



HAPPY  
*Holidays*

## HOLIDAYS GREETINGS TO THE OTIS FAMILY

One of my favorite Holiday books is “The Precious Present,” by Spenser Johnson. In this time of the year with presents and gifts I try to remind myself of this book and its message of knowing what the precious present is and what it is not...

The precious Present has nothing to do with wishing...

When you have the precious present you will be perfectly content to be where you are...

The richness of the precious present comes from its own source...

The precious present is not something that someone gives to you, It is something you give yourself.

The precious present is not the past... it is not the future... it is the precious present.

Knowing the power of making each moment in our lives the best it can be for our self and for others around us is the lesson I take from this book. No gift from a store can ever match the time we spend with family and friends over the holidays. I also know from the book that I personally have the power to make those moments the best they can be.

To all of the Otis Family... Make it a Happy Holiday Season!

Mr. Matz

# TOGETHER

*We make a difference...*



## IMPORTANT DATES

- December 19th-January 4th: Christmas Break
- January 9th: Grade Cards go home
- January 13th: PTO Meeting @ 5:30 pm
- January 16th and January 19th: No School.

## SUPPORTING STUDENTS THROUGH THE WINTER MONTHS

As the days get colder, many families notice a shift in energy and mood. Winter can be challenging for everyone, and children often feel these changes even more strongly. Shorter daylight hours, disrupted routines, less time outside, and holiday stress can all play a part. Illnesses also tend to spike this time of year, which can lead to fatigue and frustration for students who are trying to keep up at school.

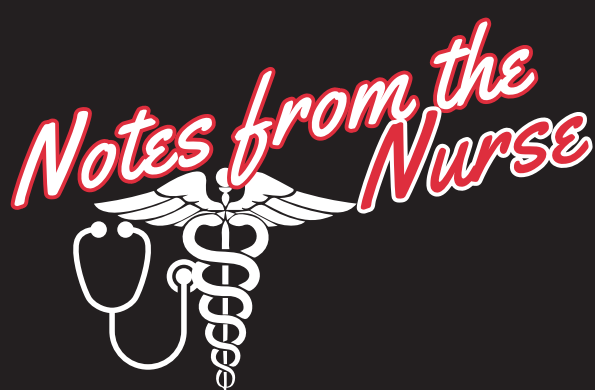


Kids are especially sensitive to these seasonal changes because they rely on consistent structure, movement, and social interaction. When those things shift, you might see more irritability, lower motivation, trouble focusing, or bigger emotions than usual.

The good news is that small, steady supports at home can make a big difference:

- Keep routines predictable, especially sleep schedules.
- Encourage movement, even if it's indoors.
- Create cozy check-in moments to talk about feelings or worries.
- Help your child stay connected to friends and enjoyable activities.
- Build in simple calming breaks like reading together, drawing, or quiet play.
- Watch for signs your child may need extra reassurance and offer plenty of encouragement.
- Reach out to your child's school counselor if you ever need guidance or an extra layer of support.

Winter brings its own challenges, but it also offers a chance to slow down and reconnect. With a little extra care and attention, children can feel supported, capable, and ready to handle the season.



## CARING IN THE CLASSROOM...

A few reminders for the upcoming Winter months:

- Please send in Chapstick for your student to use (I cannot provide or apply Chapstick or lotion without an order).
- Do NOT send in cough drops. Water is best. Cough drops will need an order on file (as well as other over-the-counter medications).
- Send a water bottle with your student. Kids do not drink enough water as it is, and the winter months are extremely dry.
- Dress in layers. The temperature varies within the building (and outside!). Pack an extra outfit in their book bag for unexpected spills/accidents/etc.
- Coats, mittens/gloves, & hats. The playground can be cold & windy even if it doesn't feel like it at home.
- The Mobile Dentist is returning on January 27 & February 3. I sent forms home last month. The direct link to sign up is:
  - [https://www.myschooldentist.com/OEFCOH\\_schsrn](https://www.myschooldentist.com/OEFCOH_schsrn)
- Cold & Flu season is upon us. Please keep your student home if ill. When can they return?
  - No fever (above 100.4) for the past 24 hours without medication
  - No vomiting within the last 24 hours
  - No diarrhea within the last 24 hours

If you have any questions or concerns, please let me know.

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