

**Cedar Ridge School**  
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*Department of Elementary and Secondary Education  
Missouri School for the Severely Disabled*

## Nurse's Notes by Denise Charlton

Yay! Spring has arrived along with better weather for outdoor activities. Remember to protect your child from insect bites and sunburn by applying sunblock and bug repellent before outdoor activities. Don't forget that we like to enjoy the playground during the pretty weather and your child may be out in the sun during the school day. You may want to apply sunblock, that they are not allergic to, while helping your child dress for school in the morning.

I will soon be time for Summer break and time to be thinking about

getting those enrollment papers for next school year together. Please be thinking of calling and setting up that appointment time with the doctor and others to get your child's yearly physical and update their immunizations before the next school year!

If you sent permission for your child to have the fluoride varnish you've received notification the 2nd application was applied. Also I've begun screens checking for any possible ear infections and will soon screen students for scoliosis

and height and weight again.

I'd like to thank the College View staff, students and parents for being so welcoming to me this first year as their School Nurse! Change can often be difficult but, it's much easier with the support of others around you. Although this is my first year, permanently here at College View I've been working at MSSD since 1994 and continue to also serve Cedar Ridge School. I'm looking forward to continuing to work with everyone at both schools in the coming school years.

## Spring 2018

### *Special points of interest:*

- April 18th-No School  
Required Professional Day
- May 8th-No School  
Truman's Birthday Holiday
- May 30th-Last Day of School
- June 18th-July 27th ESY

## PE Fun with Chelsey

This Spring we plan to spend as much time outside as possible.

We will be doing fun things like swinging, playing with bubbles,

drawing with sidewalk chalk, hiking and scavenger hunting, always including cardiovascular exercise.

We will also work on t-ball skills, swinging a bat, catching, throwing, maybe even some golf lessons if equipment is available.



## Juell Brandt's Classroom

In our classroom, two new students have arrived this spring for a total of 6 students Each student is being tested on Dynamic Learning Maps, which measures state academic standards in English, Math an Science.

Students have been working hard on their Individual Educational Plan goals. 5 students have, or will soon have, brand new goals that demonstrate how much progress they have made in all areas.

Several students are reading sight words, completing simple math problems and using their reasoning skills to answer questions about science.

Students continue to use social skills daily. Lessons on various social skills are incorporated throughout every lesson and activity.

Students are very anxious for spring to arrive so they can enjoy some sunshine and warmer weather, which makes learning more fun for everyone!

## Janet Campbell's Classroom

We have been very busy in our room. The end of the school year is quickly approaching.

We are enjoying the spring weather and outside recess.

We have two new students in our class.

Our students are making good progress with their communication and social skills.

Every morning they study the "inner voice" app on the iPad to talk about how they go to school, the weather, the day of the week, etc.

They also practice asking

"how are you?" and they use the iPad to respond when they are asked.

All students are making exciting progress.

The school store every Friday is also a good way to practice our social skills. Student learn to wait in line, make a choice and count money.

## Top 10 Fruit Snacks for Kids

1. **Fruit Chunks**-Frozen fruit chunks such as grapes, banana slices, watermelon and blueberries.

2. **Fun Fruit Salad**-Serve fresh fruit that can be dipped in salad dressings such as balsamic vinegar and poppy seed.

3. **Dried Fruits**-Pack up dried fruits such as blueberries, raisins and apple or banana slices,

4. **Applesauce Dip**-Fresh fruit dipped in applesauce.

5. **Fruit Cups**-Single serve fruit cups or canned fruit.

6. **Smoothie**-Kid's love fruit smoothies.

7. **Fruit and Yogurt**-Fresh fruit dipped in low-fat yogurt.

8. **Peanut Butter and Whatever**-Dip fresh fruits into peanut butter.

9. **Fruit Sandwich**-Make a sandwich with slices of apple or bananas and low-fat cheese.

10. **Popsicles**-Freeze 100% fruit juice to make a popsicle.

Information from [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org)





