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**11-15-21 Thurston PTO Newsletter**

1 message

**Thurston PTO** <thu\_pto@aaps.k12.mi.us>  
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To: jeremydb@umich.edu

Mon, Nov 15, 2021 at 8:01 AM



# Thurston Elementary PTO

## Heron Happenings November 15, 2021

Stay in touch with PTO [Email us](#) or [Visit our Site](#) or [Facebook Page](#)Newsletter submissions are due by Saturday, 5pm to: [newsletter.thurstonpto@gmail.com](mailto:newsletter.thurstonpto@gmail.com)

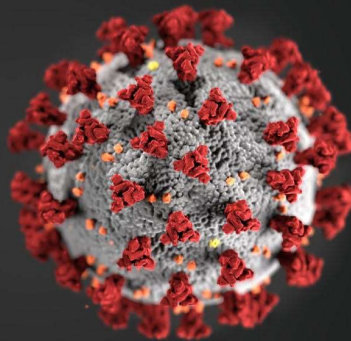
### Upcoming Events and Reminders

**November 15:** Wear BLUE in recognition of World Diabetes Day**November 16 @ 6-7pm:** Virtual PTO Meeting ([Zoom Link](#))**November 17:** Early Release at 1:18 p.m.**November 24-26:** Thanksgiving Break (No School)

### Continue Using Safe Covid Practices

#### Coronavirus Update:

FDA authorizes  
Pfizer-BioNTech COVID-19  
Vaccine for emergency use  
in children ages 5-11



Many Ann Arbor families are excited that the FDA has authorized use of the Pfizer-BioNTech COVID-19 Vaccine for emergency use in children 5 through 11 years of age!

In order to minimize the spread of Covid-19 in the Thurston community, we ask that families continue using safe Covid practices such as mask wearing in & around the school, washing hands often, maintaining social distancing, keeping students home if they are sick, and getting vaccinated. Covid case numbers are still on the rise, and we want to keep Thurston students healthy & happy.

### Please Check Lost & Found!



Mittens, hats, masks, & various other items have been collecting in the Thurston Lost & Found, currently located on the benches & tables by the school playgrounds. Be sure to check there soon for your child's belongings! All items remaining at the start of Thanksgiving Break will be donated.

## Winter Recess Volunteers Needed!

Do you love hearing the sounds of laughing children? Need a fresh-air break? Want to meet other parents? Come be an adult playground monitor during Thurston's lunch hour (12:15-1:15) and maybe even catch a glimpse of your child as they race to the swings.

Supporting Covid-safety protocols to maintain safe, in-person learning relies upon parent lunchtime volunteers! Thurston's teachers, staff, and students need your help for the winter trimester!

Thank you to all of our wonderful lunchtime volunteers who dedicated their time this past trimester. Thurston would love to have you continue! We are also in need of several new volunteers for the winter trimester.

Please sign up using this Google Form.

[https://docs.google.com/forms/d/e/1FAIpQLSdJnRyHVitvTE6I5W-wZHK6I-CViGh733zVk\\_ICdVj9ImGQTg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdJnRyHVitvTE6I5W-wZHK6I-CViGh733zVk_ICdVj9ImGQTg/viewform?usp=sf_link)

## Kroger & Busch's Donations



As we prepare for holiday meals, consider signing up for Kroger 'Community Rewards' and Busch's 'Cash for Education.' Donations from these businesses help fund the many activities organized by the Thurston PTO. You can sign up using the following links:

Kroger Go to [www.kroger.com](http://www.kroger.com) and click on the Community tab, then Community Rewards

Busch's Log in to your MyWay account through [buschs.com/MyWay](http://buschs.com/MyWay) and click the Cash for Education icon.

## PTO Meeting Agenda this Tuesday at 6 p.m.

1. Welcome and Thank you
2. Fundraiser (5 min) - total as of 11/12/21: \$12,313.50
  - a. GetMovingFundHub.org - Continue for next year for registration discount (\$100)?
  - b. Only one fundraiser? Passive fundraising (pizza kits)?
3. Tax/Not-for-Profit Registration filing status (2 min)
4. Co-Treasurer New Reimbursement Request Form presentation
5. Boy Scouts (7 min) - \$900 funds remaining, BSA litigation, Principal York contacted Liz Margolis at district office regarding handling. No response. Will follow up.
6. Science Olympiad (3 min)

a. Cannot use any interior school space, requesting \$500 to start up

7. Yearbook Plans (1 min)

a. HR Imaging: No response. When the yearbook is made, they usually come and take candid/group shots and will pull the pages together in cooperation with teachers (they review sheets)

8. Thurston Swag: Principal York will follow up with Travis (1 min)

9. Questions/Comments (2 min)

## Thurston Holiday Food Drive: All Donations!



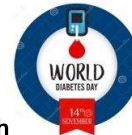
## Wear BLUE for World Diabetes Day



November is Diabetes Awareness Month, and November 14 (Sunday) is World Diabetes Day. To show our support for those in our community fighting diabetes, please **wear BLUE on Monday, November 15**, in recognition of diabetes awareness.



November is Type 1 Diabetes Awareness Month



30 days, 30 facts about Type 1 Diabetes (Projectbluenovember)<sup>TM</sup>

**“The color blue reflects the sky that unites all nations and is the color of the United Nations flag. The blue circle signifies the unity of the global diabetes community in response to the diabetes pandemic.”**

1. **Type 1 diabetes is caused by an autoimmune reaction that destroys the pancreatic insulin producing cells.**
2. **It is a MYTH that Diabetes is caused by eating too much sugar.**
3. **Type 1 diabetes is less common than type 2 diabetes. Only 5% of people with diabetes have type 1.**
4. **Hypoglycemia (low blood sugar) symptoms are fatigue, hunger, anxiety, dizziness, irritable, nauseous and shakiness.**
5. **Insulin is not a cure for diabetes, it is a treatment.**
6. **Glucagon is a hormone that helps the liver release glucose to raise blood sugar levels.**
7. **Hyperglycemia (high blood sugar) symptoms are increased thirst, blurred vision, headaches, and increased urination.**
8. **There is NO known way to prevent type 1 diabetes.**
9. **There is NO cure for type 1 diabetes. It can be managed.**
10. **Type 1 diabetes can strike both children and adults at any age.**
11. **Type 1 diabetes can be misdiagnosed due to lack of awareness and similar to flu symptoms. Adults with Type 1 diabetes are often misdiagnosed with type 2 Diabetes.**
12. **Insulin is a hormone that helps move sugar or glucose into your body's tissues. Cells use it as fuel.**
13. **Experts think type 1 diabetes is caused by genes and factors in the environment, such as viruses, that might trigger the disease.**
14. **WORLD DIABETES DAY! It is Frederick Banting's birthday! He co-discovered Insulin in 1921.**
15. **Diabetes is a disease that is managed mostly by the patient, with support from their health care team.**
16. **Managing Type 1 diabetes requires a good deal of care, effort and discipline. It can feel like an invisible disease.**
17. **The honeymoon period is a time shortly after diagnosis when the pancreas is still able to produce some insulin.**
18. **Type 1 diabetes causes dependence upon injected, inhaled or pumped insulin for life.**
19. **Diabetic ketoacidosis (DKA) is a life-threatening complication for people with type 1 diabetes that occurs when the body produces high levels of ketones due to lack of insulin.**
20. **The cost of insulin has tripled over the past 10 years. This rising cost has forced some people to ration their insulin.**
21. **At most, only 10-15% of type 1 people have an affected first degree relative. Given that the genes are very common, why some people develop type 1 diabetes and others don't is still not clear.**
22. **An estimated 40000 people are diagnosed with type 1 diabetes each year. By 2050, 5 million people are expected to be diagnosed.**



23. **Type 1 diabetes is a 24h disease. Just because the person goes to sleep doesn't mean the disease does. Many people with type 1 diabetes check their blood glucose during the night.**
24. **People with type 1 diabetes need to monitor their blood sugar before, during and after exercise. They need to keep snacks with them in case of a hypoglycemia episode.**
25. **People with type 1 diabetes have a 20% higher risk of developing other autoimmune diseases such as celiac, thyroid disease, and Addison's disease.**
26. **The hemoglobin A1C test tells the average level of blood sugar over the past 3 months. People with diabetes needs this test regularly to see if their levels are staying within range.**
27. **Type 1 diabetes is no one's fault. It can happen to anyone and it is not caused by anything they (or their parents) did or didn't.**
28. **Children don't outgrow type 1 diabetes. The pancreatic cells that produce insulin are destroyed and will never make insulin again.**
29. **Carb counting allows a person with type 1 diabetes to adjust how much insulin they should take based on the amount of carbs they consume.**
30. **People with type 1 diabetes are at a higher risk for mental health issues. Emotional support plays a key role in diabetes care.**

<https://www.projectbluenovember.com>

## Store Fundraising

### Support Thurston PTO while shopping

If you would like to make a donation directly to Thurston PTO, please visit our [homepage](#)



**Amazon.com** Start at [smile.amazon.com](https://smile.amazon.com)

**Kroger** Go to [www.kroger.com](https://www.kroger.com) and click on the Community tab, then Community Rewards

**Busch's** Log in to your MyWay account through [buschs.com/MyWay](https://buschs.com/MyWay) and click the Cash for Education icon.

**Shutterfly** Use the Thurston storefront at <http://thurstonpto.shutterflystorefront.com/> and we'll receive credit for every purchase.



- ☒ **SHOP**
- ☒ **DONATE**
- ☒ **SUPPORT**

**2280 S. Industrial Hwy. ♦ [a2ptothriftshop.org](http://a2ptothriftshop.org)**

*Supporting Ann Arbor Public Schools and its Students Since 1993*

### **Our Mission Statement**

We are a local, nonprofit thrift shop promoting equity in our community by supporting Ann Arbor Public Schools' parent teacher organizations and student activities.

### **Our Vision**

A diverse and thriving community in which every Ann Arbor Public Schools student has equitable access to enrichment opportunities inside and outside the classroom.

*Thank you for helping us achieve our mission!*

**Celebrating 5 YEARS of the  
Showcase, where you'll find  
unique & collectible treasures!**



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or FaceBook page for Current Hours*

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[Facebook Page](#)

**Email submissions to:** [newsletter.thurstonpto@gmail.com](mailto:newsletter.thurstonpto@gmail.com)

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