



Ottawa TEAM News

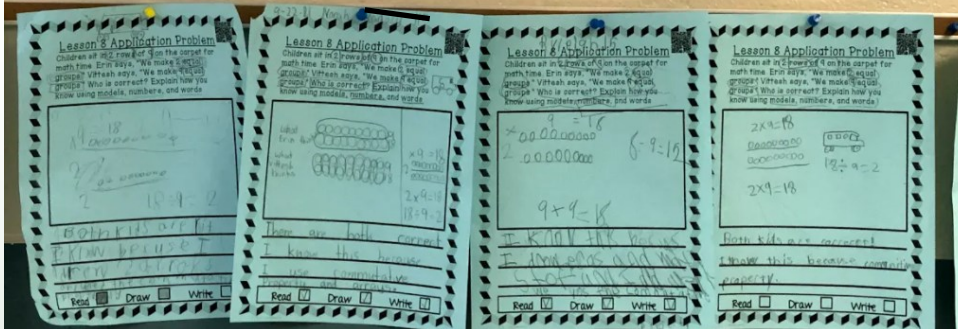
September 28, 2021

Principal's Message

What a wonderful start to the school year! Students are engaged and curious. We celebrate “light bulb moments” and “shining effort”. Ask your child what excited them about learning today, what they worked hard on, or what they are curious about learning. We also talk about our Full Value Agreement where we “work as a team”, “be safe” and “speak up”. Ask your children how they worked as a team, stayed safe or spoke up at school. For example, they might say they listened-even when they had a different idea/opinion, took turns or shared with others.

In learning and growing together,

Any McMullen



Daily Schedule:

- ◆ Playground is CLOSED before school.
- ◆ **No Adult Supervision prior to 7:50 a.m.**
- ◆ 7:55 a.m. staff will meet students at their designated door. Students arriving after 8:10 will need to enter through the main entrance.
- ◆ 8:10 a.m. classes begin.
- ◆ If your child is staying home sick, please be sure to call the office 231-348-2130 to report the absence. Please also be sure to list any symptoms that your child may be experiencing.
- ◆ Due to the current health situation we cannot allow volunteers/visitors in our buildings at this time.
- ◆ If the need should arise that you need to pick up your child early please ring the bell. Ms. Maginnis will walk your child out to you.
- ◆ Item drop off. We respectfully ask that these visits are limited to essential only (forgotten lunch). Please ring the bell, provide Ms. Maginnis with the child and teacher name. You will be asked to leave the items in the drop box outside.
- ◆ Breakfast and lunch are currently available free of charge for all students.

Health Screening

Please make sure you do not send your child to school if they are not feeling well. It is especially important to keep your child home if they exhibit the following symptoms:

- Temperature of 100.4 or signs of fever (chills/sweating)
- Sore throat
- New uncontrolled cough that causes difficulty breathing
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache

HIGH IMPORTANCE!!! → Laptop Return - If you still have a school laptop from the 2020-2021 school year, we would greatly appreciate it if you could return it to our office as soon as possible. These devices will be necessary for our students to begin utilizing several of our new academic programs this year, as well as to complete our Fall NWEA testing. **This applies to ALL grade levels, including Middle School and High School students.** Please contact us with questions.

NWEA Fall Testing Window - Please speak with your child and encourage them to take their time and put forth their best efforts as we work with them to complete their assessments for ELA, Math and Science (5th only) in the weeks ahead. This really helps us meet student needs. A good night of rest and a healthy breakfast are two great ways to support their learning and performance!

NWEA ELA September	27 K & 1st	28 3rd & 4th	29 2nd & 5th	30
October 2021	Mon.	Tues.	Wed.	Thu.
NWEA Math October	4 K & 1st	5 3rd & 4th	6 2nd & 5th	7 5th Science

Parent Communication

We will be working to utilize electronic means of communication, such as email, School Messenger, and the district website www.petoskeyschools.org to relay information in a timely and consistent manner. This will allow us to more quickly share important information with our parents and families. Please make sure that your email addresses and phone number are current and accurate. Please call the school office (231-348-2130) to update any contact information that you feel may be outdated.

Please be sure to turn all of your child’s 1st day papers if you have not already done so.

End of day notes: If you need to make a change to your child’s after school plan please call the office at 231-348-2130 before 2:30pm. We can not guarantee the delivery of messages after 2:30pm.

*** BE ALERT* Notifications and Smart911 Profile**

Sign up at www.cceoem.net for school closing alerts, weather alerts, traffic updates and more.

This is a FREE service that will send alerts to you via text, email or voice call.

Plan ahead! Please make an afterschool plan with your child and be consistent to the best of your ability. Children do better when they know their end of day plan.

Contacts:

Amy McMullen, Principal 231-348-2131

Ashley Maginnis, Secretary 231-348-2130

Rosie, bus questions 231-487-9632

Beth Kavanaugh, lunch 231-348-2183



Please Register for Parent-Teacher Conferences!

Parent-teacher conferences are on October 19th and October 21st. If you did not receive a scheduled conference time, please register online at www.ptcfast.com/reg1. You will need to enter the code for your child's teacher found below. Please only sign up for one time slot per student. Dual household or co-parent families will need to share the same conference time. Please leave at least 30 minutes between sibling's conference times. If your child sees one of our special education teachers, please check both teacher's schedules and sign up for the same time block, they will join Zoom together. If you do not have internet access, please contact our office at 348-2130 to schedule a conference time.

Ms. Gendich: **HDC1201495**

K/1 Special Education

Mrs. Rogier: **NYJ1201500**

Mrs. Mathers: **23M1324136**

Mrs. Bartel: **LJR1201514**

Ms. Santti: **CKB1201507**

2/3 Special Education

Mrs. Leppien: **KSV1201509**

Ms. Jarvis: **19R1324145**

Mrs. Willson: **DCE1201508**

Mrs. Ivie: **R2Q1201512**

Ms. Shafer: **X7B1201513**

4/5 Special Education

Mrs. Ledig: **BDW1201515**

Mrs. Speigl: **5FQ1324149**

Ms. Ney **KV21201499**

Mrs. Adams: **3R71201516**

Ms. Rabideau: **OL41201517**

Donations Needed!!

The office is in need of new or gently used girls and boys pants, sizes 6, 7, and 8. Also donations of NEW underwear are greatly appreciated.

FARM TO SCHOOL

What's the latest?



September Harvest of the Month: Cauliflower

- When picturing cauliflower, many of us probably imagine an all-white version of a broccoli tree. But cauliflower comes in many different fun colors — look out for purple, green, and yellow varieties!
- The part of cauliflower that we eat is actually the flower of the plant!
- Learn more about cauliflower in [this Harvest of the Month handout](#).

Buyer's Tip

Choose cauliflower heads that look dense and have few brown or wet spots.

Storage

Keep your cauliflower in the fridge inside a loose bag with a towel or paper towel inside to absorb moisture

Stay Tuned!

We have a brand new Harvest of the Month video to share about cauliflower coming later this month!

Oven Roast Your Cauliflower:

- One of the simplest ways to prepare cauliflower is to toss it lightly in oil and roast it in the oven.
- For roasted cauliflower, we recommend 20-30 mins at 400°F.
- New York Times Cooking calls cauliflower an "excellent blank canvas." Add your favorite seasonings or other fun add-ons to make for an interesting meal!

Cauliflower Taco Recipe

Ingredients:

- 1 head of cauliflower, cut into small pieces
- 2 Tbsp oil
- Spices to taste (ideas include: cumin, coriander, chili powder, onion powder, garlic powder)
- Lime juice
- Canned or prepared dried beans (rinse, if canned)
- Cilantro
- Tortillas
- Your other favorite taco toppings: try tomatoes, cabbage, shredded cheese, rice, lettuce, hot or sweet peppers, radish!

Recipe adapted from [The Modern Proper](#)

Instructions:

1. Toss cauliflower pieces with oil and spices.
2. Roast in oven at 400°F for 20-30 minutes.
3. Remove roasted cauliflower from oven when cooked to your taste and place on tortillas.
4. Add beans, cilantro, lime juice, and any other taco toppings you love!



Meet Our 2021-2022 FoodCorps Service Members!

These three folks will be in our local schools this year to teach gardening, cooking, and nutrition to students, and to lead taste tests and supporting cafeterias!

Lauren Driscoll

lauren.driscoll@foodcorps.org



East Jordan & Boyne Falls Food Education
Favorite fruit: Mango

Favorite vegetable: Squash

Hope Heideman

hope.heideman@foodcorps.org



District-Wide School Nutrition
Favorite fruit: Cherries

Favorite vegetable: Brussels sprouts

Liv Rollinger

liv.rollinger@foodcorps.org



Pellston & Alanson Food Education
Favorite fruit: Blueberries

Favorite vegetable: Broccoli

Other Farm to School Updates

Central Elementary in Petoskey is moving their garden project along!



They have fresh new tools and borrowed some exciting machinery to move their shed, built by the high school's Building and Trades class last year.



Pellston Public Schools' garden has snazzy new solar panels to power the school!

Find updates on FoodCorps at the following Facebook pages:

- [Boyer Falls](#)
- [East Jordan](#)
- [Alanson](#)
- [Pellston](#)

Views expressed in this newsletter and these Facebook pages do not represent those of FoodCorps.

Summertime School Garden Updates!

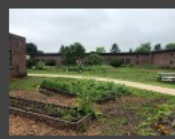
While students and teachers were mostly on break for the last couple months, a few of us stuck around to take good care of the plants in our school gardens! Check out what we've been growing in Charlevoix County:



East Jordan raised beds & garlic harvest!



Boyer Falls greenhouses and lavender!



What food and garden activities are going on in your school?

Contact jen@groundworkcenter.org for more information or to inquire about getting your local school involved in the newsletter!

Head Lice Information

Transmission of Head Lice

Head lice are transmitted by:

- Person-to-person transmission (direct contact) – The majority of transmissions of head lice occur by direct head-to-head contact with an infested person. Most of the time this is a close friend or relative.
- Vector transmission (indirect contact) – This type of transmission may occur through the sharing of bedding, or by using personal items such as combs, brushes, scarves, hair ornaments, or hats of an infested person. Although transmission via indirect contact is possible, it is rare.



Common ways of transmission through head-to-head contact include:

- Slumber parties
- Shared beds
- Sport activities
- Reading circles

Without head-to-head contact, these ways of transmission are highly unlikely:

- School buses
- Hats, helmets, or headphones
- Gym mats
- Sitting at a desk

Anyone can get head lice, but some people are at greater risk than others. Those people include:

- Children between the ages of 3 and 11 years
- Girls are more likely to get head lice than boys, possibly because of their play styles and sharing of personal items.⁵
- People with long or short hair can contract head lice. Although all races can get head lice, studies show that children of African-American descent are less likely to become infested.⁵

Quick Facts

1. Head lice are adept at moving from hair-to-hair because of their specialized “claws.” They **cannot jump, fly, or crawl great distances over hard surfaces.**
2. Head lice **cannot survive long away from a human head.** A nymph or adult louse that falls from its host will perish within a couple days under the most optimal conditions. Louse eggs do not hatch at normal room temperatures; they require the higher temperatures associated with a human body.

⁵ Centers for Disease Control and Prevention, Head Lice Epidemiology: <http://www.cdc.gov/parasites/lice/head/epi.html>.

Quick Guide for Managing Head Lice

Management and treatment of head lice includes:

1. Careful inspection and screening of the hair and scalp to identify lice and/or nits correctly.
2. Use of a pediculicidal (head lice) product if live lice or viable nits are found.
3. Cleaning of personal items and the environment.
4. Repeat treatment with the pediculicidal product following the label instructions. If the label does not provide a guide for a second treatment, repeat treatment nine days following the initial treatment.



1. Careful inspection of the hair and scalp to identify lice and/or nits correctly.

Lice are tiny insects (about the size of sesame seeds) ranging in color from red to brown, yellow, tan, gray, white, or black. They attach their eggs (nits) to the hair shaft near the scalp with a glue-like substance. The nits are small, about the size of a knot of thread, and can be white, tan, pale gray, or yellow in color. Nits can be hard to see, so it is important to take your time and separate the hair into thin sections. The nits are most commonly found at the nape of the neck and behind the ears, but can be anywhere, so check the entire head.

A person is infested with head lice if live lice or nits on the hair shaft closer than one quarter inch from the scalp are found.

All individuals living with an infested person, as well as those who have head-to-head contact with the person, should be screened for lice.

2. Use of a pediculicidal (head lice) product if live lice or viable nits are found.

When someone is infested with head lice, he or she should be treated with a medicated hair product that will kill the lice (a pediculicide). Pediculicides are not meant to be used for prevention.

There are many lice treatment products available, which can be found at area drug stores or grocery stores. Most non-prescription pediculicidal products contain permethrin 1% or pyrethrin (such as Nix or RIDTM). Permethrin 1% is recommended as the first choice of treatment. Once you have selected a product, it is very important that you follow the label directions on the product EXACTLY to treat those who are infested.

Treat only those people with live lice or nits less than one quarter inch from the scalp. The American Academy of Pediatrics recommends treating anyone who shares the same bed with those who are infested.

Prescription pediculicides are also available. For further information on pediculicidal products, contact your local public health department, healthcare provider, clinic, or pharmacy.



Before using the product, review all safety statements on the label. Do not use the product if any of the precautions apply to you or the person being treated. Consult with a healthcare provider for further instructions. Using a head lice treatment product will not prevent you from getting head lice.

TM Use of a brand name does not endorse the specific product. A similar product may work as well as those mentioned.

Quick Guide for Managing Head Lice (continued)

3. Cleaning of personal items and the environment.

No special cleansers, sprays, or chemicals are needed for cleaning your home.

Soak hair care tools in hot water (130°F) for at least 10 minutes. Heat may damage some plastic combs and brushes. Place these items in a sealed bag for two weeks.

To kill lice and nits, machine-wash all washable clothing and bed linens that have been used by the infested person(s) during the two days before treatment. Use the hot water cycle during the washing process. Dry laundry using high heat for 30 minutes.

Washing clothes to remove lice and nits is only necessary on the day of treatment and does not need to be repeated daily.



Another option is to place the item in a hot dryer for 30 minutes, if the recommended care label approves use of dryers.

Articles that cannot be machine washed, or placed in a hot dryer can be vacuumed, dry cleaned, or stored in a sealed plastic bag for two weeks.

Floors, carpets, upholstered furniture, pillows, and mattresses should be vacuumed to pick up any hairs that may have living lice or nits attached to them.



4. Repeat treatment with the pediculicidal product following the label instructions. If the label does not provide a guide for a second treatment, repeat treatment nine days following the initial treatment if live lice or nits within one quarter inch of the scalp are found.



The use of lice sprays for the house can be dangerous and is not recommended.