Upcoming Events

April 16
PTA Mtg @ 6:30 pm ZOOM

April 20
Padre Game

April 24
Spirit Day-Favorite Color

April 24
Family Cooking Night

April 25
STEAM Night K-1, K-2 Room 3

Character Counts for April:

Responsibility
Wear Green on Thursdays

CADMAN ELEMENTARY

April 2024

A WORD FROM PRINCIPAL TROUSDALE

Welcome Back from Spring Break Cadman Community,

We hope you all had a fantastic Spring Break. We know that the week went very quickly. We are back and ready for the Solar Eclipse today. What an awesome way to start our week! Over break, I was reflecting on all of the accomplishments and celebrations for this school year. We have SOAREd and will continue to do that for the final two months of the school year. Yes, I know, only two more months left of this spectacular year.

We were incredibly grateful for all the families that came out to join us for the Jog-A-Thon. We appreciated all the support setting and cleaning up, counting laps, cheering our scholars on, getting Otter Pops ready and running with our scholars. It was a day of joyful exercise. Pledges are due to the Office on Friday, April 12, 2024. Your generosity is appreciated and honored.

Our month ahead will be filled with new opportunities to connect and learn together. I know there will be new ways that scholars are engaging and collaborating in their classrooms for literacy, mathematics, science, writing, art and physical education. Fifth grade and UTK have started their reading buddies weekly. It is awesome to see the love of literacy being shared.

Please mark your calendars for May 1st, which will be our Back to School Night. Classrooms will be open and we will have three rotations of performances from Willie Wonka. The event will be from 5:30- 7:00 p.m. Classrooms will be open before and after the performance times to connect with staff. Performance times in the auditorium will be:

- 5:30- 5:50 p.m. Rooms K-1, K-2 and Room 3
- 6:00-6:20 p.m. Rooms 6, 10 and 12
- 6:30- 6:50 p.m. Rooms 2, 4 and 8

We will Spring forward and SOAR in our Eagle’s Nest.

With Eagle Pride, Mrs. Trousdale
GENERAL NOTES

Our Jog-A-Thon was a big success! Thank you to all of the volunteers who showed up to help fill waters, set up the field, count laps, and hand out otter pops. The kids did a great job!

Our next meeting will be on April 16 at 6:30pm over Zoom. Please join us! We also still have several PTA Executive Board positions still available. Find out more at the next meeting!

PTA MEETINGS

• Association Meeting
  4/16 at 6:30pm, Zoom.
  Executive Board positions still available! Find out how you can participate.

UPCOMING EVENTS

• Padres Fundraiser
  4/20 at 5:40pm!
  Tickets are $43 and a portion of your ticket cost will go back to Cadman!

JOIN US

Any community member can join, including students!

CONNECT

Get regular updates from us on BAND and FACEBOOK.
A Peek at Our Month

In the garden we tasted kumquats, nature’s sour patch kids—first they’re sour, then they’re sweet! We also tested out our new mandolin for a tasting of freshly harvested rainbow carrots from our garden. The scholars have been using our new seed starting station to plant seeds for warm weather crops. 4th grade took on a ton of special projects from painting pallets to assembling new garden beds.

In the cooking classroom, scholars honed their knife skills and each person made their own chopped Italian salad. Earlier in the month, we used our five senses to explore the differences between fresh, frozen, and dried strawberries, then worked together as a class to make delicious strawberry smoothies.

Check out the QR code for our Band to see pictures of the scholars planting, chopping, and more!

Upcoming Events

- Wednesday, 4/24: Free Family Cooking Night at 5:30 pm. See flyer for more info and to RSVP!
- Saturday, 5/4: Cadman will be the school garden stop on the Clairemont Garden Tour! All are welcome to come enjoy our gardens, activities, and demos 10am-4pm

Recipes from the Kitchen

Strawberry Smoothies

INGREDIENTS
1/4 cup water
1 cup frozen strawberries
1/2 cup frozen peaches
1/4 cup frozen plums
1/4 cup vanilla yogurt
Optional: 1-2 teaspoons of sweetener (honey, agave, sugar, etc.)

DIRECTIONS
1. Add all ingredients to the blender, starting with the water at the bottom (this will help it all blend together).
2. Blend until the mixture is smooth. If needed, you can add a little more water. Serve & enjoy!

Note: You can make delicious smoothies with all kinds of fruit! Pick your favorite frozen fruits and swap them in.

Chopped Italian Salad

INGREDIENTS
Dressing:
1/4 cup extra-virgin olive oil
1 1/2 Tablespoons lemon juice
1 Tablespoon red wine vinegar
1 garlic clove, finely chopped
1 Tablespoon dried oregano
1/2 teaspoon sea salt
freshly ground black pepper

Salad:
1/2 small head iceberg lettuce
1/8 small red onion, thinly sliced
1 roma tomato, sliced into rounds
1 cup chickpeas, rinsed and drained
1/2 cup grated mozzarella cheese
crackers or cucumber slices (for serving)

DIRECTIONS
1. Make the dressing. In a jar, shake together the olive oil, lemon juice, vinegar, garlic, oregano, salt and pepper and set aside.
2. Place your salad ingredients on a cutting board in a big pile. Chop the ingredients by keeping the tip of your knife on the cutting board and just moving the hand holding the handle. Chop until everything is in small pieces.
3. Place in a bowl and mix in the dressing.
4. Serve a small amount of the salad on a cracker or a slice of cucumber. Enjoy!

© 2023 Wild Wisdom
Wednesday
April 24
5:30-7pm
Cadman Lunch Court

Cadman Cooking and Garden Education
Presents
FREE FAMILY COOKING NIGHT
with Chef Brendan

RSVP by Apr 15

RSVP on Band with the QR code,
email at cagefreecadman@gmail.com or
fill out the form below and return to the front office

FREE Family Cooking Night
____ Yes, I will attend _____ # of people attending

Student Name ________________________________

Teacher Name _______________________________ Room #_____

Dietary Restrictions __________________________

All children must be accompanied by an adult
CADMAN ELEMENTARY SCHOOL
2023-2024

Yearbook

ON SALE NOW
Orders are due April 30, 2024

Prices

1 FOR $15.00
2 FOR $25.00
3 FOR $40.00
Cash or Check
Make checks payable to Cadman ASB

5th Grade Yearbooks are FREE!

An Order Form is on the back
Cadem Elementary School

Yearbook

2023-2024 Order Form

SCHOLAR_________________________ Gr _____

SCHOLAR_________________________ Gr _____

SCHOLAR_________________________ Gr _____

PARENT NAME ________________________

PARENT PHONE _______________________

PARENT SIGNATURE ________________________

ORDER # # OF BOOKS _______ = TOTAL COST _______

CASH [ ] CHECK [ ] CHECK # __________

Receipt

DATE RECEIVED: _________________

PAYMENT TYPE: CASH [ ] CHECK [ ] CHECK # __________

STAFF INITIALS: _________________
HEAD LICE (PEDICULOSIS CAPITIS) - FACT SHEET

A positive diagnosis of head lice is made only when live lice are found. Lice, although a nuisance, have not been associated with any disease process. Head lice can affect anyone in all the socioeconomic groups and do not represent poor hygiene.

Definition and Cause:
Head lice are small, tan-colored insects (less than 1/8” long) that live on blood they draw from the scalp. The eggs (nits) are gray/white and about the size of the head of a pin. The lice and eggs are found on the hair. Lice can live only 1-2 days away from the scalp. Head lice crawl; they do not jump or fly. One sign of lice is an itchy head.

How Head Lice are spread:
They are spread from one person to another by direct contact with hair or head gear of infected people; or by the sharing of items such as combs, hats, and other clothing. They are spread only by crawling lice (not nits). Less commonly, lice may spread by sharing personal items such as combs, brushes and other hair-containing items (towels, pillows, hats). Lice do not jump, so unless there is direct contact, they will not spread in school.

Incubation and Contagious Periods:
Incubation: 6-10 days from laying to hatching of eggs. Lice can reproduce 2-3 weeks after hatching. Contagious period: until treated with a chemical that kills lice and viable eggs have been killed or removed.

Treatment:
- Apply head lice treatment (over the counter or prescription) specifically made for killing head lice. Parents should be encouraged to call their child’s doctor for a treatment recommendation. Treatments come in a variety of forms such as shampoo, cream rinse, and gel. Follow the directions on the label as recommended by the manufacturer.
- For treatments given within the preceding 12 hours, lice may still be present and alive, but moving much slower. That does not mean the treatment is ineffective. However, if there are live lice after 12 hours post-treatment, then a health care provider should be reached for a more effective remedy. (Rationale: it can take time for many treatments to be fully successful).
- After the hair has been treated, it is best, although not required, to have all eggs or “nits” combed or hand-picked from hair in the following way:
  - While hair is still damp, comb hair through to remove tangles. Then remove nits from the hair shaft. You will need a bright light (and magnification, if available) to see the nits; a fine-toothed comb, preferably made of metal, to strip the nits; a good book or video may assist in keeping the child occupied. Comb the hair from underneath, small sections at one time. To prevent re-infestation, it is essential to inspect the hair daily for one week. Continually strip any nits you may have missed by running your fingernails down the hair shaft. Although complete removal of nits is time consuming, it is necessary.
- Inspect all family members and treat if live lice are found. Children under 2 years of age and pregnant mothers should not be treated without consulting with a health care provider.
- Lice infestations on people can be quickly and easily treated. However, unless the sources of re-infestation are also eliminated, you can become re-infested.
- Lice can survive in the environment for 24 - 48 hours. The following environmental treatments are recommended:
Excessive housecleaning is not necessary; however, you should vacuum furniture, rugs, and floors if household members lay their head on these objects.

- Wash all recently used bedding & washable clothing in hottest cycle for 20 minutes.
- Heat pillows, blankets, or other fabric items that are in contact with hair in a clothes dryer at hottest cycle for 20 minutes. If dryer is not available, or for items that cannot be laundered with hot water, these items can be kept in a plastic bag for 10 days.
- Clean child’s combs, brushes, and other hair accessories such as clips and barrettes in hot water for 5 minutes; or solution of 1/4 cup bleach in 1 gallon of water for at least 10 minutes.
- Spraying an insecticide on furniture, rugs, or pets is not recommended.

Prevention:
- Encourage children not to share headgear, combs, brushes, towels and bedding – anything that touches hair.
- Provide storage so that these personal items of one household member do not touch the other items.
- When someone is possibly exposed to head lice, encourage parents to incorporate inspecting child’s hair as part of a hygiene routine.
- Parents are asked to notify the school whenever their child has head lice.

School Management:
- Educate caregivers, families and designated school staff how to recognize lice and nits.
- Check children observed scratching their heads for lice; check all close contacts (e.g. siblings if at same school). Mass screenings (school-wide or whole classrooms) is not evidence-based practice and not recommended by national health professional organizations.
- Have parent/guardian consult their healthcare professional for a treatment plan.
- Follow environmental treatments listed above, as applicable.
- School Nurse to provide education to families and school staff to dispel myths and stigmas on the relatively benign consequences of head lice infestation.
- Parents or groups of parents may not be used to inspect students for head lice. This is a violation of student confidentiality.

School Exclusion and Readmission:
- Children with identified live head lice are referred for treatment at the end of the school day. Until the end of the school day, avoid activity that includes head-to-head contact with other children or sharing of any headgear.
- Return to school after the child has received the treatment recommended by the child’s health professional. A trained staff member rechecks the student before returning to class. If treatment was given within the preceding 12 hours and lice are present and alive, but moving much slower, then that child may remain in school that day and be rechecked the following school day.
Guidelines for Keeping Ill Students at Home

In order to provide a healthy school environment for all students and staff, the following guidelines have been prepared to assist you in decisions relating to your student's health and school attendance. These are general guidelines. School nurses may use clinical judgment to decide whether or not to exclude a student.

- If your student is not feeling well and you are uncertain about sending them to school on any given day, it is best to keep your student home and observe them for worsening symptoms.
- COVID-19 illness: If your student has any new COVID-19 symptoms that cannot be attributed to a chronic condition, please take a COVID-19 test. If COVID-19 test is negative, your student may return to school once these symptoms have improved, even if not completely resolved.

Please do not send a student to school with the following symptoms:

- **Cold / Flu**
  If they have an excessive runny nose, excessive coughing, difficulty breathing, looks/acts very ill.

- **Cold Sores**
  If they drool or place toys in their mouths when they have cold sores.

- **COVID-19 Positive**
  Student may return to school when they are feeling well, have improving symptoms and are fever-free for 24 hours.

- **Cough / Shortness of Breath / Difficulty Breathing**
  If there is labored breathing (heaving of chest muscles with each breath), fast breathing at rest, blue color to skin, or wheezing (if never previously evaluated and treated). Student may come to school if symptoms are part of a diagnosed underlying condition.

- **Diarrhea**
  If they have diarrhea 2 or more times in a day. Student may return to school once diarrhea can be contained, even if it is not completely resolved.

- **Eye Infection**
  If their eyes are red with drainage or watering of the eyes.

- **Fever / Chills**
  If they have temperatures at or above 100.0°F. Student may return to school when they have been fever-free (<100.0°F) without fever-reducing medication for at least 24 hours. If you do not have a thermometer, please do not send your student if they have chills.

- **Headache**
  If severe headache with vomiting or stiff neck. Please contact your child’s primary care physician for further evaluation.

- **Rash that is Undiagnosed**
  Student must have the rash diagnosed by a health professional. If student has been diagnosed with impetigo, scabies, or ringworm, they may return to school once treatment is started.

- **Sore Throat**
  If they cannot swallow, have excessive drooling, difficulty breathing, fever or behavior change.

- **Stomachache**
  If severe pain causing doubling over, crying, screaming, abdominal injury, diarrhea, vomiting, looks and acts ill.

- **Vomiting / Nausea**
  If they have vomited two or more times within the past 24 hours. Please inform the school if student vomited before school.

**Antibiotics**

Students who take antibiotics for impetigo, strep throat, and several other bacterial infections should be on them for a full 24 hours (5 days for Pertussis/Whooping Cough) before going back to school. If you are not sure, ask your school nurse or your child’s primary care provider.
Responsibility

"Reliable like an oak!"
Create and maintain a safe living environment.

Be reliable and dependable; when you agree to do something, do it.

Think before you act and imagine the consequences.