



Healthy Washington Wolves

It's Flu Season!



The flu season has officially begun! We have not had any confirmed cases so far here at Washington School. The CDC is again recommending vaccination against the flu virus. The vaccination this year will protect against at least 2 strains of Influenza A and the H1N1 virus. Call your doctor's office or the health department for information about receiving the flu shot.

Definition of flu

Influenza (the flu) is a contagious **respiratory** illness caused by influenza virus. It can cause mild to

severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year. People who have the flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose

- muscle or body aches
- headaches
- fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is **more common in children than adults.**

**It's important to note that not everyone with flu will have a fever.*

If your child has any of these symptoms please consider keeping them at home. See the story below for more information.

Visit www.cdc.gov for more information on the flu and

Washington Elementary
School

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This month's topics:

- ☺ Flu Season
- ☺ Dental Clinic
- ☺ Sick Days
- ☺ Eating breakfast

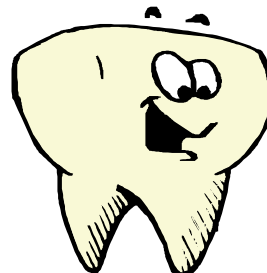
Dental Clinic February 10th, 2011

- Offered to everyone
- Permission slip needs to be signed in order to child to participate
- **Info and permission slips will be sent home before Winter Break.**
- Fulfills State requirement for dental exam

This dental clinic is offered to all students in the school. Any findings will be reported to parents.

All current Kindergarten and 2nd grade students need a dental exam by May 15th, 2011. This exam will fulfill that requirement. Also for **current 1st and 5th graders,**

this exam will fulfill next year's requirement for 2nd and 6th grade.



Rules for Sick Days

District 87 and Washington School have clear guidelines found in the Student Handbook regarding illness and your child.

- If the child has a fever greater than 99.6 he/she **may not** attend school **until the child's temperature has returned to normal without the use of medication.** This means you may not give your child medication in the morning and send them to school when his/her temperature is elevated. The medication will wear off the the temperature will rise again and the child will be sent home.
- If your child has vomiting or diarrhea he/she may not return to school until there has not been an episode for 24 hours. For example, your child has vomited and it is 1:30pm on Sunday. There are no more episodes of vomiting after 1:30pm. Your child may not come to school until 1:30pm on Monday and in fact it makes better sense to keep them home all day.

The goal is to have everyone healthy at school. With the cooperation of parents, teachers, and the kids we can prevent the spread of germs and illness.

Eating Breakfast

"Breakfast is the most important meal of the day!" We've all heard this before. It is definitely true for children. Eating breakfast gives them a great start to the day, helping to get them through the morning until lunch. Some of our students aren't eating lunch until 12:50pm. That makes for a long morning if they haven't eaten

Reminders:

- Encourage proper handwashing at home and school. Remember Henry the Hand and the T zone!
- Try to avoid telling your child to "try to go to school but if you don't feel well have them call me". Most kids will come straight into the building to the office and say they want to go home. If your child says he's not feeling well, set specific boundaries for coming home from school or staying home sick. Let them know that sometimes we don't feel the best when we have colds or allergies but a stuffy nose or cough isn't always grounds for staying home or leaving school.
- Obviously, every child is different. We can't expect that all of them will be able to handle functioning with cold symptoms or just feeling different than usual. If you believe your child may not feel well enough to make it through the day but is coming to school, please call the office or send an email letting us know what the situation is and what you have told your child.



anything for breakfast.

Many times kids come to the nurse with upset stomachs. If they come before they've eaten lunch, I always ask if they have eaten breakfast. Sometimes the kids cannot tell the difference between an upset stomach and a hungry stomach!

I'm not suggesting you make your kids

an elaborate meal every morning, but some instant oatmeal or a bowl of cereal (low sugar of course) and a piece of fruit goes a long way.

The school has breakfast every morning starting at 8:30am. The cost is \$1.50 and the menu alternates on a 2 week cycle. Please visit the district website at www.district87.org to see the full menu.

Washington Elementary School

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

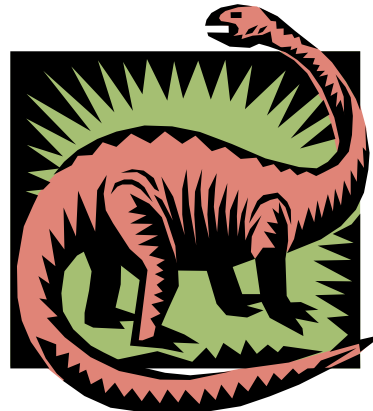
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.