

Peninsula School's Weekly



Spring Break Camp at Peninsula

Did you know that **Camp Fire** runs all-day programming during spring break? Did you know that students do not need to attend regular Before and After School care to register for our spring break program?

Join us for 5 days of "Unplugged" fun, a week of science, crafts, taking apart technology, field trips and special guests! The program is located at Peninsula Elementary and has lots of space! Camp Fire will be providing care from 7:00 AM – 6:00 PM during Spring Break. **Registration closes 3/ 20!** Financial Assistance is available for all to apply, and quick to request! Check out our website for more: <http://tinyurl.com/campfirepps> or call our registrar today to begin the

Upcoming Events

Sat. 3/18 9am-12pm
Saturday School & HW help
Caldera Creative Lab
Family Support Group

Sat. 3/18 10am-12pm
Curly Hair People's Club

Tues. 3/21 5:30pm
SUN School Winter
Showcase

Wed. 3/22 8:15 - 9:00
Architects in School

Thur. 3/23 CANCELLED
2nd-grade field trip to
Macleay Park-

Fri. 3/24 11:10 - 2:15
3/4 Emergency
Preparedness Training

March 27 - 31
Spring Break - No Classes

SUN School Announcements

- ▶ The last day of Winter SUN session is Friday, March 17.
- ▶ The Winter SUN Showcase is March 21st at 5:30pm.



Help keep your children healthy.

Here are some tips from the Mayo Clinic to help keep kids healthy.

Children's Health (From the Mayo Clinic)

Why hand-washing counts

Frequent handwashing is one of the simplest — and most effective — ways to stay healthy in school.) Remind your child to wash his or her hands before eating and after using the toilet, blowing his or her nose, or playing outside. Suggest soaping up for as long as it takes to sing the "Happy Birthday" song twice.

Other health tips

Common sense can go a long way toward staying healthy in school. In addition to frequent handwashing, encourage your child to follow these tips:

- **Use hand sanitizer.** Give your child alcohol-based hand sanitizer to keep in his or her desk or backpack. Remind your child to use the sanitizer before eating snacks or lunch and after using a shared computer, pencil sharpener, water fountain or other community objects. You might also donate disinfecting wipes to the classroom for general use.

- **Cover your mouth and nose when you cough or sneeze.** Give your child a package of tis-sues to keep in his or her desk or backpack. Encourage your child to cough or sneeze into a tissue then put the tissue in the trash, and wash his or her hands or use hand sanitizer. If it isn't possible to reach a tissue in time, remind your child to cough or sneeze into the crook of his or her elbow.

- **Keep your hands away from your eyes and out of your mouth.** Remind your child that hands are often covered in germs.

- **Don't share water bottles, food or other personal items.** Offer your child this simple rule if you put the item in your mouth, keep it to yourself.

Also, help your child avoid anyone who has a communicable infection. Close contact with a friend who's contagious such as at play dates or sleepovers could lead to your child's own illness. Of course, it's also important for your child to eat a healthy diet, get plenty of sleep, and stay current on his or her vaccinations including a yearly flu vaccine. To prevent spreading illness at home, use the same tips for the entire family.

SUN WINTER SHOWCASE

WHEN

March. 21st
5:30pm - 7 pm

WHERE

Peninsula Cafeteria

FEATURING • Ballet Performance • Hip Hop
Beatmaking • Theater Skits • Student
Work • Jump rope •

QUESTIONS?

CONTACT BLANCA GUTIERREZ
503-545-1988
BGUTIERREZ@NHPDX.ORG

FREE EVENT

Students not
performing **MUST**
be accompanied
by an adult.

Unsupervised students
will be sent home.

FREE

LIGHT DINNER

Provided by Meals on
Wheels.

