



Reminders:

- Oct 13: **POSTPONED** Walk-a-Thon Foundation Fundraiser (*new date to be determined*)
- Oct 16: **NO CLASSES** – *Professional Development Day*
- Oct 16: **TEST** of New Emergency Communication System - 1pm (Test Messages will be sent to parents via email, text, voicemail)
- Oct 19: Earthquake Drill: Great American Shakeout
- Oct 20: **CANCELLED** Field Trip ~ Tolay Fall Festival (Gr. 6-8)
- Oct 24: **NEW DATE** Field Trip ~ Nicasio Valley Pumpkin Patch (Gr. TK-5)

Recordatorios:

- Oct 13: **POSPUESTO** Walkathon Recaudación de Fondos
- Oct 16: **NO HAY CLASES** – *Día de Desarrollo Profesional*
- Oct 16: **PRUEBA** del Nuevo Sistema de Comunicación en Emergencia - 1pm (Mensajes de prueba serán enviados vía correo electrónico, texto y mensaje de voz)
- Oct 19: La Gran Sacudida de California Simularco de Terremotos
- Oct. 20: **CANCELADO** Excursión ~ Festival de Otoño Tolay (Gr. 6-8)
- Oct 24: **NUEVA FECHA** Sembradío de Calabazas Nicasio Valley (Gr. TK-5)

October 12, 2017

Dear Nicasio Families,

What a week for our local and greater community. We are all affected by the tragic fires burning in Sonoma and Napa counties. At school, we continue to assess air quality and balance student health risks with outdoor activities. The kids have been flexible and understanding when lunch and recesses have been moved indoors. This website has been a great resource for assessing air quality in our area:

https://airnow.gov/index.cfm?action=airnow.local_city&zipcode=94946&submit=Go

I am moved by the stories of individuals wanting to help evacuees. At this time, Marin County shelters are not accepting donations of items. However, if you would like to contribute, the San Geronimo Valley Community Center is accepting donations of gift cards (from Safeway, CVS, Target) as well as cash donations. The Center for Volunteering & Nonprofit Leadership (CVNL) has information about volunteering: <https://cvnl.org/>

The Walk-A-Thon, originally scheduled for this Friday, has been postponed until further notice. I will work with Monica Snell to reschedule once the air quality has improved and outdoor activities are safe again for students. In the meantime, please encourage your kids to continue collecting pledges!

Next **Monday (October 16th) at 1 pm** we will be testing our new emergency communication system. Please read the accompanying flyer in Cougar Tracks for more information. We are grateful to have this new system in place to communicate quickly and efficiently with families and staff in the event of an emergency.

You may have noticed our school gate sustained some damage during the bike event last weekend. Thank you for your concern. Rest assured, we are working with the companies involved in order to repair the damage at no cost to the school.

As a reminder, next **Monday (the 16th) is a non-student day**. Our staff will be meeting for professional development. We look forward to seeing your students again on Tuesday.

All the best,
Barbara



Introducing Nicasio School's

New Emergency Communication System

Nicasio School has recently adopted a new emergency communication system called **School Messenger**. We are able to use this service through an agreement with our neighbors, the Dixie School District. This new system will allow either Mikki or myself to immediately communicate with all staff and families in the event of an emergency via **email, text message, and phone call**.

We have uploaded current parent contact information into our School Messenger database. It is important that any changes to your contact information throughout the year be communicated to the main office so we can update our records.

We will conduct a **test** of this communication system on **Monday, October 16th** at **1 pm**. You will receive test message(s) via email, text message and/or phone call.

We are relieved, especially given the recent events in Sonoma and Napa counties, to put a system in place that will allow us to communicate quickly and efficiently with families in the event of an emergency.

~Barbara Snekkevik
Principal

Nuevo Sistema de Comunicación en Caso de Emergencia

Nuestra escuela ha adoptado recientemente un **nuevo sistema de comunicación en caso de emergencia** llamado **School Messenger (Mensajero Escolar)**. Es posible usar este servicio a través del acuerdo con nuestros vecinos del Distrito Escolar Dixie. Este nuevo sistema permitirá a Mikki o a mi comunicarnos inmediatamente con todo el personal y las familias en el evento de una emergencia, vía **correo electrónico, mensaje de texto, y llamada telefónica**.

Hemos introducido en nuestra base de datos la información de contacto actual de los padres de familia al Mensajero Escolar. Es importante que comunique a la oficina cualquier cambio en su información de contacto a lo largo del ciclo escolar para poner al día la base de datos.

Haremos un **prueba** de este sistema de comunicación el día **Lunes 16 de October** a la **1 pm**. Usted recibirá un mensaje de prueba a través del correo electrónico, mensaje de texto y/o una llamada telefónica.

Nos sentimos tranquilos, especialmente después de los recientes eventos en Sonoma y Napa, al contar con un sistema que nos permita comunicarnos rápida y eficientemente con las familias en el evento de una emergencia.

~Barbara Snekkevik
Directora

Federal, State, and local emergency management experts and other official preparedness organizations all agree that “**Drop, Cover, and Hold On**” is the appropriate action to reduce injury and death during earthquakes. Great ShakeOut Earthquake Drills (www.shakeout.org) are opportunities to practice how to protect ourselves during earthquakes.

You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

- **DROP** to the ground (before the earthquake drops you!),
- **COVER** your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby; and
- **HOLD ON** to your shelter and be prepared to move with it until the shaking stops.



If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms.

Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be start of the big one...and that’s why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit www.earthquakecountry.org/step5.



If you are unable to Drop, Cover, and Hold On: If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or other items that can fall on you.

In a wheelchair: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a stadium or theater: Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

In a store: When Shaking starts, Drop Cover and Hold On. A shopping cart or getting inside clothing racks can provide some protection. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary. Whenever you enter any retail store, take a moment to look around: What is above and around you that could move or fall during an earthquake? Then use your best judgment to stay safe.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

Near the shore: Drop, Cover, and Hold On until the shaking stops. If severe shaking lasts twenty seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

More information:

www.shakeout.org

www.earthquakecountry.org/step5

www.dropcoverholdon.org

www.earthquakecountry.org/dropcoverholdon

MYTH – Head for the Doorway:

An enduring earthquake image of California is a collapsed adobe home with the doorframe as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. We now understand that doorways are no stronger than any other part of the house, and do not provide protection from falling or flying objects. You are safer under a table.

If you have questions, contact your local health department or clinic.

Actual size of egg (nit), nymph, and adult head lice compared to a penny.

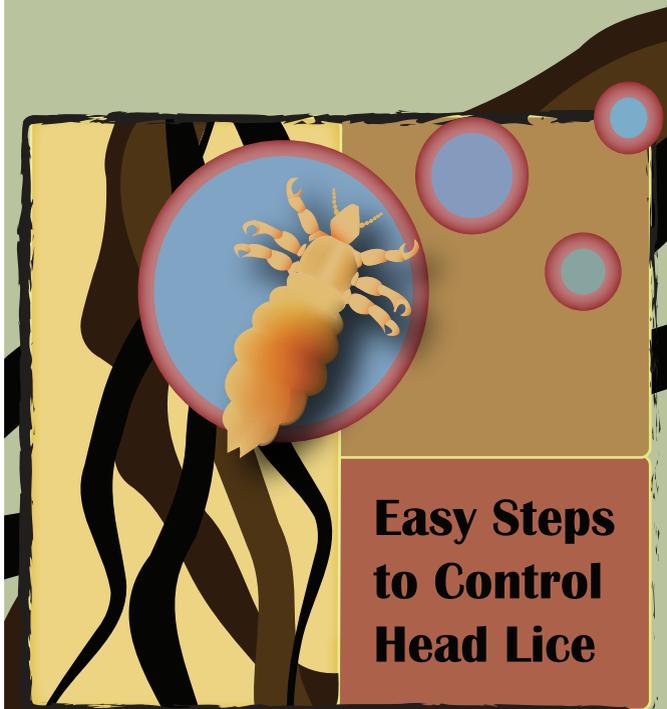


Image Courtesy CDC

California Department of Public Health
Vector-Borne Disease Section
(916) 552-9730
www.cdph.ca.gov
2016



A PARENT'S GUIDE TO HEAD LICE



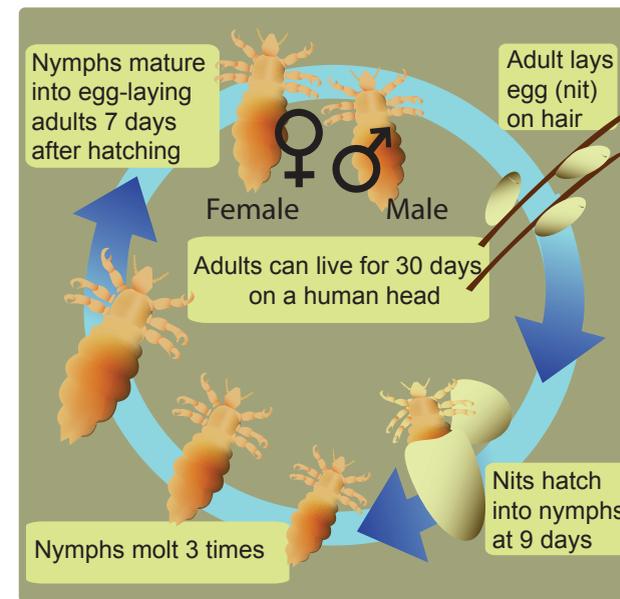
What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, also called nits, to hair.

Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.

Nits take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

Development of Head Lice



How do people get head lice?

Children can give head lice to other children from head-to-head contact and sometimes when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items.

Head lice are a problem in homes, day care centers, elementary, and preschools. Children are more likely to get lice from family members and playmates than from classmates at school.

How do I know if my child has lice?

The only way to know if your child has lice is to look through their hair. Adult and nymphs may be more difficult to see than the nits which are usually found about 1/4 inch from the scalp.

Don't confuse dirt or dandruff with nits. Nits stick on the hair.

How can I get rid of my child's lice?

Nit combing and removal

If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.

A good example is the LiceMeister®* metal comb that costs about \$10. Metal flea combs found at pet stores may be used as well.

The best way to remove nits is to part the hair into small sections. Comb from the roots to the tip of the hair. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. If lice are found, wipe or rinse the comb before using again. It is easier to comb wet hair.



Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where nits are attached.

Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.



Treatments



Permethrin (Nix®) or pyrethrin are the active ingredients in most over-the-counter head lice treatments.

Benzyl Alcohol lotions (5%) such as Ulesfia® can be prescribed to kill lice on children 6 months and older.

Ivermectin (0.5%) treatments such as Sklice® can be prescribed to kill nits and lice in children 6 months of age and above.

Spinosad (0.9%) treatments such as Natroba® can be prescribed to kill both lice and nits on children above 4 years old.

The AirAllé® is a device that delivers heated air at high flow to the scalp to kill lice and nits.



VERY IMPORTANT TREATMENT INFORMATION:

- Follow the label directions carefully.
- Treat only people who have head lice.
- Do not leave the product on for a longer time than recommended; it will not kill the lice faster.
- Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people.
- Even after treatment, you should remove nits daily with a metal nit or flea comb until all nits are completely removed.



- Wait at least seven to ten days before treating someone for a second time if they still have lice. During this seven to ten day period continue to remove any lice and nits found.

What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a playmate.
- Lice may not die right away.
- The problem was not lice.



There is NO proof that the following products work:

- Vinegar
- Compounds that say they dissolve the glue on the nits "to ease their removal."
- Mayonnaise
- Olive oil
- Tea tree oil



Here are a few other things you can do to get rid of the lice or nits in your home:

- Wash clothing and bedding in hot water (130°F) then dry on a hot cycle for at least 20 minutes.



- Seal items in plastic bags for two weeks to kill lice by preventing them from getting a blood meal.
- Boil combs, brushes, hair bands, and barrettes in water for five minutes, or soak them in rubbing alcohol or Lysol® for one hour.
- Vacuum carpets and furniture.



* Use of this product name does not imply commercial endorsement by the California Department of Public Health.



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Support **NICASIO SCHOOL FOUNDATION** When You Shop!

Are you an Amazon.com shopper?

If so, visit: smile.amazon.com and select the NICASIO SCHOOL FOUNDATION as your preferred charity. Then, every time you use Amazon, please shop through this link: smile.amazon.com – and a percentage (0.5%) of the price of eligible AmazonSmile purchases will be donated right back to the Nicasio School Foundation.

¡Apoya a la **FUNDACION de la ESCUELA NICASIO** cuando haga Compras!

¿Compra Usted en Amazon.com?

Si así es, visite: smile.amazon.com y seleccione la FUNDACION de la ESCUELA NICASIO como su organización preferida para apoyar. Entonces, cada vez que use Amazon, favor de comprar usando el enlace: smile.amazon.com – y un porcentaje (0.5%) de la compra elegible en AmazonSmile será donada a la Fundación de la Escuela Nicasio.

Wacky Wed. **AFTER SCHOOL ART**, all Grades



Wed. 2 - 3:10 pm,

All Grades

CERAMICS

5 week class: \$130.

Includes all materials

Please contact Priscilla at

ptroy@nicasioschool.org, or call

415-662-9004 with questions.

Bobbleheads, *Make yourself, an animal, or use your imagination?*

Sunflower Bowls *Hang on the wall, or use them anywhere!*

Happy & Healthy Signs, *We will create an art work using found driftwood and clay .*

Please return to Priscilla directly, or to the office no later than Monday Oct. 9th.

My Child _____ would like to attend After School Art Class

Wacky Wednesdays 2:00 - 3:10 PM on the following dates;

10-11, 10-18, 10-25, 11-8, 11-15, 2017

Parent name _____ Parent phone _____

Attached is payment for 5 week class: \$135. _____

Please make check payable to : Priscilla Troy

or PayPal to priscilla_troy@yahoo.com as friends & family

Thank you!

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October

Friday/Viernes

6-9 PM

The Dance Palace & Marin County Free Library

Present

El Dance Palace y Biblioteca Gratis Presenta



FREE FRIDAY T(W)EEN MOVIE NIGHT AT THE DANCE PALACE

Viernes Una Noche de Pelicula Gratis para adolescentes en el Dance Palace

All West Marin teens and tweens are invited to a free showing of
WONDER WOMAN - Rated PG13

Todos los jovenes y adolescentes del Oeste de Marin estan invitados a la
presentacion
LA MUJER MARAVILLA - Clasificada PG13

Dinner, drinks & movie snacks will be available for purchase-bring some cash!
Bring a beanbag chair-optional for lounging! Cena, bebidas y botanas para la
pelicula estaran disponibles a la venta. Trae algo de dinero! Trae un cojin,
silla opcional para relajarte!

Go to dancepalace.org or call 415.663.1075 for more information. ve a
dancepalace.org o llama al (415) 663-1075 para mas informacion



Thank you to the Dance Palace Community & Cultural Center and Marin County Free
Library for sponsoring free teen youth events for our West Marin community

Gracias a la comunidad del palacio de baile y al Centro Cultural y la Biblioteca Gratis del
Condado de Marrin por patrocinar eventos juveniles gratis para nuestra
comunidaddel Oeste de Marin.

503 B STREET PT REYES STATION - (415) 663-1075 - DANCEPALACE.ORG



Nicasio School Foundation Back To School Important News, Info and Links

Nicasio School Spirit Wear

Welcome to the Nicasio School Spirit Wear Online Store. Buy all your gear here and show support for your school. 15% of all purchases goes to the Nicasio School Foundation to support the kids of Nicasio School. If you have an idea for some apparel or gear you'd like to buy, just let us know. We are happy to create it and make it available. You can email Laura Skapik: lauraskapik@comcast.net and I can help you with any item or choose from the ones i've already created.

<https://niciasoschool.logosoftware.com>



Our Website, Please Visit us at this Link:

<http://www.niciasoschoolfoundation.org>



2017-2018 Shop-To-Fundraise Programs

Here are some easy, free and helpful ways to raise money for Nicasio School Foundation (NSF)! Use your grocery cards each time you shop locally and join Amazon Smile and Autoearn. Your families can earn easy money for Nicasio School Foundation with these programs and these participating local stores: Lucky's, Mollie Stone's, Woodlands Market, Petaluma Market and Nugget Markets. Please note that Safeway is no longer participating in the eScrip program, as of August 1, 2015.

3 EASY WAYS:

- Pick up your grocery cards in the school office for **Good Earth and/or United Markets**
- **Do you shop AMAZON.COM?** When making a purchase, please go to: <https://smile.amazon.com> and in the "Pick your Charitable Organization" box, type in "Nicasio School Foundation and click "select" and that is IT! You can bookmark Smile.Amazon.com, so when you shop 0.5% of your eligible purchase will be donated to our school. Feel free to share this with extended family members.
- **eScrip & Autoearn:** Many online merchants participate with eScrip. Please visit this link: www.escrip.com OR <https://shopping.escrip.com/> and whenever you shop online with an eScrip retailer, you'll receive a popup notice to allow you to earn money our school. Some retailers include Macy's, Nordstrom, and J.Crew.

Any questions? Contact Foundation member Laura Skapik: lauraskapik@comcast.net or the Foundation phone number at (415) 237-3218.