



## Mt. Caesar Newsletter

### January 22, 2016

### FROM THE PRINCIPAL

The cold weather has come upon us. Please help your children to dress properly and to bring the appropriate outside winter gear.



Please be on the lookout for information regarding our February Vacation Academy. Students who have been selected to attend this program for additional academic support, will be coming home with an invitation soon.

Have a wonderful weekend!

**GO PATRIOTS!**



### Care for Dry Lips and Noses

Every winter chapped lips and dry, sometimes bleeding, noses make their arrival at Mt. Caesar. Many of the students in our school show signs of licking their lips, which can be tempting when that chapped feeling sets in. You can tell the look because they get the red circles above and below their lips. Saliva evaporates quickly, leaving lips drier than before they licked them. If your child tends to lick her lips, avoid flavored lip balm — which may tempt her to lick her lips even more.

Before going out in cold, dry weather, apply a lubricating lip cream or balm. We use Vaseline here at school for students with chapped lips, or you can send them with your choice of lip balm from home. A wax based product like Chap Stick can help protect lips that are still healthy by creating a moisture barrier. Lips that are already dry and cracked need ointment-based products containing ingredients such as shea butter, lanolin and vitamin E. You should also drink plenty of fluids, and moisten the air in your home with a humidifier.

Nosebleeds can occur spontaneously when the nasal membranes dry out and crack. This is common in dry climates, or during the winter months when the air is dry and warm from household heaters. Also, changes from a bitter cold outside environment to a warm, dry, heated home result in drying and changes in the nose which make it more susceptible to bleeding. This is another area where using a humidifier will help by keeping more moisture in the air. If you don't have a humidifier you can boil a pot of water on the stove, or set a pot on the wood stove.

Again, avoid dehydration. Staying hydrated will help your body to keep your skin moist. Moisten the inside of your nose (the mucus membranes) with nasal saline or Ocean Spray. You can also apply that left over aloe vera gel from your summer sun burn to the inside of your nose with a Q-tip!

## IMPORTANT!!!

REMINDER THE NEW LUNCH POLICY WENT INTO EFFECT DECEMBER 1<sup>ST</sup>. THE COMPLETE POLICY IS AVAILABLE AT [WWW.MRSD.ORG](http://WWW.MRSD.ORG) AND SHOULD BE REVIEWED BY ALL PARENTS AND GUARDIANS. PLEASE SEND IN PAYMENT FOR OUTSTANDING FOOD SERVICE BILLS

### Important Dates!

- NO SCHOOL 1/25
- MRSD Education Committee 1/26 at 6:30 pm at the high school
- Saturday, January 30<sup>th</sup> READY FOR K (2-3 yo) parent class 10:00-11:30
- Saturday, Feb. 6<sup>th</sup> 10:00 Deliberative Session at the high school

### PTO Meeting Dates 2015-2016

All meetings are held on the second Wednesday of each month in the Multi Purpose Room at Mt. Caesar School at 6:00PM. All parents & guardians, faculty and staff can attend any meeting! We look forward to new faces and encourage your input! For more information please visit the PTO webpage at [www.mrsd.org/mtcaesar](http://www.mrsd.org/mtcaesar)

- Wednesday, February 10, 2016
- Wednesday, March 9, 2016
- Wednesday, April 13, 2016
- Wednesday, May 11, 2016
- Wednesday, June 8, 2016



## AFTERNOON PICK UP REMINDERS

- Stay in line and with your car. Students will be brought to you.
- If you need to park, please do so in the parking lot, not along Sawyer's Crossing Road.
- There is no appointment so important that the safety of our students is at risk. Please do as we tell the children--- follow *The Golden Rule*, "Treat others the way you want to be treated".

**Mt. Caesar Elementary School**  
**585 Old Homestead Highway**  
**Swanzey, New Hampshire 03446**

**Telephone: (603) 352-4797**  
**Fax: (603) 352-1713**

