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Vadnais Heights Elementary PTO

Newsletter Reminder: Art & STEM Fair



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CONTACT US:

VHESPTO@gmail.com

PTO WEBSITE

<http://vadnaisheightsppto.weebly.com/>

Hmong Translations:

Yog koj xav paub txog peb cov tsev kawm ntawv, thov hu rau Sue Xiong at 651-407-7623.

Spanish Translations:

Para Información en Español sobre el Distrito por favor llame a Graciela Hammeken al (651) 407-7625 o al (651) 278-5457.

REMINDER: Art & STEM Fair

The 20th annual Art & STEM Fair is next week on Thursday, February 15! Students can choose to participate in just one or both events and showcase their talents. Student set up begins at 5:15pm, with the fair concluding at 7:30pm. The registration materials are **due this Friday, February 9th**.

We are in need of volunteers! Please check [here](#) for information on how to help with the Fair.

Lice Informational Night

Thanks so much to all the families who attended our January PTO Meeting! If you didn't make it to the meeting, here is a recap of the information provided by The Lice Lounge:

****IMPORTANT NOTE:** The PTO does **NOT** endorse The Lice Lounge, but they are simply one of many services that help treat lice infestations in the metro area.**

Prevention

* To reduce your child's chances of infestation, or re-infestation, keep hair pulled back any time they are around others in a braid or a bun.

* Use a mint-based leave-in spritz/spray on the hair before leaving home. Additionally, using mint-based shampoo and conditioner weekly is helpful. Just like every product you use on your children, make sure you do your homework before you choose the right product for your family.

* Do frequent head checks. Comb your child's hair (and yours!) with a lice comb once a week for 2-5 minutes. Watch for signs of head lice: red marks at the back of the neck, itchy scalp, swollen lymph nodes. Making head checks a part of your weekly routine will help with early detection and is the only way to stop head lice from escalating or spreading.

Facts of Lice

* Head lice are absolutely NOT a hygiene issue, in fact, they prefer cleaner heads. They prefer clean hair as it is easier

for them to grip, however, hair gel will not deter them. Lice infestation is just something that happens; personal hygiene, cleanliness in the home/school and social class have NOTHING to do with getting head lice! Talk about it and share ideas/information with others--many families have been and are going through this. It's nothing to be ashamed of!

* Head lice do not spread disease, thus they do not pose a health risk.

* Lice leave a scent that actually "calls" other lice, telling them that a person is a good food source.

* Lice are grayish-white or tan. Adult lice are approximately the size of a sesame seed. Nymphs are extremely small and difficult to see--they look like dirt, sand, or a freckle. Nits (eggs) are glued to the hair shaft & appear darker in color until hatched, then they can appear lighter in color.

After you've found lice

* Head lice have become resistant to common over-the-counter products that once used to be effective.

* Be a friend and tell a friend. Notify your child's school and any close friends who may have been in contact with your child. Remember, it is not just where the child got lice, but who the child may have shared it with as well. Failing to notify contacts could put your child at risk for re-infestation.

* Many lice businesses will do head checks for a nominal fee.

* Another important note: The cost of lice removal can be paid for by your healthcare savings account!

The Lice Lounge has never turned a family away for inability to pay. They also partner with schools by donating 10% of treatment costs back to the referring school. These funds are used to provide free services to families in need.

Here are some helpful websites:

* <https://www.mayodinic.org/diseases-conditions/head-lice/expert-answers/head-lice-prevention/faq-20058386>

* <http://www.headlice.org/downloads/downloads.html>

* <https://www.cdc.gov/parasites/lice/head/disease.html>

* <https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>

Morning with Mom

Spring is around the corner and that can only mean one thing: it's time to celebrate those amazing women in our life with donuts! It's Morning with Mom time! Morning with Mom will take place on Friday, March 9 from 8:30-9am so come in and enjoy a doughnut and coffee, juice, or milk in the gym. Afterward, from 9-9:15am, you may visit your child's classroom. Scholastic will be set up in the cafeteria for the Spring Book Fair. All books will be 40% off! Just a reminder, the buses arrive at school at 9am, so it's recommended that you drive your child to school to enjoy Morning with Mom. If you are able to help with set up on Thursday night or set up, serving, or clean up on Friday morning, please click [here](#).

PTO Meeting

Join us on Tuesday, March 20 at 6:30pm in the media center for our PTO Meeting. We will be discussing the

remaining events for the school year and new faces are always welcomed!

Box Tops

Please save your Box Tops for Education! Please trim the excess paper off and send them to school in a zip-top baggie. There is also a Box Top app! For more information, click [here](#). You will need to set up your profile and make sure you assign the benefits to Vadnais Heights Elementary before you start using the app. The money earned has allowed us to install new drinking fountains and help maintain the Bear's Backyard.

Amazon Smile

Shopping for Valentine's Day? Don't forget to log into the Amazon Smile website (Smile.Amazon.com) and select the Vadnais Heights Parent Teacher Organization as your charity of choice. You only need to choose the PTO as your charity one time and then it will be saved in your account. You can do all your shopping as usual (and even use your Prime account), and a portion of your spending will go directly to help the school. If you have any questions, please feel free to contact us. On behalf of the VHES PTO, students and staff, we appreciate your support! Happy Shopping!

Important Upcoming Dates:

- February 9, Art & STEM Fair registration due
- February 15, 5:15-7:30pm Art & STEM Fair
- March 9, 8:30-9am Morning with Mom in the gym & Book Fair in the cafeteria
- March 20, 6:30pm PTO Meeting in the Media Center
- April 7, 10am-2pm Spring Carnival
- April 12, Teacher Conference Meal
- April 20, 6:30pm Bingo Night
- May 7-11, Teacher Appreciation Week
- May 8, 5-7:30pm Culver's Night at the Vadnais Heights location on Centerville Road
- May 15, 6:30pm Last PTO Meeting of the year in the Media Center

Your 2017-18 PTO Board:

- Kim Anderson (PTO Chair)
- Heidi Heller (Treasurer)
- Kelley Olson (Secretary)

Thank you for your support!