



### **The Importance of Warmth**

It is important to discuss the quality of warmth and its connection to our health. Warmth supports all healing. Loss of warmth often leads to illness.

As you may know, children only gradually grow into the ability to sense temperature. By age nine, children can realize whether they are hot or cold, but not before.

How can we incorporate warmth into our students' days as Winter begins to blanket us in snow and frost?

Consider adding a warm soup or reheated leftovers in a thermos to your child's lunch.

Adding a warm tea to their snack, lunch or after school routine.

Warming up a blanket in the dryer for a few minutes before story time and wrapping up together.

**Making sure you have good gear for outside play. If you need help finding good gear, reach out to Winterberry and we will help.**

If you have any wonderings, questions or comments, please feel free to email me

[Seater\\_katrina@asdk12.org](mailto:Seater_katrina@asdk12.org) or call 907-742-8224.

Take care,  
Nurse Katrina



Thank you to Ali O'Dell, mom in grade 6 for hosting our Gear Swap/Costume Swap over the last 3 weeks! Many families here at Winterberry and at Clare House Shelter benefited from your energy and efforts!

Thank you Grade 8 families who have brought DELICIOUS AND CREATIVE FOOD for Faculty Meetings on Thursdays! The faculty and staff appreciate your generosity!

**Heather Allen, the Judge family, the Porter Family, Anne Arceo, Christina Hailperin, and Steve Cleary.**



## Dates to Remember

Winterberry Charter Council  
will meet via zoom  
November 18th

**Inservice  
Day**

6:00pm

**Time: 3rd Thursday of the month at 6pm**

Topic: Winterberry Charter Council

Time: 6pm

Join Zoom Meeting

<https://asdk12.zoom.us/j/519426010>

Winterberry Parent Guild  
will meet via zoom  
November 4th  
6:00pm

**Time: 1st Thursday of the month at 6pm**

Topic: WPG Zoom Meeting

Join Zoom Meeting

[https://asdk12.zoom.us/j/95290064733?pwd=ZEFyVXV1RCsyV1NP  
K3IHVnlEeTdYZz09](https://asdk12.zoom.us/j/95290064733?pwd=ZEFyVXV1RCsyV1NP K3IHVnlEeTdYZz09)

Meeting ID: 952 9006 4733

Passcode: WPG

**NO  
SCHOOL  
for kids  
November  
11th**

**Thanksgiv  
ing Break  
NO  
SCHOOL  
for kids  
November  
25 and 26th**

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Log your Volunteer hours

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Donate to GARDEN

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What a difference the snow makes!



Ms. Maria and her hybrid class enjoying a story



Bees wax pumpkins