

SPRING STATION

Middle School



Mission Statement -- Spring Station exists to educate, engage, and nurture each student through meaningful experiences, positive relationships, and character development.



Now that winter is here, it is time to remind ourselves of the WCS Inclement Weather Policy. Families will receive school closing notifications on their phone and e-mail, as well as posted on Face-

book and Twitter. In addition, school closing information will be available on the district website and local media outlets.

WCS makes every attempt to contact parents and students by 9pm the night before if school is going to be closed the next day. Sometimes, however, that decision cannot be made until later in the evening and then parents can expect a phone call by 5:30am. If school is in session and has to be dismissed early, then families can expect phone calls to every number listed on the students' file.

UPCOMING DATES

JANUARY

- 7 First day back from Winter Break—Full Day
- 14 Power Monday
- 21 Martin Luther King Jr. Day—NO School
- 28 Power Monday

FEBRUARY

- 4 Power Monday
- 11 Power Monday
- 18 President's Day—No School
- 25 Power Monday

A NOTE FROM THE NURSE...

Colds and coughs really ramp up in January! Here are some things you can do to help make their day at school successful:

- *Give them **non-drowsy** cough/cold medicine (like Mucinex, DayQuil, Sudafed, Triaminic) before school to help them with their symptoms while at school.
- *Increase their water intake to keep their mucous looser and keep a humidifier running in their bedroom or in the house, at night especially, to help with the dryness that our heaters create.
- *Make sure they are getting at least 8-10 hours of sleep at night.
- *When they cough, teach them to pull their shirt up **OVER THE NOSE** so they only cough on themselves and no one else.

Remember, if you are called to come and get your sick child, we need someone here within **ONE HOUR**. Please think about a plan to make this happen if you get called.

Also, 6th grade parents, if you updated your child's immunization record showing the 7th grade requirements over winter break, please bring that in to Nurse Joy.