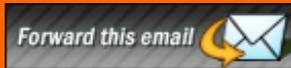


If you are receiving this e-mail because you subscribed to the Vadnais Heights Elementary PTO eNewsletter. Please add vhespto@gmail.com to your address book so we'll land in your inbox! Please do not mark this e-mail as Spam, as it affects the delivery of the eNewsletter to other subscribers that share your same host service.

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Vadnais Heights Elementary PTO

October Newsletter



CONTACT US:
VHESPTO@gmail.com

PTO WEBSITE
<http://vadnaisheightspto.weebly.com/>

PTO FACEBOOK PAGE:
<https://www.facebook.com/VHESPTO/>

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.

Box Tops

Our first classroom Box Tops contest ends on **Tuesday, 10/2** so make sure you turn them in to your teacher by that date. Do your kids like prizes? Ours too! Get those Box Tops in to your classroom teacher because the classrooms are competing against each other for bragging rights and fabulous prizes!

Please trim the excess paper off and save them 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.

Fall Fundraiser

It's Fall Fundraiser time! We will be partnering again with Cherrydale to sell items to earn money to fund the important work of the PTO.

Don't want to sell items? We accept cash donations and 100% of your donation goes straight into the school (as opposed to a portion of the sales of the Cherrydale items.) There are prizes for students for both cash donations brought in, as well as Cherrydale items sold. Please make check donations out to "VHES PTO."

Fall Fundraiser orders and payment are due **Friday, October 5**. Order pick-up is on Wednesday, 11/7 from 3-6:00pm in the gym. Feel free to contact us, or your student's teacher with any questions.

Coming Soon: Disney Ticket Silent Auction

We have exciting news! We will be auctioning off a set of 4 Single Day Hopper tickets to Walt Disney World (valid only at Walt Disney World in Orlando, Florida)! These tickets allow you to explore 4 world-class theme parks near Orlando, Florida. Walt Disney World Hopper tickets allow you to see what you want, when you want. Whether you visit one park a day or enjoy Park Hopper options that allow you to visit more than one, you can customize a day to suit your needs. Look for more details soon!

Family Movie Series

As in years past, the PTO is partnering with Emagine Entertainment to offer the Family Movies Series at local theaters. Here's how it works:

- The Family Movie Series includes six, recently released, family friendly movies Tickets are \$6.00/each.
- Each ticket is good for one admission into each of the six movies (so \$6.00 gets one person into 6 movies!)
- Tickets available to all ages and anyone can buy (children 2 years, and younger, are free - no ticket required.)
- Show times are 10:40am and 1:00pm on select days.
- The first movie is on October 6th, the last movie is November 11th.
- To purchase, simply return the order form sent home with your student. Include the number of tickets and full payment. We'll then send home the purchased tickets the next day!
- Movie Schedule:
 - October 6 & 7: Wonder
 - October 13 & 14: Paddington 2
 - October 20 & 21: The Lego Batman Movie
 - October 27 & 28: The Iron Giant
 - November 3 & 4: The Peanuts Movie
 - November 10 & 11: The Book of Life

WBLAEF BEAR Legacy Event

The mission of the White Bear Lake Area Educational Foundation is to enhance the White Bear Lake Area School District's ability to provide excellence in education for all students. The foundation distributes supplemental funds for enrichment purposes and educational programs and projects which are not within budgetary guidelines of the WBL School District 624 or for which tax dollars cannot be expended.

This year's fundraiser is celebrating their 25th anniversary and will be held on Friday, October 12 at the Vadnais Heights Commons. For tickets to the event, or more information, please check out their [website](#).

Fall Festival & Dance

Please join us on Friday, 11/2 from 6:30-8pm in the gym! We will have a DJ with music, concessions and lots of fun. Please bring a non-perishable food item for the food shelf per student. We will also be collecting used eye glasses for the Lions Club. Please note: This is a PTO Sponsored family event. All children, ages 18 and under, must be accompanied by an adult. Please click [here](#) for more information and to get involved.

Lice Prevention Information

Now that school's back in session, it's a good time to revisit the ways to prevent and treat lice infestations.

Prevention

* To reduce your child's chances of infestation, or reinfestation, 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 is 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 reinfestation.
- * 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 came to visit our school last year to educate our families and wanted to stress that they have 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.mayoclinic.org/diseases-conditions/headlice/expert-answers/head-lice-prevention/faq-20058386>

*

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

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

*

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

Amazon Smile

Don't forget to log into the Amazon Smile website (Smile.Amazon.com) and select the Parent Teachers Organization in Vadnais Heights, MN 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 a portion of your spending will go directly to help the school. Your prime account will work the same way on the Smile.Amazon site as it does with the regular Amazon site and there are no additional fees or charges- all the prices are the same! It costs you nothing and it generates money that goes straight to the school. If you have any questions, please feel free to contact us. Happy Shopping!

Want to stay connected?

Simply sign up on the [homepage](#) of our website to receive these newsletters from us and like us on [Facebook](#)!

If you are considering getting more involved and giving of your time or treasure, we have some great options. There are lots of opportunities to volunteer throughout the year and some event coordinator positions available as well. Check it out [here](#). We still have some positions we need filled for this fall, so please take a look and consider joining us!

Important Upcoming Dates:

- October 2 (Tuesday), Box Tops due for classroom contest
- October 5 (Friday), Fall Fundraiser order forms and payment due
- October 8 (Monday), No School
- October 12 (Friday), Family Movie Series ticket sales orders and payment due
- October 12 (Friday), [WBLAEF BEAR Legacy Event](#) at Vadnais Commons
- October 18-19 (Thursday-Friday), No School
- October 26 (Friday), No School
- October 31 (Wednesday), Rainbow Run
- November 2 (Friday) from 6:30-8pm, Fall Festival & Dance in the gym
- November 7 (Wednesday) from 3-6:00pm, Fall Fundraiser Pick-Up in the gym
- November 8 (Thursday) from 5:30-8:30pm Safety Information Night for parents at WBLAHS South Campus
- November 9 (Friday), No School
- November 12-16 (Monday-Friday), Coin Drive
- November 13 (Tuesday) at 6:30pm, PTO Meeting in the Media Center
- November 15 (Thursday), Give to the Max Day
- November 16 (Friday) from 8:15-9am, Grandparents Day in the gym
- November 19-23 (Monday-Friday), No School
- November 19-20 (Monday-Tuesday), Book Fair in the gym during parent/teacher conferences
- November 19 (Monday), Teacher Conference Meal
- November 30 (Friday) from 8:30-9am, Donuts with Dad
- December 4 (Tuesday) from 5-7:30pm, Culver's Night
- December 7 (Friday), Spirit Wear orders & payment due
- December 24-January 1, No School

Your 2018-19 PTO Board:

- Kim Anderson (Co-Chair)
- Shelby McQuay (Co-Chair)
- Heidi Heller (Treasurer)
- Lisa O'Connell (Secretary)



When we all do a little, it adds up to a lot! Thank you for your support!