

# Winthrop School

December 16, 2016

## Newsletter



If your child is going to be absent or tardy, please call the Safe Arrival Line at **978-468-5344**. You may leave a message 24/7.

### Upcoming Events:

**Mon., Dec. 19**

Chris Trapper Workshop for Gr. 5

**Wed., Dec. 21**

Gingerbread Play 9:30-10am K-Pasmore

**Thurs., Dec. 22**

Gr. 5 to NSMT

**Fri., Dec. 23**

12:05 pm Dismissal and holiday break begins

**Tues., Jan. 3**

School resumes

**Mon., Jan. 9**

Friends of Winthrop meeting 7:00 pm

**Tues., Jan. 10**

Tony Toledo visits Gr. 1

**Mon., Jan 16**

No School for Martin Luther King Jr. Day

Hello Winthrop Families,

There certainly has been a great deal happening this week at the Winthrop School!

The elementary chorus and band concert took place at the high school on Monday night. It was great to see the students participating in the arts and I was impressed by the level of the performances, especially since they have only been working on this for a short time and that the students practice before and after school. On Thursday all of the students had the opportunity to attend a concert by the chorus and bands as they “toured” the elementary schools, performing their songs from the recent concert. The holiday tour is always fun for the whole school, but it’s also a great event for the district’s elementary community since the students get to perform for each of the elementary schools. Many thanks to the directors, Mrs. Kendall Clark and Mr. Michael Ferreira, for the dedication and the hard work that goes into putting this annual holiday show together.

On Wednesday, our second and third graders participated in an Instrument Playground, hosted by a traveling group of the Boston Philharmonic Orchestra. This hands-on experience was organized by two local groups, The Musary and the H-W Friends of the Arts. Please read more about this program and view some pictures later in the newsletter.

I will not be sending out a newsletter next week, so just a reminder that Friday's dismissal will be at 12:05. The buses will run their regular routes, but no lunches will be served so please pack a larger snack for your child. The school will be closed the week of Dec. 26 for the holiday break and we will welcome students back on Tuesday, January 3. If your kids are looking for something to do over the break, check out the free programs happening at the public library at this link <http://hwlibrary.org/wp-content/uploads/2016/11/December-programs-2016-2.pdf>.

On behalf of the Winthrop School we would like to wish you all a Happy Holidays and wonderful new year!

*Christopher Heath*

The student teachers from Endicott College taught third grade a lesson on the Engineering and Design Process. The third grade students planned, designed, tested, and redesigned the tallest, freestanding towers they could make using pasta and mini marshmallows.



A message from Nurse Baker:

## Worried your sore throat may be strep?

### How You Get Strep Throat

Strep throat is an infection in the throat and tonsils caused by group A *Streptococcus* bacteria (called "group A strep"). Group A strep bacteria can also live in a person's nose and throat without causing illness. The bacteria are spread through contact with droplets after an infected person coughs or sneezes. If you touch your mouth, nose, or eyes after touching something that has these droplets on it, you may become ill. If you drink from the same glass or eat from the same plate as a sick person, you could also become ill. It is also possible to get strep throat from touching sores on the skin caused by group A strep.

### Common Symptoms of Strep Throat

The most common symptoms of strep throat include:

- Sore throat, usually starts quickly and can cause pain when swallowing
- A fever
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots (petechiae) on the roof of the mouth (the soft or hard palate)
- Swollen lymph nodes in the front of the neck

Other symptoms may include headache, stomach pain, nausea, or vomiting. Someone with strep throat may also have a rash known as [scarlet fever](#) (also called scarlatina).

Cough, runny nose, hoarseness (changes in your voice that makes it sound breathy, raspy, or strained), and conjunctivitis (also called [pink eye](#)) are not symptoms of strep throat and suggest that a virus is the cause of the illness.

### Antibiotics Get You Well Fast

The strep test results will help your healthcare professional decide if you need antibiotics, which can:

- Decrease the length of time you're sick
- Reduce your symptoms
- Help prevent the spread of infection to others
- Prevent more serious complications, such as tonsil and sinus infections, and acute rheumatic fever (a rare inflammatory disease that can affect the heart, joints, skin, and brain)

You should start feeling better in just a day or two after starting antibiotics. Call your healthcare professional if you don't feel better after taking antibiotics for 48 hours. People with strep throat should stay home from work, school, or daycare until they no longer have a fever and have taken antibiotics for at least 24 hours so they don't spread the infection to others.

Be sure to finish the entire prescription, even when you start feeling better, unless your healthcare professional tells you to stop taking the medicine.

### More Prevention Tips: Wash Those Hands

The best way to keep from getting strep throat is to wash your hands often and avoid sharing eating utensils, like forks or cups. It is especially important for anyone with a sore throat to wash their hands often and cover their mouth when coughing and sneezing. There is no vaccine to prevent strep throat.

<https://www.cdc.gov/features/strepthroat/index.html>

Scenes from the Chorus and Band Holiday Tour on Thursday



## Boston Philharmonic Orchestra's *Instrument Playground* was held on Wednesday!

Members of the Boston Philharmonic Orchestra traveled to the North Shore and provided 2<sup>nd</sup> and 3<sup>rd</sup> graders at Winthrop and Buker with Instrument Playgrounds on Wednesday, December 14<sup>th</sup>. The Instrument Playgrounds gave students the unique opportunity to try instruments of the orchestra, under the mentor-ship of professional musicians! Students rotated around to the different stations, trying each instrument, and meeting the professional musicians. The 2<sup>nd</sup> and 3<sup>rd</sup> graders were very engaged and thoroughly enjoyed this experience. The Boston Philharmonic Orchestra offered this outreach program free of charge. Thank you to The Musary, JRP and the Hamilton Wenham Friends of the Arts for coordinating this opportunity and for bringing the BPO to Winthrop.

The **Musary** <http://themusary.org/> In honor and memory of Hamilton resident/founding member of the band Ra Ra Riot, John Ryan Pike, The Musary was created. This one-of-a-kind instrument borrowing program is a recognized 501(c)3 non-profit organization that works to motivate, cultivate and inspire people in our community to get involved in music. It is the Musary's goal to lend musical instruments to anyone in need, "No strings attached."



The **Hamilton-Wenham Friends of the Arts (FOTA)** <http://hwfota.org/wordpress/> A non-profit organization that supports and advocates for educational fine arts opportunities for all students in the Hamilton-Wenham Regional School District. FOTA assists students and arts faculty across the creative disciplines of vocal and instrumental music, theater, and the visual arts through financial support and volunteerism. Through December 31, 2016, FOTA is offering 50% off on their Take A Seat Fundraiser, the opportunity to name a seat in the Margaret D. Ferrini Dramatics Center at HWRHS. <http://hwfota.org/seat/>



# Holiday Health and Safety Tips

## 1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



## 2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



## 3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



## 4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

