.**

This can be done by:

- modeling and providing a short, verbal explanation (children tend to copy you);
- helping your child to go back and do it right; and
- dividing the skill into small steps and giving simple instructions for each step.

School counselors should also emphasize with parents the importance of communication. Parents are busy with work and household responsibilities. Children are busy with homework assignments and outside activities (soccer, scouts, karate, piano lessons, etc.) Face-to-face opportunities for parents and children to talk and listen to each other may be scarce. Encourage parents to schedule a daily, or at least weekly, time for communicating with each child in the family. For some families, the bedtime routine provides the perfect time for the parent and child to listen to each other.

Family meetings are a great way to strengthen family relationships and cooperation. Making time for regular meetings requires an examination of every family member's schedule and finding the times when everyone is free. It's important to meet regularly -- not just in response to a crisis or argument. In that way, the family might be able to prevent small problems from getting bigger. It can create a climate in which members will work and grow together.

Listed below are some guidelines for conducting family meetings.

- Maintain rules for the meeting. (i.e., take turns speaking, use manners, everyone must be present, etc.)
- Start with sharing good news and compliments.
- Read notes from the previous meeting.
- Talk about "old business" and find out how it's going.

- Talk about "new business" - things on the agenda.
- Plan something fun to do together as a family (game night).
- Summarize (and record) what people have agreed to do.
- Post an agenda for the next meeting in a convenient location.

Our main focus as school counselors is on student performance in school. As school counselors, however, we all know how improving the student's behavior at home can have positive implications for school success. Supporting parents in the important work of child development has benefits for all.

**The "We Care" Rules**

**We listen to each other.**

**Hands are for helping, not for hurting.**

**We use caring language.**

**We care about each other's feelings.**

**We take responsibility for what we say and do.**



**Message from the PTO:**

**Dime Carnival**

The Dime Carnival was a huge success thanks to all the planning, donations and volunteer help.

**Thank you to everyone who helped to make the event such a great success!**

**Box Tops**

We would really like to reach our goal of raising \$1,200 in Box Tops! Please keep sending them in! We will be sending our next shipment at the end of March. Please feel free to send Box Tops in with your students or drop them off in our collection boxes located at TOPS Market in Ellicottville or at the Great Valley Post Office. We have received several Box Tops at all three locations! Thank you!!!

**Get involved!**

Come find out what the PTO is doing and get involved. PTO continues to help the students and community. It can't be done without all of the volunteers! Our next meeting is Tuesday, March 20<sup>th</sup> at 3:15pm in the elementary art room. We will be discussing the Science Expo, Field Day, and other activities.

