



# news

## News from the trunk!

Thursday, April 8th 2021



# Letter from the Superintendent, Bridget Davies

Dear KAS Community,

I am looking forward to the day when I can write to you and not mention COVID-19. We are not there yet, however the continuing vaccination campaign gives us both motivation and hope.

I wanted to draw your attention today to us all being alert to the fact that cold and flu symptoms can be identical to COVID-19 symptoms. In fact, in younger children a runny nose/some congestion can be the only symptom of COVID-19. Therefore if your child has any of the CDC recognized symptoms for COVID-19 please keep them at home and consider testing as appropriate.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please also know that the health office at KAS will continue to be cautious and send home children if they demonstrate any of these symptoms.

I am grateful for the KAS community's support of the measures we have put in place to keep everyone safe.

Best wishes,

Bridget

## STAY SAFE AND STOP THE SPREAD OF COVID-19 COVID19 SYMPTOMS



Source: World Health Organization

## FLU or COVID-19?

### SYMPOMS OF FLU OR COVID



FEVER OR CHILLS



SORE THROAT



CONGESTION OR RUNNY NOSE



HEADACHE



FATIGUE AND/OR MUSCLE OR BODY ACHES



COUGH

### SYMPOMS OF COVID



NEW LOSS OF TASTE OR SMELL



NAUSEA, VOMITING OR DIARRHEA



SHORTNESS OF BREATH OR DIFFICULTY BREATHING

THOME GROUP

OSF HEALTHCARE

# Letter from the Principal – Susan Boutros



Dear Parents,

It has been a very exciting week for us at KAS because it was Spirit Week.

Spirit week was organized by the high school student council. Spirit week is a week where various themed activities happen around school usually meant to hype up school spirit, or to bring awareness to a specific event or cause. Students are encouraged to wear an outfit that correspond with a certain theme for the day.

The objective of spirit week is to have a heightened sense of school spirit on campus. Activities like dressing up help to develop more school spirit. Research has proven that students with school spirit perform academically better than other students who have less school spirit. This semester's Sprit Week consisted of a Character Day, a Decades Day, a Crazy Hair Day/Mismatch Day and an International day which were just perfect in every way. It was really exciting to see students and teachers dress up for Spirit Week.

I would like to thank Student Council for a great Spirit Week. I hope that you all have a relaxing weekend!

Best regards,

Susan Butrous



# IN THE PURSUIT OF HAPPINESS

As I mentioned in last week's Enews article "Why Wellenss", happiness is a skill. While your temperament and mindset are influenced by your genetics, upbringing, and circumstances, a substantial amount of your outlook and wellbeing is directly impacted by the choices you make and activities you choose. Choices such as how you perceive a situation and health practices you implement, as well as choosing to spend time engaged in activities that fulfill you are all in your control. You can learn to be happy by making better choices and spending your time doing uplifting activities. Therefore, happiness is a skill everyone can learn.

My personal favorite happiness skill is to practice gratitude. Very simply, gratitude is being thankful and appreciating what you already have. Without an intentional focus on gratitude, it is easy to take for granted all the great things that you already have. When things are difficult, it can feel like everything is awful, when in fact, an intentional gratitude practice allows you to see this is not true; you may be experiencing difficulties and there are still many blessings in your life.

Why should you practice gratitude? Again, the fields of positive psychology, medicine, physical fitness, among others, seek to answer this question. Based on research across disciplines, benefits of a consistent gratitude practice can improve your mental, physical, social, and professional health and wellbeing. Here are some of the reasons to cultivate a gratitude practice...

Gratitude improves:

- Optimism, resilience, generosity
- Relationships and social support
- Physical fitness, recovery from illness, and pain tolerance
- Quality of sleep
- Work performance and satisfaction

Gratitude decreases:

- Anxiety, depression, stress symptoms
- Materialism
- Egocentrism

A reason gratitude is a favorite practice of mine is because its free, simple, and I can do it anywhere and everywhere. One must simply focus on the good. With practice turning your attention to all the good in your life, eventually your brain will automatically do this.

In addition to stopping and choosing to pay attention to the good in your life, there are specific practices that will get your



brain in this healthy habit.

## Keep a Gratitude Journal

This practice takes a notebook and pen (or an app) and 5 minutes.

In these 5 minutes, you note 3 things that went well that day for which you are thankful.

## Direct Communication

Tell someone that you appreciate a specific thing they have done for you or to support you. Simply make a quick call, write a quick email or send a quick text telling this person exactly what they have done that you appreciate. This also spreads your happiness to other people.

## Notice and Savor

Take a few minutes to stop during your busy day (or bad mood) to think about and recognize the good. Really pay attention to these good things and spend a few appreciating them; this is savoring the moment. It may even help to remember a time when things were even worse for you!

## Visual Reminders

Make a list of things you are grateful for and keep it somewhere you can easily see or find it. Post it on your bathroom mirror or your steering wheel. Keep it handy on your phone. This acts as a continuous reminder of all the things you have to be grateful for. And in those moments is it hard to find the good, your list is already written and ready for you to pick a few favorites to focus on for a few minutes.

By taking the time and being intentional with your gratitude through any number of quick and simple practices, you too will soon benefit in the some of the ways mentioned above. Most importantly, you are building a skill to directly impact your own happiness.

Check back next week when we explore another happiness skill: High Quality Connections (HQC).

Wishing you and your family health and happiness.

Nicole Stacey  
Student Support Services Coordinator  
Elementary Counselor

# Saying of the week

To hold a candle to indicates that a person or thing is as good as another. It is often used in the negative to mean the opposite as shown when it first appeared in print in Sir Edward Dering's *The fower cardinal-vertues of a Carmelite fryar*, in 1641 when he wrote "though I be not worthy to hold the candle to Aristotle." The origin of the phrase dates back to a time when apprentices were expected to hold the candle up, so their more experienced colleagues could see what they were doing.

Minette van der Bijl  
HS EAL Teacher

## Poem of the week

### FAT IS NOT A FAIRY TALE

Jane Yolen

I am thinking of a fairy tale,  
Cinder Elephant,  
Sleeping Tubby,  
Snow Weight,  
where the princess is not  
anorexic, wasp-waisted;  
flinging herself down the stairs.

I am thinking of a fairy tale,  
Hansel and Great,  
Repoundsel,  
Bounty and the Beast,  
where the beauty  
has a pillow'd breast,  
and fingers plump as sausage

I am thinking of a fairy tale  
that is not yet written,  
for a teller not yet born,  
for a listener not yet conceived,  
for a world not yet won,  
where everything round is good:  
the sun, wheels, cookies and the princess.