



Thursday Memo

June 4, 2009

A community of learners that expects and supports
the best in everyone.



Upcoming Events

Friday, May 29th @

Friday, June 5th: First
Friday Cook-Out @
5:30pm.

June 10th @ 8:10 am:

K -3 Literacy
Celebration Breakfast.
All K-3 parents
welcome!

June 11th: This is a
full day of school for
Barnes students.

June 11th: Report
cards sent home with
students.

June 15th @ 9:00:

Final Recognition
Assembly. All students
will be honored.
Students will be
dismissed at 11:30 on
that day.

June 15th @ 11:30:

Barnes Strawberry
Festival - join us for
strawberry shortcake
at the end of the last
day of school!

Have a great summer!

Ms. Mihan's Ms. Novak's 4/5 Class
Celebrates

Healthy Neighborhoods Healthy Kids
In Contois Auditorium

Ms. Novak's and Ms. Mihan's class of 4th and 5th graders, along with Mrs. Tewks, have been participating in a "Cross-Town" year-long curriculum with all of the 4th and 5th graders at Champlain Elementary School.

Their project, Healthy Neighborhoods, Healthy Kids, has examined the needs of the entire Burlington community, and resulted in over 120 students completing projects that benefit the city. Most groups of students are about 5-8 in size, and a mixture of children from both Champlain and Barnes. The purpose of many of the students' projects has been to raise people's awareness about a local need, such as livable wage or accessibility for all in public buildings. Other projects have focused on delivering a hands-on service to a group or organization, such as community gardens, healthy food and exercise, safe streets, and bicycle safety.

Last night these students were recognized as "Champions of Diversity" at a celebration at City Hall. Today the groups will spend all day at Contois Auditorium today at City hall showcasing their work for the community!

Assembly for Paula

On Tuesday, June 9 at 9:00, we will be having a school assembly for Paula.

Students will be taking this opportunity to show their appreciation. Parents and families are welcome to attend.

Good Health Habits Can Help Prevent Flu

If you are ill or know someone who is ill, do your best to avoid close contact. Usually a distance of 6 feet between people can help prevent spread of flu.

Stay home when you are sick. Don't go to school or to work or run errands when you are sick. Keep sick children at home until they are well. Going back to school or work too soon can spread illness.

Cover your mouth and nose when you cough or sneeze. It 's best if you can use a tissue to cover your cough. Then throw the tissue into the trash.

Wash your hands often and well. Wash your own hands and the hands of children who are not able to do good hand washing on their own. Wash for as long as it takes to sing the A-B-C song. Good washing removes viruses and bacteria that cause illness.

Keep hands away from eyes, nose and mouth. Illness is often spread by contaminated hands touching the eyes, mouth or nose.

Practice other good health habits. Get plenty of sleep. Be physically active. Manage stress. Drink plenty of fluids. Eat nutritious foods. Avoid smoking and second hand smoke.

There is no vaccine for novel H1N1 (swine flu) at this time, but practicing good health habits every day can help keep illness from spreading.

If you think you have the the flu, stay home, avoid close contact with other people, and call your health care provider by phone. Symptoms of flu to watch for are: sore throat, bad cough or runny nose, body aches, extreme tiredness, chills, fever, and in some cases, nausea and vomiting. Your health care provider will decide if testing or medicine is needed.

May 30, 2009

Dear Parents:

The new flu — novel H1N1 (swine) flu — is becoming more common in our region, with cases now laboratory-confirmed in several Vermont counties. This tells us that the illness is circulating in our communities.

It's important to know that H1N1 is a lot like regular (seasonal) flu. Every year, some people get sick with the "seasonal" flu during the fall and winter months. However, this new flu virus is making people sick now with the same symptoms of the seasonal flu: fever, chills, sore throat, cough, headache and body aches (sometimes nausea, vomiting and diarrhea).

Most people who get it have only a mild illness, and most get better on their own without medicine. But some people are more likely to get seriously ill. People who are at high risk of serious complications for the flu are children under age 5, adults over age 65, pregnant women, and people with chronic medical conditions such as diabetes or asthma. Flu can also be more serious for people who have heart, liver, kidney or blood disorders, and for people with neurological problems that cause trouble breathing.

You and your family can help keep flu from spreading by taking simple, everyday precautions:

- **Monitor children and yourself every day** for flu-like symptoms.
- **If you or your child is sick, stay home from work or school until you are better.** Keep sick people away from people who are not sick.
- **Tell your school nurse** or administrator about your child's symptoms so they can watch for other students with the same symptoms.
- **Wash your hands well and often.** Make sure your children do the same. Wash with soap and water for at least 20 seconds.
- **If you can't wash with soap and water,** use a hand sanitizer. (Gels, rubs or hand wipes, as long as they have at least 60% alcohol.
- **Remind children** to keep their hands away from their face and don't touch mouth, nose or eyes.
- **Cover your cough.** Teach your children to do the same. Cough into the inside of your elbow, or into a tissue — not your hands!
- **Throw away used tissues** or hand sanitizer wipes. Teach your children to throw away tissues and then wash hands.
- **Don't share** water bottles, utensils, cups, etc. with others.

- **Most people who are sick with flu will not need to see a health care provider**, and can be cared for at home — Give plenty of liquids. Use ibuprofen (e.g. Advil) or acetaminophen (e.g. Tylenol) for adults with fever, sore throat and muscle aches. **DO NOT** give aspirin to children or teens. If the ill person has underlying medical conditions, is having trouble breathing or is getting worse, call a healthcare provider.

For now, school will stay open — At this time, the Vermont Department of Health tells us that students who are not ill can safely come to school.

School closing will be considered if there are higher numbers of people ill with flu-like symptoms. The Health Department will work with schools to monitor this. The purpose of closing schools is to keep children at home and away from others — to slow the spread of flu from person-to-person.

If you have questions, call your school nurse or healthcare provider. You can call your child's school or go to the district website www.bsdt.org.

It's important to keep informed about what's happening. You can get more information from:

- CDC website at www.cdc.gov/swineflu
- Vermont Department of Education at www.education.vermont.gov or
- Vermont Department of Health at www.healthvermont.gov
- The federal government keeps current information for individuals and families at www.pandemicflu.gov

Sincerely,

Jeanné Collins
Superintendent

Flu Symptom Check List

Yes **No** Does your child have a sore throat, bad cough, or runny nose?

Yes **No** Does your child have body aches or chills?

Yes **No** Does your child have vomiting or diarrhea?

Yes **No** Does your child have a fever of 100 degrees or more?

Here's how to tell using a thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take the temperature.
- Put the thermometer under your child's tongue. Have your child close his or her lips around the thermometer, and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about 1 minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature shows on the thermometer like this:

100.2 °F One hundred **point two** **102 °F** One hundred **two**

When should I keep my child at home?

If you checked YES to fever and cough or sore throat, your child has influenza-like illness. Keep your child home from school for 7 days after symptoms start, OR until your child is completely well for 1 day, whichever is longer.

If you checked YES to only one of the questions, or if your child is ill with other symptoms, keep your child home for at least 1 day (24 hours) to watch for other symptoms.

If other symptoms start, use the checklist questions again to decide if your child needs to stay home. Send your child back to child care after he or she has been completely well for 1 full day.

When should my child go to the doctor?

Call your doctor or seek medical care if your child is more ill than usual. Watch for signs that your child has trouble breathing and isn't drinking

enough fluids. Watch for skin rashes or any signs that your child is more uncomfortable than you would expect with the flu.

For Information call: 211

Healthvermont.gov