



# Bulldog Bark



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BCSD Mission Statement: "Empowering Individuals to Succeed in a Changing World"

November 2, 2018

Bowman County School

From the desk of Mr. Strand

**Football:** As most of you know, our Bowman County Football Team is playing Langdon tomorrow in the State Semi-Finals. If we win, Bowman County will be playing in the State Championship game November 9<sup>th</sup>. If Bowman County is in the State Championship, we will not have school November 9<sup>th</sup>. We would make up this date in January.

**Flu Shots:** On Wednesday, November 7<sup>th</sup>, the county nurse will be at the school giving flu shots for grades 1-6. Please return your forms if you want your child to have a flu shot.

**Homecoming:** We had an awesome homecoming week! Thank you to all the parents that volunteered.

**Cold Weather Clothing:** It is getting chilly out, so please send your children to school with appropriate clothing for recess.

**Miss North Dakota:** Miss North Dakota, Katie Olson, will be speaking to grades 1-6 on Wednesday, November 7<sup>th</sup>. She will be speaking on bullying and a growth mindset.

**Early Out:** Our November early out will be Wednesday, November 21<sup>st</sup>.

**Veteran's Day:** There will be no school Monday, November 12<sup>th</sup>.

**Thanksgiving Break:** There will be no school November 22-23.

**Elementary Choir:** The Ovation Select Elementary Choir will be performing for the Veteran's Day program on November 8<sup>th</sup> at 10 AM. They will also be performing in their annual Christmas Concert on Sunday, December 2<sup>nd</sup>, at 2:00 and 6:30 at the Bowman Lutheran Church.

**Christmas Concerts:** For future plans, the Rhame K-6 Christmas Concert is Monday, December 3<sup>rd</sup>, at 7:00 in the Rhame gymnasium.

Bowman K-6 Christmas concert is Monday, December 10<sup>th</sup>, at 7:00 in Solberg gymnasium.

# Counseling Corner

This last week we celebrated Red Ribbon Week, which focuses on making safe, healthy, and positive choices. It is also about preventing drug, alcohol, and cigarette/e-cigarette use for children. We focused on the importance of eating healthy, drinking plenty of water, exercising and getting a good night's sleep. At home, you may want to consider specifically talking to your children about avoiding drugs, alcohol and tobacco. While this can be a difficult topic for parents to approach, research shows that parents who talk to their children about it are less likely to have kids that use! So where can you start? Here are some kid friendly points of discussion:

- Medicine safety: Only take medicine from a trusted adult or medical professional. Take medicine exactly as it is prescribed. Taking more does not mean that you will feel better faster.
- Never share medicine with others even if a friend or family member is sick.
- Sometimes medicine and candy look alike so do not eat candy without asking an adult.
- Even healthy things like vitamins can be dangerous if you take too many.
- Never try any pills from a friend even if he/she says it is safe.
- Alcohol is harmful for growing children and teens. It can hurt your brain and body. It will change how you feel, act, and develop.
- It is illegal for kids to use cigarettes and alcohol.
- What are drugs? Drugs can be medicine that only a doctor can prescribe. Drugs can also be something dangerous and illegal for all people to use including adults.

Together we can make a difference in keeping kids healthy and drug free.

<b>I NEED TO STAY HOME IF...</b>						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching and/or "crusty" drainage from eye.	Hospital stay and/or ER visit

<b>I AM READY TO GO BACK TO SCHOOL WHEN I AM...</b>						
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed	Treated with appropriate lice treatment at home and proof is provided by the county health office	Evaluated by my doctor and have a note to return to school	Released by my medical provider to return to school