IMPORTANT ANNOUNCEMENT

Attention parents of 7th and 12th graders:

Students in grade 7 are required to have 1 dose of Tdap and the 1st dose of MCV. Twelfth graders are required to have the 2nd dose of the MCV. If you have not fulfilled this requirement, please provide proof of vaccinations or exemption letter to your school nurse immediately.

Ronald McDonald Care Mobile Coming to SV High School

The Ronald McDonald Care Mobile will be coming to the Steel Valley High School parking lot on December 30th from 10am-2pm. The Care mobile offers no out-of-pocket medical care to all children. No appointment is necessary for the following services: Immunizations, routine child physical exams, sick child visits and well visits. This is a great opportunity to have your child complete Pa mandated health requirements (KG, 6th and 11th grade physical exams, and Immunizations. Current 6th grades can also get their shot requirements completed early to count for 7th grade). For more information, please view the flyer on the Steel Valley District webpage.

Dressing for the Cold

• Dressing in layers is the best way to stay toasty and warm while outside. For small children and babies use one more layer than an adult would
• Warm and waterproof coats, pants, and boots- will help keep your layers underneath dry
• Don’t forget the Hat- Because tons of body heat escapes from your head
• Scarves/earmuffs, - will also help keep you comfortable and warm
• Mittens/gloves- the waterproof kind are the best if you’re going to be playing in the snow. Keeping your hands dry and warm is important because fingers are sensitive to the cold

Frostbite is a skin injury caused by freezing temperatures it can be very serious so here are a few things to know:
• Children with frostbite get a white, waxy skin that feels numb and hard
• Kids are greater risk than adults because they lose heat faster from their skin
• Kids don’t often want to stop playing outside and come into warm up
• If your child has frostbite call your doctor or go the ER
• You can prevent frostbite by staying updated on the weather forecast, dressing the kids properly in layered warm clothes, making sure the kids come inside periodically to warm up, change out of wet clothes or shoes as soon as possible

Reminder

All students in 1st, 3rd and 7th grader are required by Pa Law to submit proof of a dental exam to your school nurse. Any dental exam after 6/1/2019 will be accepted.
Mindfulness is when you slow down, pay full attention and notice what you are doing. When someone is being mindful, they are not rushing or multitasking, they are focusing in a relaxed and easy way. Being mindful can help you with things like paying attention, being less distracted, avoiding getting too upset about things, being more patient, and slowing down instead of rushing. Here are some ways you can practice mindfulness:

❄️ **YOGA** - Yoga is a way to exercise our bodies, our breath, and our minds **all at the same time**. Yoga makes us feel great!

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🔥 **MEDITATION** - Meditation is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice.