West Side Schoon

The Friday Notes

Celebrating 227 Years! January 27, 2017

Principal's Corner

Our recent hot chocolate fundraiser was a success. All proceeds from this fundraiser went directly to the Long Island Veterans Home in Stony Brook. The Long Island State Veterans Home is an organization that provides skilled nursing care, adult day health care and short term rehabilitation to the 250,000 veterans who reside on Long Island. On Wednesday, we invited the executive director of the Long Island State Veterans Home to speak at morning assembly. Thank you to Fred Sganga for taking the time to meet with our student body. In our Light Sail Reading Challenge, 4th grade is still in the lead. They have read for a total of 14,464 minutes. Fifth grade is in second place with 10,729 minutes read and sixth grade is in 3rd place with a total of 3,908 minutes. As a school, West Side has read an amazing 29,101 minutes!! Our number one reader is still Clara Masata. Clara has read a total of 1,381 minutes – WOW!! Way to go, Clara! On Wednesday, students in 5th and 6th grade competed in our annual National Geography Bee. Congratulations to all of our finalists: James Tucker, Bryan Berg, Reid Walter, Luke Lynch, Lukas Sheridan, Michael Gallagher, Jonathan Aviles and Tyler Gray. Congratulations to our runner-up Bennett Vitagliano and to our school champion, Molly McHale who will move on to the nest round of this national competition. Way to go, Molly! On Friday, our second graders took their annual field trip to the Cold Spring Harbor Whaling Museum. Our students participated in a scavenger hunt in the museum where they learned about the history of the Cold Spring Harbor whaling community. Finally, this week in Robotics, our 4th graders added sensors to their robots. They used the color sensor to program their robot to react in a certain way when it recognized a color of the students' choice.

After School Program

Our next after school program will begin on February 6th. Please see the attached flyer for more information.

Immigration Day

The School Improvement Team is looking for parents and grandparents who have immigrated to the United States to be interviewed by our students. What a great way for our West Siders to learn! With Immigration Day planned for June, we would like to capture these stories to enhance the already incredible experience. If you are interested, please call the main office.

Kindergarten Registration

Kindergarten registration for all Cold Spring Harbor Central School District residents will take place February 6-10, 2017. If you have a child who is age-eligible for kindergarten (must be 5 years of age on or before December 1, 2017), please notify the District Office by calling 631-367-5910. Please note: Children are not automatically enrolled in kindergarten. Each child must be registered with the district. Orientation for parents of registered kindergarten students entering school in September, 2017 will take place May 8, 2017 at 7 PM at Goosehill Primary School.



6th Grade Get-together

On March 24th from 12:30-2:00 (half day) there will be a sixth grade get together at West Side to make sandwiches for those in need. JoAnn Polichetti, the director at HiHi (Huntington Interfaith Homeless Initiative) will be coming to the event to give a brief description of what HiHi is all about and explain who will be on the receiving end of the children's generosity. What a great opportunity for our 6th graders! More information to follow.

Mary Poppins

If you are looking for something fun to do with the kids next weekend, bring them to the PAC to support the CSH high school kids performing in the musical <u>"Mary Poppins"</u>. Performances will be on Friday 2/3 and Saturday 2/4 @7PM and Sunday 2/5 @2PM. You may purchase your tickets online at <u>showtix4u.com</u> There are many talented performers in this cast and you should not miss this show!

Next PTG Meeting

We look forward to seeing everyone at our next PTG meeting on Monday, Feb. 6th @9:30am.

SEPTA

CSH SEPTA presents a workshop by the Thinking Caps Group -- Executive Functioning Unwrapped: How to Succeed in the Classroom

If your child is struggling with time management, organization, working memory and/or task initiation, we have strategies you can implement in your home to help them improve. In this workshop you will learn what study and executive functioning skills are crucial to academic success at all levels. Tuesday, February 7th 2016 from 9:30am – 10:30am in the Goosehill Community Room. RSVP is required by Friday 2/3 -- email us at <a href="mailto:cs.cs.astace.c

Ice Skate Night

<u>Ice Skate Night has been postponed</u> to Sunday, March 12th from 6:30-8pm. A new evite will be sent. If you would like to donate baked goods for this event please contact Susan Goldstein at <u>susan.goldstein@gmail.com</u> or Kim Testa at <u>kimberlyntesta@gmail.com</u>

Movie Night

Please join us for West Side School's movie night on Friday, February 10, 2017 at 5 p.m. We will be showing "Finding Dory" Enjoy pizza and popcorn while you watch a great movie with your friends. Dress in PJ's and don't forget your pillow! This event is for WSS students and their siblings only. Parental supervision is required for all attending-No Drops Offs Please. All WSS students will have a chance to win a raffle prize. Students must be in attendance in order to be eligible to win a prize. Any questions, please contact Rita McCarey at <u>rmccarey@gmail.com</u>. See you at the movie!

West Side Apparel

Our West Side Apparel designs are ready. Place your orders by 2/8/17. Here is the link: http://<u>www.sync-sports.com/west-side</u>

Literary Luncheon

Save the Date: <u>The CSHHS Literary Luncheon</u> will be on Wednesday, March 29th at the Huntington Country Club. We will feature Long Island author Regina Calcaterra and her best-selling memoir, 'Etched in Sand'. We are hoping to encourage members of the community to start reading now and to Save the Date! Please see flyer attached.

Yearbook

Get your pictures in the yearbook!-The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

Here is how you can submit photos online:

- Go to: https://images.memoryebooks.com/login
- If it does not automatically log you into the site, enter username: 406403601
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today! The last day to submit photos is 04/15/2017.

Recess Volunteers

Upcoming Events

If you would like to volunteer at recess during the 2016/2017 school year, please contact Lauren Jasinski at <u>WestSideRecess@gmail.com</u>.

Community Budget Forum	Tuesday, January 31st – District Office 7:00 PM	
PTG Meeting	Monday, February 6th – Community Room 9:30 AM	
6 th Grade Maturation	Tuesday, February 7th (Flyer attached for more information)	
Movie Night – <i>Finding Dory</i>	Friday, February 10 th – Gym 5:00 PM (No drop offs please.)	

Attachments from the School

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January 27, 2017

Dear Sixth Grade Parents:

On Tuesday, February 7, 2017, your sixth grade child will be studying the topics of **maturation** and **human growth and development**. For this particular component of our curriculum, the boys and girls will meet separately. The girls will meet with Ms. Parent and Ms. DeRosa. The boys will meet with Mr. Homer (Health Teacher at the Junior High) and Mr. Simon.

This unit of study is a continuation of our fifth grade program and will further explore the maturation process which includes the topics of growing up physically, emotionally and socially. During this unit, emotional maturity is defined, responsible behaviors and relationships are discussed, and the importance of setting personal and family goals is recognized.

Our health program, *The Great Body Shop*, as well as our district philosophy, encourages your child to turn to you for further information on the topics discussed by his or her teacher. It is important that your child know an adult is willing to discuss this material, and our in-school classes are a wonderful springboard for this dialogue to begin or continue at home.

Sincerely,

Ms. Parent, Health Teacher Mr. Simon, Principal The Sixth Grade Teachers





~Please bring this coupon with you~



School:______Grade_____

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Tickets on sale now at: (case-sensitive) https://goo.gl/CJsYp6 You may also purchase at the door.

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT 75 Goose Hill Road, Cold Spring Harbor, NY 11724

** PLEASE POST **

Please be advised that a meeting of the Cold Spring Harbor Policy Committee will take place on February 3, 2017, at 8:30 a.m. at The Francis Roberts Community Center.

William Dulau

William Bernhard, District Clerk

Looking for your next book club read? Look no further!



A True Story of Five Siblings who Survived an Unspeakable Childhood on Long Island



SAVE THE DATE!

The Cold Spring Harbor Jr/Sr High School CFA Literary Luncheon featuring Regina Calcaterra Wednesday, March 29, 2017

Etched in Sand: The True Story of Five Siblings Who Survived an Unspeakable Childhood on Long Island tells the story of how Regina & her four siblings persevered through an abusive childhood only to find themselves faced with challenges from the foster-care system.

For the past 25 years, Regina Calcaterra has spent her policy and legal career in both the private and public sectors and is the recipient of the Geraldine Ferraro Award of Courage. An attorney for the State of New York, Regina is a frequent commentator for national news outlets and a passionate advocate for children.

Her story of determination is inspiring to all readers.

Proceeds to benefit the Cultural Arts and CFA Programs at CSH Jr/Sr High School

For more information, contact Claire Costa at ccosta21@optonline.net or Monica Stingi at mdstingi@hotmail.com

We will be *"Freezin' for a Reason"* at the 4th Annual Town of Oyster Bay Polar Plunge



Special

Olympics

New York

Saturday, March 18, 2017 TOBAY Beach, Ocean Parkway

Check-in between 9:30 - 11:00 am PLUNGE at 11:30am



Last year over **400** Plungers braved the chilly waters while hundreds of spectators watched on. Help raise money for the athletes of Special Olympics New York by asking your friends, family, co-workers, etc. to support you in taking the PLUNGE! **Every Plunger that raises \$150 receives an official Plunge sweatshirt.....** raise more money and receive more great prizes!

Now do I get started?

Log onto <u>www.polarphungeNY.org/tobay</u> and click the **Register Here** button. You can start a team, join a team or join as an individual. Set up your Personal Plunge Page and you are on your way to *"Freezin' for a Reason!"*

Check out the site or Facebook page for more great information about team building and



fundraising ideas!

Did you know?

Special Olympics New York has **67,162 athletes** training and competing year-round in 22 Olympics-style sports.

Our athletes and their families or caregivers are **NEVER CHARGED** to participate! Set your Plunge goal at \$400 and you have sponsored an athlete for an entire season!



THE DISTRIBUTION OF THIS FLYER IS A COURTESY EXTENDED BY THE SCHOOL DISTRICT. THESE PROGRAMS ARE NOT SPONSORED BY THE SCHOOL DISTRICT, NOR DOES THE SCHOOL DISTRICT ACCEPT RESPONSIBILITY FOR ANY OF THESE ACTIVITIES

Nassau Athletic and Activity Programs, Inc. (NAAP)

A 501c3 Non-Profit Organization

Winter/Spring 2017 Registration for All Programs!

(K-3) $(4^{th}-9^{th})$ $(9^{th}-12^{th})$ (Parents and Other Adults)

Self Defense (Grades K-5)



Location: Zanshin Self Defense 334 Jackson Avenue, Syosset, NY 11791 Saturdays: 2:30pm-3:15pm Session 3: Feb 11, 18; March 4, 11, 18, 25; April 1, 8 Session 4: April 22, 29; May 6, 13, 20; June 3, 10 <u>No Uniform Needed!</u> \$140 for 8 (45) minute group lessons



<u>Tennis Lessons (Grades K-3, 4-9, 9-12, Parents/Adults)</u>

Location: Jericho-Westbury Indoor Tennis 44 Jericho Turnpike, Jericho, NY 11753 Fridays: Session 4: Feb 17; March 3, 10, 17, 24, 31 Session 5: April 7, 21, 28; May 5, 12, 19 (K-9 are all 7pm-8pm) (9-12 & Parents/Adults are all 8pm-9pm) Saturdays: Session 4: March 4, 11, 18, 25; April 1, 8 Session 5: April 22, 29; May 6, 13, 20; June 3 (K-3rd: 12pm-1pm, 1pm-2pm, 2pm-3pm, 3pm-4pm) (4th-9th: 3pm-4pm, 4pm-5pm; 9th-12th: 5pm-6pm) Sundays: Session 4: Feb 19; March 5, 12, 19, 26; April 2 Session 5: April 9, 23, 30; May 7, 14, 21

(<u>K-3rd:</u> 3pm-4pm, 4pm-5pm) (<u>4th-9th:</u> 3pm-4pm, 4pm-5pm) (<u>9th-12th:</u> 5pm-6pm, 6pm-7pm) **\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!**

> <u>Tennis Lessons **Small Groups**</u> Location: Jericho-Westbury Indoor Tennis 44 Jericho Turnpike, Jericho, NY 11753 Session 4: March 5, 12, 19, 26; April 2, 9 Session 5: April 23, 30; May 7, 14, 21; June 4



(K-3rd: 5pm-6pm) (4th-9th: 5pm-6pm)(9th-12th: 5pm-6pm) (Parents/Adults: 5pm-6pm) Beginners: \$250 for 6 (1) hour group lessons (must have 4 and only 4 students)

<u>Or</u>

Make Your Own Group: \$250 for 6 (1) hour group lessons (must have 4 and only 4 students)

Tennis Lessons (K-3rd & 4th-9th) **Location: Glen Head Racquet Club** 95 Glen Head Road, Glen Head, NY 11545 5:00pm-6:00pm Saturdays: Session 4: March 18, 25; April 1, 8, 22, 29 $\mathbf{\lambda}$ Session 5: May 6, 13, 20; June 3, 10, 17 Sundays: Session 4: March 12, 19, 26; April 2, 9, 23 Session 5: April 30; May 7, 14, 21; June 4, 11 \$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!



Tennis Lessons (K-3rd, 4th-9th, 9th-12th) Location: SporTime Roslyn (**NEW LOCATON!**) 1 Landing Road, Roslyn, NY 11576 3:00pm-4:00pm or 4:00pm-5:00pm Sundays: Session 3: March 5, 12, 19, 26; April 2, 9 Session 4: April 23, 30; May 7, 14, 21; June 4 \$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!

Register for ALL Programs at one of the Following Locations and Dates:

Jericho-Westbury Indoor Tennis 44 Jericho Turnpike, Jericho, NY 11753 February 3, 6, 8, 10, 13, 15, 17 from 6:30pm-7:30pm February 4, 5, 11, 12, 18 from 1:00pm-3:00pm

Glen Head Racquet Club 95 Glen Head Road, Glen Head, NY 11545 February 2, 9, 14, 16 from 6:30pm-7:30pm



For Further Information, Contact Jim Collins at (516) 384-5751 *No Credit Cards Accepted*

All Programs Continue Through the Entire School Year, and into the Summer Months!!!

Please visit us on Facebook: <u>www.Facebook.com/NAAPInc</u> This flyer is being shared for your information only, and in no way implies any connection with, or endorsement by Cold Spring Harbor School District.

West Side Apparel

http://www.sync-sports.com/west-side

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There are many more items to choose from, so please visit the website to place your orders. Orders must be placed by February 8 10

For Kids & Teens! Programs from Cold Spring Harbor Library's Youth Services Department. Registration Required! **TEEN & IN BETWEEN VALENTINE VOTIVES** FOR STUDENTS IN GRADES 5-12 Wednesday, February 1@4:30 p.m. TIBT STOP MOTION VIDEO For children in grades 3-6 WEDNESDAY, February 1st at 7:00 p.m. Decorate a beautiful votive Sar Come learn how to create a storyboard for Valentine's Day. and characters for your very own stop **Registration Required** motion video. Learn about the different aspects of video editing including taking SUPERBOWL FOAM FINGER pictures, editing, and video. Friday, February 2@4:30 pm For children in grades K-6 FOOTBALL PIZZA Decorate a foam finger and cheer Thursday, February 2nd at for your team. Registration Re-7:00 p.m. Make these adorable footballs with VALENTINE DAY CARDS pizza dough, stuff with cheese, Friday, January 3 @ 3:30 pm take home and bake. For children of all ages Create homemade Valentine's Day Cards Registration is required. Please visit us to give to your loved ones! Registration required. online at www.cshlibrary.org or call us at 631-692-6820 to register.

For more information about any Kids or Teen Programs, contact a Youth Services Librarian at

the Cold Spring Harbor Library - 631-692-6820

Programs and Services from the Information Services Department



Home Cooking for Your Dog & Cat Thursday, February 2 at 6:30pm

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Learn how fun and easy it is to make your own pet food and treats from Christine M. Filardi, certified canine and feline nutritionist & author of *Home Cooking for Your Dog*.

This program is free and **open to all 14 and older**. Advance registration is requested.

West Side School After School Program



Session 3 Schedule

<u>Weeks of</u>: February 6th February 13th February 27th March 6th March 13th March 20th March 27th April 3rd

Classes begin on Monday, February 6th. *Registration is due: Wednesday, February Ist.* For class descriptions, please go to the West Side School website.

Day	Course	Grade	Location	<u>Fee</u>
Monday:	All Sports	2~6	Gym	\$75.00
	Homework Club	2-6	Library	\$75.00
Tuesday:	Homework Club	2-6	Library	\$75.00
	Spanish Club	2-6	209	\$75.00
	Lego Robotics	4-6	Computer Lab	\$75.00
Wednesday	No classes held			
Thursday	Coding Morning program 7:45-8:45	2-6	Computer Lab	\$75.00
	Homework Club	2-6	Library	\$75.00
<u> </u>	Chess Nuts	2-6	Art Room	\$130.00
Friday	Fun Friday Sports	2-6	Gymnasium	\$75.00
	French Club	2-6	209	\$75.00

Classes fill quickly! Please register by Wednesday, February 1st.

Please be prompt when picking up your child. Classes end at 4:10.

Registration Form

Student Name	Grade	
Teacher	Parent Phone ()

Email Address:_____

Name of Class	Day	Cost
		-

Parent Signature _____

Checks should be made out to the WSSPTG.

A separate check is required for each class your child takes. If you have more than one child attending a class, you may write one check for the total amount.

Changes and Refunds

Changes in course selection may be made within the first two (2) weeks of the start of each session.

Refunds will NOT be given after the first two (2) weeks. All registration forms must be postmarked by Wednesday, February 1st.

Please be prompt when picking up your child. Classes end at 4:10 14

Student Behavior

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Students are expected to behave properly during after school activities, like they would during regular school hours. Students are to keep their hands, feet, and objects to themselves and refrain from using foul language.

If a student does not behave in a proper manner, the instructor will follow the procedures below:

- 1. Instructor will give a warning to the student and discuss ways to correct his/her behavior.
- 2. Instructor will contact the child's guardian and make him/her aware of the situation.
- 3. After speaking with the child's guardian, if the child's behavior does not improve, the student will NOT be permitted to attend classes and a refund WILL NOT be given.

Children may not attend after school activities unless they have been registered for the eight week term. This includes children attending play dates.

Please be prompt when picking up your child. Classes end at 4:10.

Changes in Our Session 3 Schedule

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Classes will begin on Monday, February 6th. On Friday, March 17th, March 24th, and March 31st, the after school program will be held from 12:00-12:45. No classes held on April 7th due to staff development.

After School Program

Most of the classes will be conducted for eight weeks from 3:10 - 4:10 PM. The fee for the program is \$75. Outside vendors often charge additional fees.

MATERIAL FEES ARE DUE ON THE FIRST DAY OF CLASS. Please do not send materials fee with registration. Send the fee in with your child for the first class.

Registration is by mail only and must be POST MARKED BY Wednesday, February 1st.

Mail checks, payable to the WSSPTG, and mail registration forms to:

Melissa Newman 80 Wildwood Drive Laurel Hollow, NY 11791

Registration is on a first-come first-served basis. We cannot accept phone reservations or registration forms without checks attached. Otherwise, it is unfair to those students who want to get into the classes. Classes will generally contain between 10 - 20 students. Class limits are set by the instructors and will be on a first-come first-served basis. If there is insufficient enrollment, the class will be cancelled, and you will be notified.

Registration will not be permitted without a check for the correct amount accompanying the registration forms.

A separate check is required for each class your child takes. *If you have more than one child attending a class, you may write one check for the total amount.*

If you should have any questions, please contact: Mrs. Newman 516-692-4275



All Sports

<u>Grades 2-6</u> Minimum of 12 students

EXTRA RECESS! CAPTURE THE FLAG, KICKBALL, SOCCER, KNOCK-OUT, GAGA, BASKETBALL, OBSTACLE COURSES...AND MORE! What a great way to jumpstart the week! Each week the children will select one of eight unique sports to play. Come and join the fun. Boys and girls are welcome. We will be outside, if the weather permits.

Instructor: Ms. Dudek

Homework Club

<u>Grades 2-6</u> Minimum of 10 students

Students will complete their homework and learn the skills and strategies necessary for test taking. Assistance will be given to students having difficulty with their homework. They will also be taught strategies to improve their work habits.

Laptop computers are available for all students to assist in skill-building.

Instructor: Mrs. Ruhl



Spanish Club

<u>Grades 2-6</u> Minimum of 10 students

Do you love learning Spanish in class? Come and join the Spanish Club for a full enrichment on culture! Together we will listen to Spanish music, learn how to dance, create authentic Spanish crafts, and learn how to make simple Spanish foods! iQué Rico!

Instructor: Srta. Rivadeneyra

Lego Robotics - Session 1

<u>Grades 2-6</u> Minimum of 10 students

Lego Robotics introduces students to real-world engineering challenges by building LEGObased robots to complete an array of tasks. Students will design, build, test and program robots using LEGO MINDSTORMS technology. They will add sensors to help their robots understand and react to the world around them. Lego Robotics helps develop critical thinking and problemsolving skills through inquiry-based and active learning.

Session 2 of Lego Robotics will be offered from April 18th-June 6th

Instructor: Mrs. Diehl

Homework Club

<u>Grades 2-6</u>

Minimum of 10 students

Students will complete their homework and learn the skills and strategies necessary for test taking. Assistance will be given to students having difficulty with their homework. They will also be taught strategies to improve their work habits.

Laptop computers are available for all students to assist in skill-building.

Instructor: Mrs. Ruhl

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Thursday Classes

Coding - The Basics of Computer Science

<u>Grades 2-6</u> Minimum of 10 students

This class will be held from 7:45am – 8:45am

Code powers our digital world. Every website, smartphone app, computer program, calculator and even microwave relies on code in order to operate. This makes coders the architects and builders of the digital age! Over the next 10 years it is estimated that there will be 1.4 million jobs in computer sciences and only around 400,000 graduates. In this club students learn programming through game-like puzzles, tutorials, and projects. These activities foster skill sets such as logical thinking, problem solving, persistence, collaboration, and communication.

(Both introductory and advanced students are welcome!)

Instructor: Mrs. Diehl

Homework Club

Grades 2-6

Minimum of 10 students Students will complete their homework and learn the skills and strategies necessary for test taking. Assistance will be given to students having difficulty with their homework. They will also be taught strategies to improve their work habits.

Laptop computers are available for all students to assist in skill-building.

Instructor: Mrs. Ruhl

Chess Nuts

<u>Grades 2-6</u> Minimum of 10 students

Chess is the fastest growing sport among children in the United States. The game of chess fosters critical thinking, creativity, self-esteem and discipline, concentration, imagination and dealing with victory over defeat. Your child will learn strategies and compete against fellow classmates. There will be a tournament the last week of class.

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Friday Classes

FUN FRIDAY

<u>Grades 2-6</u> Minimum of 15 students

It's Friday! Kick back, listen to music and have some fun! Come and join an afternoon of sportsmanship and skills while playing capture the flag, pin knockdown, Gaga, baton relay, and basketball. We will enjoy the great outdoors, weather permitting!

Now open to students in SECOND and THIRD GRADE!

On Friday, March 17th, March 24th, March 31st, the after school program will be held from 12:00-12:45. No classes held on April 7th due to staff development.

Instructor: Ms. Dudek

French Club

<u>Grades 2-6</u> Minimum of 10 students

Are you interested in learning French? Would you like to know more about French culture and food? Join the French club! Together we will learn to speak some basic French, listen to French music and learn how to make crepes! C'est magnifique!

On Friday, March 17th, March 24th, March 31st, the after school program will be held from 12:00-12:45. No classes held on April 7th due to staff development.

Instructor: Mrs. Manniello



West Side School

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT 1597 Laurel Hollow Road, Laurel Hollow, Syosset, NY 11791

(516) 692-7950 Health Office

Dear Parents and Students,

The cold and flu season is upon us and it is especially important to remind and show your children the importance of taking care of their bodies. We all must wash our hands thoroughly and often with soap and water. Suggest that they sing Happy Birthday twice while washing their hands. If they have a runny nose, are sneezing and/or coughing, remind them to use tissues, discard of the tissues promptly, cover their mouths with their elbow, keep their hands away from their faces and not share personal items like drinks, utensils or lip balm. If you have an open cut, washing it with soap and water and keeping it covered is the best protection.

As a reminder, children should stay home from school if:

- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Chills
- Strep Throat- must have been taking an antibiotic for at least 24 hours before returning to school
- Bad cold, with a <u>very runny nose</u> or <u>bad cough</u>, especially if it has kept the child awake at night
- Conjunctivitis (pink eye)- must have been receiving prescription eye drops for at least 24 hours before returning to school

As always, proper nutrition, adequate rest and frequent hand washing will help keep them healthy.

Prevention is the best medicine.

cana Marlow, RN

School Nurse