

THE FRIDAY NOTES

Lloyd Harbor School • October 18, 2013

SEL FAMILY WORD FOR OCTOBER: PROUD

QUOTE OF THE WEEK: "Win or lose, do it fairly." *By Knute Rockne*

UPCOMING LHTV REPORTERS—Elle Amoruso & Bryce Reim – from 5B

LHTV MUSICIAN: Ethan Burdo, Kyle DiNozzi, Ross Greenberg from 6O

Monday 10/21	
Tuesday 10/22	SIT Meeting
Wednesday 10/23	Wacky Wednesday
Thursday 10/24	Grade 2 P/T Conferences Grade 6 DNA Lab Shared Decision Making
Friday 10/25	Shirt Day Grade 3 P/T Conferences Grade 6 Progress Reports Mailed

FROM THE SCHOOL

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BOARD OF EDUCATION

The next regular Board of Education meeting will be held on **Tuesday, November 12th** at 8pm at the DO.

PARENT REPORTS ON THE PARENT PORTAL

To access the full version of the parent reports for your child's test scores, please follow these steps:

1. Log into the Parent Portal. 2. Click on the "Assessments" tab. 3. Then click "Assessments Report" in the upper right hand section of the scores screen. The full report will then appear and can be printed.

MORNING ACTIVITIES DROP-OFFS

Only those children who have a scheduled morning activity may be dropped off before the 8:30AM start of school. We do not have the personnel to monitor students left here before this time.

COAT DRIVE

Once again the Student Council will be coordinating a coat drive through the Family Service League to benefit families in the Huntington area. We are collecting used coats and rain gear as well as new hats, mittens, and gloves from now until December 4th. All used garments need to be cleaned before being brought to school. Please place all your donations in the box outside the Literacy Center, Room 107. Thank you.

WACKY WEDNESDAY

Our first Wacky Wednesday is scheduled for October 23rd. Wacky Wednesday is a day when the whole school wears a theme clothing as a sign of unity and school spirit. Our first theme of the year is **Pajama Day**.

AFTERNOON ACTIVITIES - DISMISSAL

All students attending an after-school activity will be picked up at the back circle. Please follow the traffic pattern of the PM dismissal (reverse traffic flow). As always, the safety of our children is paramount. Children are not permitted to cross between cars or through the parking lots.

AFTERNOON BUILDING ACCESS

Please note there will be no access into the school after 4:15pm unless it has been previously arranged.

FROM THE LHS/PTG

Tonight - Huntington Country Club: 7-9pm - No tickets available at the door. No jeans please and jackets are requested for men. We are looking forward to seeing you all. A HUGE thank you to all LHS families for purchasing tickets. Mixed appetizers will be served. Good luck - someone has to win the raffle.....

Save the Date for the next LHS*PTG Meeting on Thursday, November 14th at 9:15am in the Little Theater. Agenda to follow.....

Book Fair

A big thank you to all of our Book Fair volunteers: Carin Bavaro, Jen Bowles, Terri Coyle, Susie DeRosa, Meredith Emsden, Alison Faranello, Gina Fiscella, Erica Giarraputo, Lisa Kiefer, Rosemarie Kirchner, Ivy Kleinberg, Jeanne Leonard, Genevieve Massa, Jane McConnachie, Michelle McKean, Ann McLear, Donna Moran, Beth Packert, Jen Reim, Jo Rey Martin, Ginette Reynolds, Sarah Rogers, Tami Schneider, Liz Squicciarini, Lesa Starkins, Laura Stein, Suzanne Tauckus, Kelly Weaver, Rana Zaatari, Mary Noel Zgurzynski. We'd also like to acknowledge our wonderful custodians, Jay and Wally, for all of their help. We couldn't have done it without you. A huge thank you to all the volunteers and Amy and Pam from the LHS*PTG for chairing such a wonderful event for the children.

Fall Festival

Fall Festival preparations are well underway. We are encouraging all parent volunteers to come to the Festival dressed in costume. All parents should please consider volunteering to set up and clean up for the festival. You can contact Celeste Pezzano with any questions or if you are able to help in anyway @celestepezzano@optonline.net.

Little Apple Fun Run

The 20th Annual Little Apple Fun Run will be on Sunday, November 3, 2013. Application forms went home last week. Please fill them out and send them back to school FTA Terri Coyle/Wendi DeShutter or Sarah Rogers. We are still in need of more corporate sponsors. If you sign up to be a sponsor for \$200 you will see your business name/logo on the LHS Fun Run T-shirt! There are also opportunities to sign up for \$100/\$50 and 25\$. Get those applications rolling in so your child will get an apple on his/her classroom door.

Food Pantry

This year, Lloyd Harbor School will continue to support the Tri-Community and Youth Agency in Huntington Station by collecting non-perishable food items for their after-school program. The Tri-CYA is dedicated to the youth and families located in Huntington, South Huntington, and Cold Spring Harbor. Healthy after school snacks like peanut butter, pretzels, or fruit cups and seasonal food items such as canned soups, chilis, or pasta are greatly appreciated. Students can drop off donations to our bins located outside of the cafeteria. If you would like to help with a delivery please contact Mary Noel Zgurzynski at marynoelzgurzynski@mac.com.

Parents Play Recess Program

Thank you very much to all of the parents who attended the overview and signed up for this year's Parents Play! If you want to sign up for Parents Play, please come to the next overview meeting, which will be held after the November LHS*PTG meeting. If you already attended the overview, you are ready to sign up as many times as you like. Please contact RandiSolis@me.com for any questions.

6th Grade Year Book

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 events please get them in early. We need baby photos, 2nd grade portrait, 2nd to 6th grade field days, Halloween, class trips, Symbols of America, colonial day, Philadelphia trip, immigration day, classroom events, little apple fun run, science fair, winter and spring concerts, etc. All Lloyd Harbor School events. 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.schoolannualonline.com/login> If it does not automatically log you into the site, enter username: 400263980 and password: Lloyd Harbor

Correction to the LH Parent Directory – The Masciello e-mail should read angz2828@aol.com



Open House

Cold Spring Harbor Fire Department

When: Sunday, October 20, 2013

Where: The park across from the firehouse

Time: 10:00 am—1:00 pm

Learn about fire safety

Check out the fire trucks

Watch a “Jaws of Life” demonstration!

Grab some popcorn!!



The Flu:

A Guide For Parents

FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental

conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is the Flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.



These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

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