



Jeremy Bricker &lt;jeremydb@umich.edu&gt;

**11-22-21 Thurston PTO Newsletter**

1 message

**Thurston PTO** <thu\_pto@aaps.k12.mi.us>  
Reply-To: smsurerus@gmail.com  
To: jeremydb@umich.edu

Mon, Nov 22, 2021 at 8:00 AM



# Thurston Elementary PTO

## Heron Happenings

**November 22, 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 22-26:** Thanksgiving Break (No School)**December 14 @ 6-7pm:** Virtual PTO Meeting ([Zoom Link](#))**PTO Committee Leaders:** If you have supplies stored in the PTO closet, contact Kelly Delp asap to arrange removal of those items ([delpk@aaps.k12.mi.us](mailto:delpk@aaps.k12.mi.us))

### Thank You to Our Thurston Community



As we enter the holiday season, we want to take a moment to recognize the many teachers, staff members, and community volunteers who have given so much time and energy to creating such an enriching and safe environment of growth for our students. Thurston is exceptional because of the people involved. Thank you for all that you do!

There are several photos and a poem of thanks included on the Thurston PTO website that help express our gratitude!

<https://www.a2schools.org/domain/388>

### Thurston School Directory

The Thurston School Directory is now available. It will be accessible at the end of the PTO Newsletter in coming weeks if parents need to utilize it in the future.

[https://docs.google.com/spreadsheets/d/13XhaQjRAApQX4Ndp6VHB2jMD8vTjIsmoIJI\\_Mn6zb8g/edit?usp=sharing](https://docs.google.com/spreadsheets/d/13XhaQjRAApQX4Ndp6VHB2jMD8vTjIsmoIJI_Mn6zb8g/edit?usp=sharing)

## Volunteer as a Recess Monitor!



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! Come be an adult playground monitor during Thurston's lunch hour (12:15-1:15)!

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/1FAIpQLSdJnRyHVitvTE6l5W-wZHk6l-CViGh733zVk\\_ICdVj9ImGQTg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdJnRyHVitvTE6l5W-wZHk6l-CViGh733zVk_ICdVj9ImGQTg/viewform?usp=sf_link)

## Science Olympiad 2022 - Join Team Thurston!



Want to discover a great science learning experience? Join Thurston's Science Olympiad Team! A Science Olympiad is a tournament where kid scientists can compete in different types of scientific events - fly paper airplanes, study human skeletons, build towers and bridges, and more. Be on a team, compete for our school, make friends, learn cool facts, and maybe even win a medal.

Open to 2nd – 5th Grade Thurston Students

**JOIN US!**

Parent Information Zoom Meeting

WED DEC 1st from 7 – 8 PM

<http://Zoom Meeting ID: 983 0629 3363>

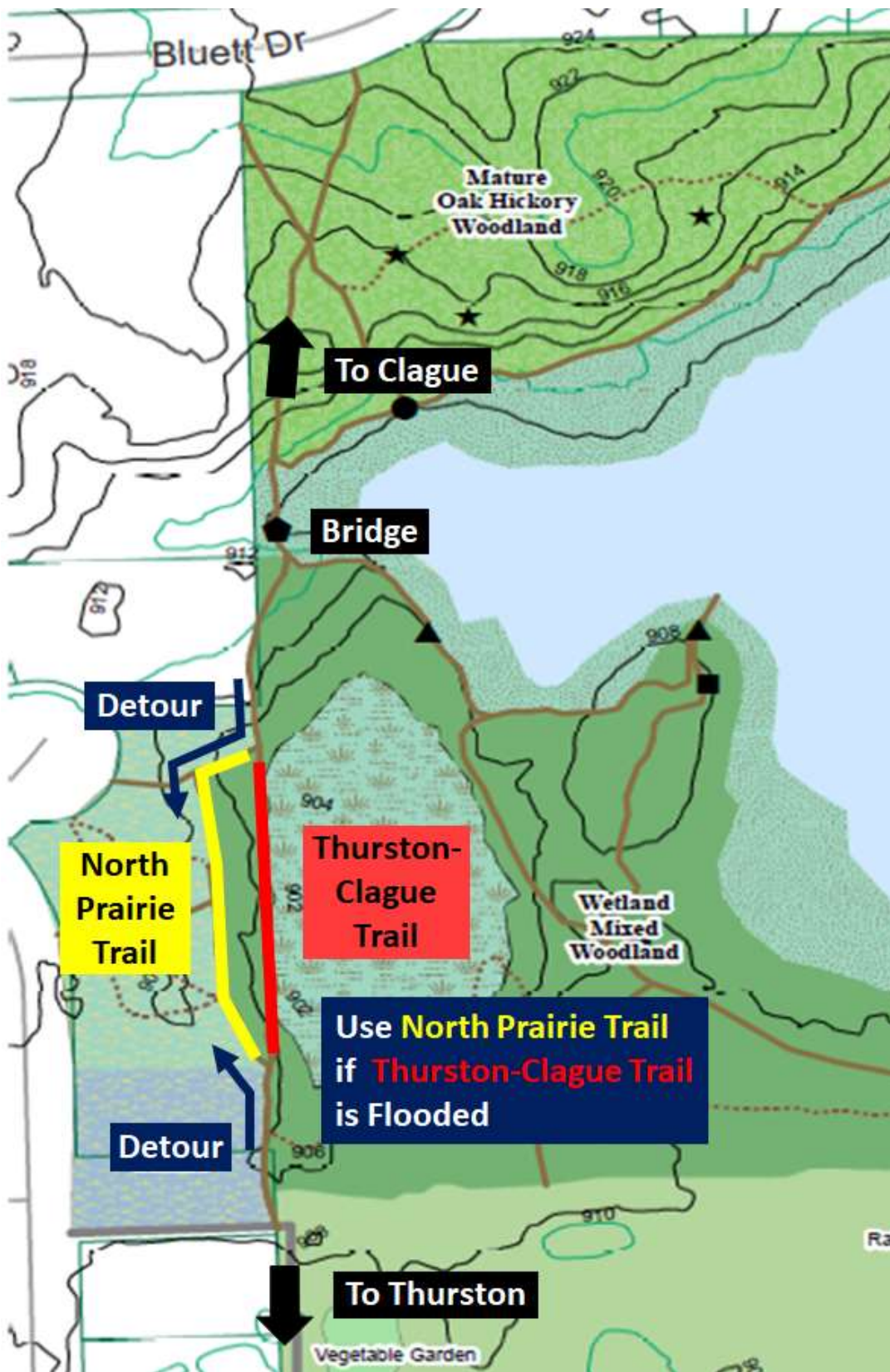
This year's WESO Science Olympiad will be in person (with Covid precautions) at Pioneer HS on April 23, 2022

Team Thurston website: <https://sites.google.com/view/weso-thurstonelementary>

Washtenaw Elementary Science Olympiad website: [www.wesoscience.org](http://www.wesoscience.org)

## Revised Thurston Nature Center Trail Maps

The Thurston-Clague Trail has consistently been flooded this fall. Please walk through the Upper Prairie Trail when the Thurston-Clague Trail cannot be used, as detailed in the map below. Maps will also be placed in the kiosks near the Thurston Nature Center.



**Room Parents Needed!**



If you would like to help support students and their teachers this year, please consider volunteering as a room parent! To find out more, contact Leah Klass ([lkbuernas@gmail.com](mailto:lkbuernas@gmail.com)).

## PTO Minutes Available

PTO Meeting Minutes are available for review. Follow the link below to access the information on the PTO website.

<https://www.a2schools.org/Page/9339>

## World Diabetes Month



November is Type 1 Diabetes Awareness Month



30 days, 30 facts about Type 1 Diabetes (Projectbluenovember)™

“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 <https://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!**



*Call 734-996-9155 or visit our website  
or FaceBook page for Current Hours*

**The PTO wants to hear from you!**

[Email us](#) or [Visit our Site](#)

[Facebook Page](#)

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

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