



Visit the Ellwood website!

January Events

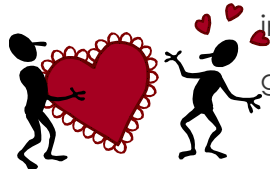
- 3rd Return from break
- 3rd PTA Meeting 6:30pm
Ellwood Library
- 10th TK Information Night 6 pm
GUSD District Offices
- 11th GUSD Board Meeting 7pm
- 16th Holiday - Dr. King's B-Day
- 26th District Minimum Day
NOON DISMISSAL

February Events

- 1st GUSD Board Meeting 7pm
Ellwood MPR
- 6^h 100th DAY OF SCHOOL
- 7th PTA Meeting 6:30pm
Ellwood Library
- 16th "Apple of My Eye" Dance
- 17th Holiday - Lincoln's B-day
- 20th Holiday - Presidents' Day
- xxth Spring Picture Day
- 23 Science Night 5:30-7:30pm

Apple of My Eye!

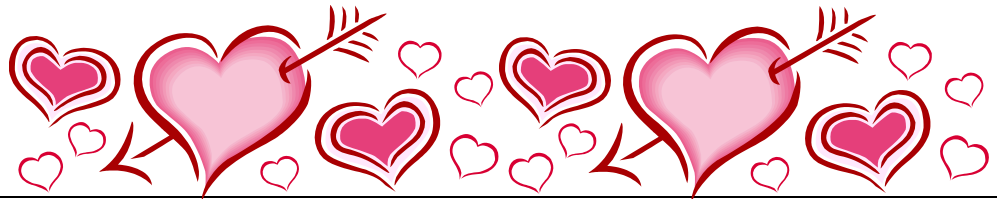
February 16th, 6-8 pm for girls and their Fathers/Father figures (or their favorite adult of either gender). Come spend a special "evening in Paris" in the MPR. There will be crafts, fun, dancing, and goodies. Stay tuned for more info on ticket sales.



Brought to you by the Ellwood PTA.

AFTERSCHOOL ENRICHMENT CLASSES

SEE FRIDAY FOLDER FOR THE NEW OFFERINGS FOR WINTER!



THE ELLWOOD PTA NEEDS HELP!



We need more parents to get involved **NOW** in preparation for next year. We will have many open positions as we have sixth grade parents leaving us at the end of this school year and term Limits coming to an end. Please attend a PTA meeting this year to see if you may be interested in helping to run the Auction or Book Fair or if you'd like a position such as President, Treasurer, Secretary, Newsletter Editor, etc. Many hands make light work!

Our next meetings are January 3rd & February 7th

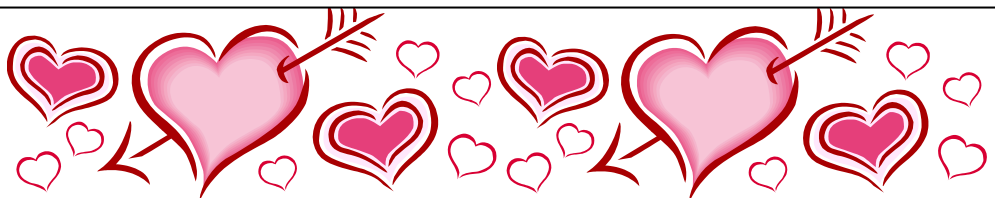


Track Team!

Yes! We will be having a track team this year!

Information coming soon

3rd - 6th grade students
Separate enrollment flier will be sent in Friday Folder!





Have you taken pictures of an Ellwood event?

The Ellwood Yearbook Needs Your Help!

In years past, Ellwood has been lucky to have a wonderful yearbook produced by volunteers.

*In order for the Yearbook to happen **this year**, we need **parent support**.*

You can help by:

- *Take photos during your student's class activities/events & uploading/sharing
- *Take photos during school-wide activities/events & upload
- *Edit photos (at home)

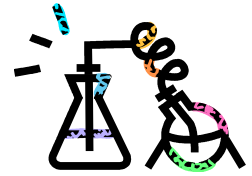
Now is the time to step-up and get involved! Interested? Please email: Ryan Cey at EllwoodPTA@goleta.k12.ca.us

<http://www.ellwood.goleta.k12.ca.us/>

Science Night is coming!

February 23rd , 5:30PM-7:30PM

The Science Committee is pleased to announce that it is time for our Annual Family Science Night. In addition to many classrooms displaying student science projects, there are several community participants who come out to share their love of science! Returning favorites will include the Physics Circus and Sensational Pets. Come look through telescopes, make beads from algae, marvel at sea creatures in touch tanks, and so much more!



If you can help out the night of the event please contact Craig Abshire at cabshire@goleta.k12.ca.us.

We are looking forward to another great Science Night and family participation will make it a success!



Nurses' Notes February 2017 Goleta Union School District Nurses

Signs of a Stroke

Strokes can occur at any age, even before we are born. There are two types of strokes, hemorrhagic and ischemic. Hemorrhagic stroke occurs when a blood vessel breaks open and blood escapes into brain tissue. Hemorrhagic strokes are not as common as ischemic strokes. Ischemic strokes occur when a blood clot blocks a blood vessel in the brain. Sometimes the blood supply to the brain is only briefly interrupted and this is called a “transient ischemic attack” or TIA.

Stroke is a life threatening emergency. Signs of stroke include sudden numbness or weakness in the face or extremity, often occurring on only one side of the body. A person may appear confused or have trouble speaking or following directions. Sudden onset of severe headache, changes in vision, dizziness, loss of balance/coordination may also be signs of stroke.

Many people who experience a stroke will have a predisposing condition that makes them more vulnerable to stroke. Adults with hypertension (elevated blood pressure), irregular heartbeat (arrhythmias) and cardiovascular disease, have an increased risk for stroke. In children congenital heart defects, sickle cell disease, abnormal blood clotting disorders, immunological problems and head/neck trauma may predispose them to a stroke.

Follow the FAST acronym when you suspect a stroke:

- F- Face drooping, ask the individual to smile.
- A- Arm weakness, ask the individual to raise arms out in front of them.
- S- Speech difficulty, ask the individual to repeat phrases.
- T- Time to call 911.

www.stroke.org/understand-stroke/impact-stroke/pediatric-stroke
www.nlm.nih.gov/medlineplus/stroke.html