



Dear Lutz Families,

Welcome to another exciting school year at Lutz Elementary! Our hallways are once again filled with the sounds of learning, laughter, and curiosity as we settle into our routines. Whether you are returning to our school community or joining us for the first time, we are so glad you are here.

This year, you will see a few new faces in our building. Our new part-time secretary is Miss Daniella Ortiz, who previously served as our Focus Tutor for the past 2 years. Mrs. Lori Thiessen is our new Focus Tutor! We also have Ms. Jennifer Hays and Mrs. Sue Lisa joining us as paraprofessionals. Their energy, ideas, and dedication will help make this an incredible school year for our students. Please join us in giving them a warm welcome!

This year promises to be full of learning, growth, and fun. Please feel free to reach out to us with any questions or concerns. Thank you for partnering with us in your child's education. Your support makes all the difference.

Sincerely,



Dr. Pierce



Mrs. Roth

## REMINDERS

- If a child is absent, please call the school office at 419-332-0091 and leave a message or email [foxl@fremontschools.net](mailto:foxl@fremontschools.net) and [ortizd@fremontschools.net](mailto:ortizd@fremontschools.net) to report an absence.
- Please remember to fill out Final Forms at the beginning of the school year AND update changes as they occur.
- When crossing Buckland Ave., you MUST use the crosswalk. Buttons to activate the lights are located on the poles.
- If you are pulling into the parking lot at drop-off, please walk your student to the crosswalk.

- Sept. 9: Chipotle night. Use code T6GTLF7 if ordering online, or mention Lutz if ordering in person
- Sept. 11 through Sept. 26: Readathon
- Sept. 23: Marco's night. Mention teacher's name when ordering or picking up.
- Oct. 7 @ 6 pm: PTO Meeting
- Oct. 17: PD day (no school)
- Oct. 23 & Oct. 24 (time TBD): Grandfriends Day
- Nov. 4 & Nov. 6 @ 3:45 pm: Parent Teacher Conferences
- Nov. 5: Picture Day
- Nov. 7: District Parent Teacher Conference (no school)



Dear Parents and Guardians,

I'm excited to welcome everyone to a new school year! As we get started, I'd like to share a few important reminders to help keep our students healthy, safe, and ready to learn.

### Health Information & Forms

- Please make sure all emergency contact information is up to date.
- If your child has a medical condition (asthma, allergies, diabetes, seizures, etc.), be sure I have current care plans and any necessary forms on file.

### Medications at School

- All medications—prescription or over-the-counter—must be delivered by a parent/guardian in the original, labeled container.
- A Medication Authorization Form (signed by a parent and healthcare provider) is required for any medicine to be given during the school day.
- Students should not carry medication unless specifically authorized.

### Illness Guidelines

To help prevent the spread of illness, please keep your child home if they have:

- A fever of 100.4°F or higher (must be fever-free for 24 hours without medicine before returning)
- Vomiting or diarrhea within the past 24 hours
- Contagious illnesses such as strep throat, pink eye, COVID, etc. (follow your healthcare provider's return-to-school guidance)

### Healthy Habits for a Great Year

- Encourage plenty of sleep each night.
- Provide healthy snacks and lunches.
- Remind your child to wash hands regularly and cover coughs/sneezes.

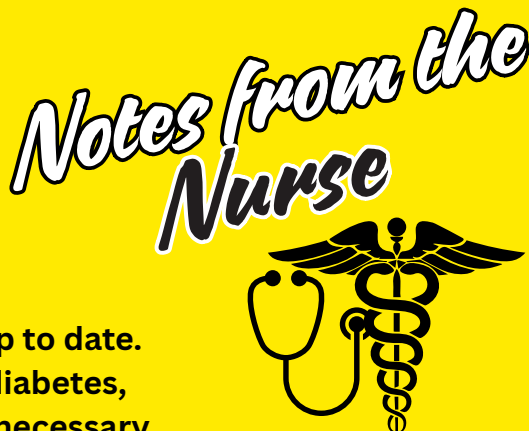
My goal is to work together with families to support the health and well-being of every Lutz student. Please feel free to contact me with questions or concerns throughout the year.

Wishing you a safe, happy, and healthy start to the school year!

Ms. Teila Hay, MSN RN  
School Nurse



Ms. Hay



## ZONES OF REGULATION

We're excited to kick off the new school year and continue teaching The Zones of Regulation—a program that helps students understand and manage their feelings.

### What Are the Zones?

The Zones use four colors to describe “states of alertness” and emotions, with tools to help students regulate:

- **Green Zone** – *Good to go* (calm, focused, ready to learn)
- **Yellow Zone** – *Slow down* (frustrated, excited, nervous, silly)
- **Red Zone** – *Stop & regain control* (angry, out of control, overwhelmed)
- **Blue Zone** – *Recharge* (tired, sad, bored, sick)

 **Important:** There are **no bad zones**—all emotions are normal! What matters is how we respond.

### How Families Can Help at Home:

Try asking:

- “What emotion are you feeling right now?”
- “Which colored zone matches that feeling?”
- “What tools could help you regulate?”

We look forward to partnering with you as students build this lifelong skill. Watch for more updates and resources throughout the year!

*Counselor's  
Corner*



To read the Respect Family Newsletter  
from Mrs. Rosales:



SCAN HERE

OR

**CLICK HERE**

