



Cheetah Family News

(615) 472-4300

February 8th, 2019

1000 Secluded Lane

Dear Parents,

Please remember that every minute, hour, day, week, and month add up to student mastery and success!

We wanted to remind you of the differences between truancy and chronic absenteeism.

- **Truancy** : counts only unexcused absences, emphasizes compliance with school rules and relies on legal and administrative solutions.
- **Chronic Absenteeism**: counts all absences (excused, unexcused, and suspensions), emphasizes academic impact of missed days, and use of community based positive strategies.

This year, Williamson County Schools is following a 3 tiered approach to absences. Parents will be notified as **unexcused absences** accumulate to proactively support truancy concerns.

- Parents will be contacted via email or phone once 3 unexcused absences have occurred.
- The Principal will meet with student and parents to create a plan to ensure consistent attendance once 5 unexcused absences have occurred.
- Additional unexcused absences will require the student and parents to attend a regional truancy awareness meeting hosted by the WCS **truancy officer**.

Excused absences include: illness, death in the family, recognized religious holiday, doctor or dentist appointment, and/or emergency/exceptional circumstances with principal approval.

Family trips taken when school is in session will not be excused, except for extenuating circumstances which will require prior approval from the principal. You may obtain a form in the office or email Dr. Garrett at carolg1@wcs.edu.

Please help us make every instructional day count by keeping absences to a minimum and making sure your child arrives on time.

Thank you for your support.

Dr. Garrett



IMPORTANT DATES

- February 8th- progress reports go home
- February 8th, 15th, and 22nd- Breakfast with a Buddy (see below for more information)
- February 15th- Musical Theater Night
- February 18th- No School for Students
- February 20th- Roller-skating starts in PE
- February 28th- PTO Spirit Night at Grecian Pizzeria



Please be sure to send in any box tops you've collected by the end of February!



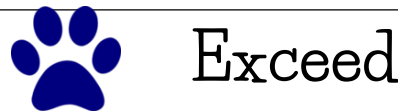
Breakfast with a Buddy



As you heard last week, we've decided to spread out the breakfasts, which will allow us to increase parking options and seating for those attending. We truly appreciate your flexibility in making this an enjoyable event for all who attend!

This morning's event went well and we enjoyed seeing our students eating breakfast with their buddy. We have 2 more breakfasts scheduled...

- **Friday, February 15th at 8:00--** Breakfast with a Buddy for students whose last name begins with I-O.
- **Friday, February 22nd at 8:00--** Breakfast with a Buddy for students whose last name begins with R-Z.





The Cheetah Council Williamson County Animal Shelter Drive



The Williamson County Animal Center is a public open-intake shelter serving the citizens of Williamson County, Tennessee. The shelter is a county tax-funded agency caring for domestic animals and needs help from our community. The Cheetah Council would love for our Cheetahs to help this shelter by donating the following items:

Canned Fancy Feast kitten, litter, laundry detergent, bleach, rawhides, medium sized collars, blankets (any type/size), bath towels, wash cloths, paper towels, Dawn dish soap, liquid laundry detergent, wet kitten/cat food, wet puppy/dog food, Benebones, Kongs, other cat/dog treats, and peanut butter

If you would like to donate, please send items to school **January 29th–February 19th**
There will be labeled boxes outside the front office in the foyer.

If you have any questions, you contact Liz Cowan at elizabethc1@wcs.edu



The Early Childhood Programs of Williamson County are now accepting applications for typically developing peer models in our Early Childhood Programs for the 2019-2020 school year. This is an opportunity for your 3, 4, or 5 year old to become a typical peer in a preschool classroom. For more information about the program and how to apply, please check out the attached information.



Roller-Skating starts this month in PE. Please click the link below if you are interested in signing up to help during your child's class time.

<https://www.signupgenius.com/go/30E0945A5A92CA6F85-skating>



Our lost and found items are quickly piling up! We have jackets, coats, sweatshirts, water bottles, etc. Please ask your child to check for any items missing from home. All lost and found items not claimed by Friday, February 15th, will be donated to charity. All lost and found items will be in the main hallway on February 11th to February 15th.



Read Across America Week is coming up, March 4th-8th.

Read below for our plan for the week!



- Monday Wear your stripes (Cat in the Hat)
- Tuesday Sock Day (Fox in Sox)
- Wednesday Wear mismatch clothing (Wacky Wednesday)
- Thursday Wear green (The Lorax)
- Friday Wear your pj's (Drop everything and read day)



Our Cheetah Singers are preparing for a very special event in Williamson County! On April 6th we will be performing in a mass choir with other Spring Hill elementary schools in The WCS Fine Arts Festival. Parents, please click here to order your child's performance t-shirt.
<https://chapmanchorus19.itemorder.com/sale>



Just a reminder...



The Speed limit on Secluded Lane is 20MPH and the speed through the school zone is 10MPH.



- Badge Making day will be Monday February 11, from 9-12.
- Please note we will have another badge making evening the night of Book Fair Family Night in March.
- Spirit Night at Grecian on February 28, from 5-8.

Our music students are working hard on a variety of different musical skills. Here's what we've been up to!

- **Kindergarten:** Demonstrating an understanding of high and low sounds through movement. Understanding the correlation between the size of an instrument and the pitch it creates.
- **1st:** Playing a steady beat on xylophones while singing along to a song
- **2nd:** Exploring Tempo and Dynamics
- **3rd:** Singing in rounds and canons
- **4th:** Playing the recorder and reading notes on the staff
- **5th:** Playing instruments (xylophones, metallophones, and glockenspiels) in an ensemble





The American Heart Association has named February “heart month”. Here is information that is crucial for you to know. Today we will focus on how women can present a little different than men when having a heart attack or stroke. Believe it or not, sweating, pressure, nausea and jaw pain are all symptoms of a heart attack in women. They are also symptoms that women often brush off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy.

“I really couldn’t believe this happened to me,” says survivor Amy Heintz. “I thought of myself as a healthy person and was exercising when my heart attack happened.”



Whether it’s disbelief, lack of awareness or misdiagnosis, dismissing the symptoms of a heart attack can delay critical, life-saving actions. Being able to recognize the warning signs and act quickly, however, can save a life.

Causes of a heart attack in women

Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. While the initial causation can often be pinned on the usual suspects—heavy smokers, people with high-stress lifestyles, or those who are excessively overweight—the not-so-usual suspects can also be at high risk for heart attack.

Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms, see a doctor regularly, and learn their family history.

As with men, the most common heart attack symptom in women is chest pain or discomfort. But it’s important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

What to do during a heart attack



If you experience any of these signs or symptoms:

- Do not wait to call for help. Dial 9-1-1, make sure to follow the operator’s instructions and get to a hospital right away.
- Do not drive yourself or have someone drive you to the hospital unless you have no other choice.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

Continued on the next page...

Why it's important to know the symptoms of a heart attack

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That is why it's crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of heart disease.



Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 and get to a hospital right away.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing or blurred vision in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



All information in this article was obtained from the American Heart Association. Please feel free to go on their website for more information @ <https://www.heart.org>.

Thank you,
Nurse Gloria

