



Welcome to the Webpage of Superintendent William G. Caron, Ed.D.

November 2017 Surviving the Holidays!

November and December are traditionally the months when the weather changes and winter takes hold. These months are also a time when we reflect on our families, share time together, and are thankful for all the good things in our lives. December brings the holidays and the hustle and bustle that is often associated with potential travel plans, demonstrations of love for family and friends, and the sheer exhaustion of getting it all done. Scales Mound CUSD #211 wants to let you know that we understand and therefore want to offer a few tips to keep you healthy and rested during this busy time of year. Here are ten tips for surviving and enjoying the holiday season.

1. Set realistic expectations for yourself and others. Most of the time we are afraid to say “no” to someone or some event. It is ok to say no and will often reduce your stress level.
2. Pace yourself. Color code activities based on their importance or connection to your family and prioritize the events or activities that are most critical for you to attend and those that can be put aside.
3. KISS! This is not what you think. KISS stands for “keep it safe and simple.” Play a board game or just sit by the fire and catch up with friends and family. Not all celebrations need to be grand events.
4. Accept help. If someone offers to help, take a minute, literally, and ask yourself what that person can do to help you. It is ok to say yes to someone else’s offer to help and can be the remedy to stress.
5. Take care of yourself. Don’t skip your exercise routines, eat well, enjoy some “me” time, and be sure to get enough sleep. A healthy you is a happy you!
6. Think about the meaning of the holidays. What does it mean to you to celebrate the holidays? What brings you happiness and joy? What would that look like to others? If the answer to these questions is volunteering at a community event or agency, then go for it. If it means sitting quietly and reflecting on what makes you happy, then do that. Most of all, enjoy the special time with family and friends during the season, and thank them for their time.
7. Savor life’s little pleasures. Be thankful for all you have, family, friends, health, shelter, and more. Express your gratitude to all those in your life who make you who and what you are.
8. Give the gift of yourself. Do you know someone who is alone that could use someone to listen to them or may not be feeling well? Just call them up or go see them. More often than not, we are living in an e-mail/texting society. Surprise an old friend with a handwritten letter or make a call.
9. Accept change. Did something different happen this year that will have an effect on your holiday routines or traditions? Reflect on the change and develop new traditions for you, your family, and friends.
10. Celebrate yourself! Be your own cheerleader. Have fun, celebrate what you do, and laugh. You have successfully celebrated many other holidays and you will again this year. Make a plan to make this one the best ever.

If we take the time to connect, relax, and breathe, we can reduce our stress and make this the best time of the year. Have fun and happy holidays from all of us at Scales Mound!

Dr. Bill Caron
Superintendent/PK-2 Principal

Throughout this addition you will find some great articles and events that have taken place or will be taking place at SMS. We also have information about how we handle school closing due to weather, tips on avoiding colds and flu, and information on some of the health related illness that can sometime be associated with the cold weather. Please check out any of the resources provided for more information.

Happy Thanksgiving!



School Closing Procedures

With the winter weather about to take hold of us in Scales Mound CUSD #211, one of the tough decisions a superintendent has to make is to cancel school, have a late start, or proceed with a normal school day.

Sometimes this decision is made easy due to the severity of the storm. However, when it comes to cold temperatures the decision can be a tougher call.

The decision to close school is not done in isolation. When the conditions are such that we may have to call off school the superintendents from Galena, Warren, River Ridge, Benton, and Scales Mound begin a phone tree around 4-4:30 AM. We consult with the road commissioners and the National Weather Service to determine the severity of the storm and time it will impact the districts. Collectively, the superintendents then make the call to cancel, delay, or have school.

With cold weather, we have collectively determined that the cut off to cancelling school is usually when the **wind chill hits -30 degrees**. However, if other conditions are factored in that may have an impact on the safety of our students and staff, a decision to call off school may be made at a warmer wind-chill temperature.

Calling off school has an impact on our school community in many ways.

Parents and guardians need to make arrangements to find day care for our younger students, scheduled activities have to be cancelled or rescheduled, and by State regulations, we are required to make up the day, which could force families and staff to alter end of the school year plans.

Superintendents have to take all of the data regarding the weather conditions, daily schedule, community impact, and State requirements into consideration as they make this decision. However, the number one concern we all have is the safety of our students and staff. We will always make the decision that we feel protects our students and staff when determining if we should cancel school, have school, delay school, or release students early.

Timing for School Closure

4:00 – 4:30 AM – Superintendents begin phone tree, drive streets, check with NOAA, and consult the county authorities.

5:00 – 5:30 AM – A decision to close is made and notification begins

Parents and staff will be notified by phone, text message, and e-mail if school is closed or there is an early release of students due to weather conditions.

Tips for Avoiding the Cold and Flu



Here are some tips for avoiding the cold and flu courtesy of Health.com

- **Every time you shake someone's hand, wash yours.**

- **Keep your hands off**

Touching your nose and your eyes may hurt you. Those are the most common places for germs to get in.

- **Go to bed**

As if getting enough sleep on a normal basis

isn't hard enough, you need more z's when you're feeling under the weather.

- **Get your shot**

- **Build up with healthy food**

You may think it's hard to eat healthy on a regular basis, but eating plenty of fresh fruits and vegetables supports your immune system.

- **Work out**

Get those sweats on and exercise.

- **Stay away**

Keep your distance from people displaying symptoms like sneezing and coughing.

Do you want the more information? Go to:

<http://www.health.com/health/condition-article/0,,20250939,00.html>