

December 2017

Tebughna School



# "Home of the Chiefs"

Tyonek, AK (907) 583-2291

## Dates to Remember

**December 1, Friday, Girl Scouts:**

Earn a First Aid Badge, 3:30-4:30

**December 8, Friday, Skating Party,**  
6-8 p.m.

**December 15, Friday, Girls Scouts:**

Earn a Baking Cookies Badge 3:30

**December 20, Wednesday:**

Christmas Play and Turkey dinner  
made by students, 5 p.m.

**December 22, Friday:**

End of Quarter, Inservice Day for  
teachers, No School December  
22nd-January 5th.

**January 8, Monday: Return to  
School (2nd Semester Begins).**

Dear Parents,

Winter weather can be dangerous in several ways. The dropping temperatures and wind chills create hazards, while being indoors often makes one groggy, due to overeating and lack of activity. Winter sports, holiday gifts and winter nutrition also present unique hazards that parents should be aware of in order to safeguard their children's health and well-being. With careful planning, the children can have a great time and be healthy.

- Dress in multiple layers including for legs, feet and hands.
- Always wear hat and gloves when playing outside.
- Remove wet clothing immediately and change to dry clothes if going back outdoors.
- Wear sunscreen for snow glare.
- Do not dress children in drawstrings as they can cut off circulation and make frostbite a bigger threat. They can also cause a strangulation hazard.
- Teach children to stay out of snow drifts.

Teach children not to touch or lick

exposed metal in winter.

- Do not allow children to eat snow. It may contain pollutants, dirt, fecal matter and the cold snow can chill a young child's body to dangerous levels.

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- Eat a healthy, balanced diet that includes fruit and vegetables.

- Teach children to wash hands regularly to kill germs and bacteria or use hand sanitizer.

- Keep children home from school and other public places if sick.

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- Do not use "candy" style ornaments or holiday decorations that may fool young children.

*Have a wonderful and safe holiday! Pam Potter, Principal*