



Fraser School — NEWS —

Director's Corner

January 2017

Dear Fraser Families,

Happy New Year!

Thanks to all the families that contributed to the Fraser School Gives Back campaign to collect donations for other Fraser families. Through your efforts, we were able to help adults in Fraser's residential services program with scarves, mittens, and food. We were also able to help children and families in our day treatment programs with hats, mittens, jackets, and toys. Thank you for giving!

This is the time of year when many families start thinking about taxes. Each family will receive a statement in the mail that shows the amount of tuition that Fraser has received in 2016. Please consult your tax preparer to determine if and how to deduct this from your taxes.

On Monday, January 9, we will have a program committee meeting from 5:00-6:00 PM. I am trying a new approach to, hopefully, spark interest and increase parental involvement. At the January meeting, we will discuss enrollment materials and welcome packets which we utilize to greet children and families into Fraser School. I would love to hear feedback about our methods and suggestions for improvement. Families that participate do not need to make any future time commitments. If you are interested in attending, please RSVP so we will have enough materials for all participants. Also, mark your calendars for Monday, April 3 when we will discuss Fraser School's curriculum and assessment materials.

On Thursday, January 19, we will host our winter Family Fun Night. The event will begin at 6:30 PM

in the gym with the group reading of a book. Following, about ½ of our classrooms will be open for various activities. The activities are based upon the book's themes and are designed to be completed by the children and their family members. Families are encouraged to try as many activities as they have time and interest. At about 7:20 PM, families will re-gather in the gym for a closing activity.

Thanks for sharing your children with us,

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"What's been important in my understanding of myself and others is the fact that each one of us is so much more than any one thing. A sick child is much more than his or her sickness. A person with a disability is much, much more than a handicap. A pediatrician is more than a medical doctor. You're MUCH more than your job description or your age or your income or your output."

By Fred Rogers: The World According to Mister Rogers: Important Things to Remember

Fraser School Exclusion Policy

Unfortunately, winter often brings with it various illnesses. I want to take this opportunity to remind families of the school's exclusion policy. It is important for families to adhere to this policy to minimize the spread of illness throughout our children and staff members.

- Fever – we will exclude a child if his/her fever registers at 101° Fahrenheit or higher. Children must be fever-free, without fever-reducing medicine, for 24 hours before returning to Fraser School
- Vomiting – if a child vomits two times, either at school or at home, he/she should stay home until free of vomiting for 24 hours
- Diarrhea – if a child has three instances of diarrhea, either at school or at home, he/she should stay home until free of diarrhea for 24 hours
- Rash – if a child has an undiagnosed rash with or without other symptoms, we may exclude the child until a health care provider has ruled out communicable diseases
- Unexplained Lethargy – if a child is unable to participate in normal school activities, we may exclude the child because we do not have the staffing to provide 1:1 care.

If your child exhibits any of these exclusion symptoms, we will call parents/guardians to come pick up the child within an hour. If the parents or primary caregivers cannot pick up the child within an hour, they can call another authorized pick-up to get the child. If no one comes to pick-up the child within an hour, the late pick-up policy will apply. If the family has not used their 45 minute grace periods, we will apply the late pick-up to their grace periods. If the grace periods have been used, parents will be charged.

DHS Licensing Visit

Fraser School is due for its visit from our Department of Human Services' licensor sometime in the first quarter of 2017. This is a day-long unannounced visit. She will visit each classroom and check to see if:

- Each classroom has the minimum amount of equipment required. DHS licensing mandates everything from the number of child-sized, non-folding chairs in the room to the number of inches of table edge that is available to the children to the amount of bulletin board space available.
- Each classroom practices health and safety precautions. She will observe to ensure that staff members are cleaning and sanitizing before and after eating, children and staff are washing hands at appropriate times, and that there are no hazards within reach of the children in the classroom.
- Each classroom has an emergency poster in the classroom showing primary and secondary evacuation routes and severe weather procedures.
- Each classroom has the appropriate learning centers with the appropriate amount of toys, games, and equipment.

The licensor will also go through all of the personnel files to ensure that each staff member has a background check, are qualified for their position through education and experience, has received the appropriate trainings, etc. She will also check a sampling of children's files to ensure that we have emergency contact information, the names and addresses of each child's primary doctor and dentist, the age-appropriate health and immunization forms, conference documentation, etc. The results of the licensing review are public and are posted on the family bulletin boards.

Aromatherapy

Reprinted from healthychildren.org, the website of the American Academy of Pediatrics.

Aromas hit the nose and go directly to the most primitive parts of the brain, affecting our emotions and nervous system before our higher cortex is even aware of them. Familiar smells such as morning coffee, pumpkin pie baking, grandmother's lavender-scented pillowcases – these are all comforting and reassuring. Retail stores use aroma to entice shoppers to feel comfortable and shop longer. Harsh smells of hospital disinfectants can conjure up fear. The perfume industry invests millions of dollars designing new combinations of alluring fragrances.

Many massage therapists include essential oils in their massage lotions to combine the benefits of aromatherapy and massage. Hospitals, hospices, and clinics around the world are starting to use aromas to help patients feel more relaxed, cheerful, and at ease. The essential oils of lavender, clary sage, neroli, and chamomile are relaxing, reducing agitation and stress and promoting calm. The plant oils from citrus, pine, eucalyptus, cedar, and mint promote focus and a feeling of being refreshed.

Be aware as you shop for home cleaning products, laundry cleaning products, soaps, personal hygiene products, and air fresheners that some of these products contain natural fragrances from the essential oils of plants, while others are based on new-to-nature chemical imposters that can trigger nasty reactions.

For people who are extremely sensitive to chemical odors, chemical smells trigger headaches, depression, anxiety, mood swings, irritability, fatigue, and a variety of other unpleasant symptoms. The medical name for this is multiple chemical sensitivity (MCS); people with MCS can experience full-blown panic attacks, confusion, or

deep depression when confronted with chemicals to which they are sensitive.

Whenever possible, use natural cleaners such as vinegar and baking soda, citrus oils, geranium, rose, or lavender. Be careful with essential oils of plants; even though they are natural, they are strong and some people develop skin irritation if the pure, undiluted oils are applied directly to the skin.

Based upon information from this article and others like it, along with advice from our health consultant, Fraser School is reducing the amount of fragrances in our environment. We will continue to use a diluted bleach solution to sanitize our toys and equipment. We will minimize the number and kind of air fresheners that we use and strive to use odor neutralizers instead. We will continue to encourage staff members to minimize the use of perfumes or other personal products that contain fragrances.

Who Are Wally and Molly?

Has your prekindergartner or preschooler been talking about our friends, Wally or Molly? Wally and Molly are child-sized puppets that are part of the Incredible Years curriculum that we use to teach important social and emotional skills. Elizabeth Eng, Fraser School's education coordinator, visits the classrooms with Wally or Molly. She individualizes the messages to the specific classroom needs. For example, if a classroom is struggling with clean-up time, Wally may visit and talk about how important it is to take care of our toys and how it takes the whole group to clean up quickly. We are able to utilize the puppets as positive peer supports that can provide role-modeling to the children. It is absolutely amazing to see how well using these puppets work!

This month's events

> **No School**

January 2, 2017
New Year's Day (observed)

> **Program Committee Meeting**

January 9, 2017
5:00-6:00 PM

> **Family Fun Night**

January 19, 2017
6:30-7:30 PM

Upcoming events

> **No School**

February 20, 2017
Staff Development Day

> **No School**

April 5-6, 2017
Parent/Teacher Conferences

> **No School**

April 7, 2017
Spring Break

Save the Date:
2017 Fraser Walk for Autism
Saturday, April 8, 2017
7:00 – 10:00 AM
Mall of America Rotunda

In 2016, the Fraser Walk for Autism raised more than \$125,000 to support autism services at Fraser. Please consider joining us for this family-friendly event.



Saturday
April 8, 2017
Mall of America



Save the Date:
Fraser Bowling with Celebrities
Sunday, February 26, 2017
2:00 – 6:00 PM
Pinstripes

Fraser is launching a new event and we hope you will join us. Fraser Bowling with Celebrities connects participants with local public figures and celebrities, who support Fraser for a fun afternoon while they bowl, bid, visit and eat.

Our inaugural event will be at Pinstripes, 3849 Gallagher Dr., Edina, MN 55435, on Sunday, February 26, 2017 from 2-6pm.

Currently we have the following celebrities confirmed who are graciously contributing their time to bowl and sign autographs for fans; Kat Perkins from the Voice, Chef Vincent Francoual, Paul Lambert (AKA Meatsauce from KFAN), Paul Peterson and Christopher Straub, designer and former Project Runway Contestant.

More information and registration to come.