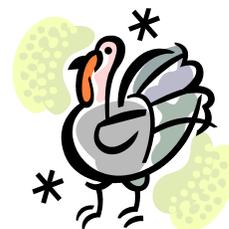


Northern Lights

Weekly News and Notes from Hanna, Elk Mountain, and Medicine Bow Elementary Schools



Notes from the Principal

Next Week

- Monday

5:30 Medicine Bow CEO Meeting

- Tuesday

Wednesday-Friday: No School-Thanksgiving Break

- Monday, December 1

- Tuesday

- Wednesday

Mr. Shipp in Saratoga for Principal's meeting

- Thursday

3:40 PTA Meeting at Hanna Elementary

- Friday

No School-Teacher Inservice

Enrichment in each building: Christmas crafts

Earlier this week, the temperature was well below zero as many of the students arrived for school. Some of them tried to argue the idea of having recess inside, their logic being that it was not snowing or windy so it was OK to be outside. A few arrived without hats and gloves on and when asked about it, told me that they were in their backpacks. As we all know, even in weather that does not look harsh, exposure to such harsh temperatures can be dangerous. Our guidelines for outside recess are that any wind chill of 0 or below, or in our best judgment that conditions are dangerous to any degree, we will keep the kids inside. Even if we do go outside, if a child is not dressed for the conditions, we will not let that child go outside. Please make sure your child is dressed for the conditions, and know that in Wyoming those conditions can change rapidly during the day.

In addition, our dry winter weather can be a health concern even in relatively moderate conditions. To summarize an article by [Brunilda Nazario, MD](#), please consider the effects of winter weather on your child's skin as well as your own.

When the temperature drops, the humidity level plunges too. Dry air leaves skin parched. "Once the weather starts to change, I see patients coming in complaining of dry, itchy skin," says Linda Stein Gold, MD, clinical research director for the dermatology department at Detroit's Henry Ford Hospital. Turning up the thermostat doesn't help, either. Indoor heating strips even more moisture from the air -- and your skin.

Quick Fix

Install a humidifier in your home to keep air moist. Set humidity at a constant 45% to 55%, and the temperature at a balmy 68 degrees Fahrenheit. Before you go outside in wintry weather, create your own moisture barrier. Protect your most sensitive parts -- lips, face, and hands -- with a scarf and gloves.

On another note, next week we celebrate Thanksgiving. We at Hanna, Elk Mountain, and Medicine Bow are blessed to work with an amazing group of kids. Each one of them is unique, talented, and wonderful. I am thankful for each day I get to work with them. Happy Thanksgiving!

Mr. Shipp



A big thank you to Vivian Gonzales and all of our other "guest readers" during American Education Week.



Officer Redding of the Sheriff's Department visits Medicine Bow School



To celebrate both American Education Week and Thanksgiving, Principal Rangitsch of Saratoga visited Elk Mountain for a Turkey Talk.