

Sunset Notes

Arrival To School

As the New Year begins we look forward to all our students arriving on time and safely. Students (walkers and those being dropped off) should arrive between **8:50 AM and 9:00 AM**.

Since there is no supervision available for the children prior to 8:50 AM, please do not drop them off early.

Winter Weather Rules

The winter weather is upon us and we feel it is time to remind all parents and students about our Sunset Heights winter weather rules and students playing in the snow. Please read through our list below:

1. **Boots and Snow pants are required to be on the snow.** Students without boots or snow pants must stay on the hard top.
2. **While hats and gloves are not required, they are highly encouraged.**
3. **Snow stays on the ground** - students can build with it, but may not throw it, or kick it (snow balls quickly change to ice balls)

Please know that while these are the guidelines, there are bound to be shades of gray. As such, teachers and monitors will err on the side of caution and common sense. Thank you for your support!

Weather Related School Delays/Closings

Parents will be notified of delayed openings or school cancellations by one of the following methods:

- Automated Calls - The automated calls will be made as soon as the decision is made about cancellations or delays.
- District website (www.nashua.edu)
- School District answering machine message (603-966-1000)
- Traditional media - television and radio stations (WSMN 1590AM, WFNQ {FrankFM} 106.3FM, WMUR TV-Channel 9)

Parents should avoid calling the school to ask about delays. School doors will open at 11:00 AM on delayed openings. Please do not drop students off before 11:00 AM.

Health Reminders from the Nurse's Office

1. Please take time at home to reinforce the hand washing and covering sneezes that we are practicing at school. Washing hands with warm water and soap for 15 seconds before meals and snacks will keep your family much healthier this winter.

2. Encourage your child to go outside frequently, even for short periods when the weather is cold. The outdoor air, especially in the winter, is more humid and much fresher than the air indoors, which tends to be drying to the mucous membranes, increasing the incidences of nosebleeds, impetigo, chapped lips, ear infections, and upper respiratory infections. Even children with colds benefit from the humidity of outdoor air.

3. Create opportunities to drink water. Fill a water bottle to bring to school and encourage the child to have it consumed by the time school ends. Our teachers are wonderful about allowing water breaks. Too little fluids contribute to poor hydration.

4. Layers work well when dressing for the school day. Early mornings are cold and boots and snow pants are a must for participating in sliding on snow banks at recess. Pack an extra pair of socks in the front of your child's backpack for that day when the puddles win or the snow melts down in to the boots.

