Garfield Events...

Feb 3 .......... Pennies for Patients Kick-off
Feb 3 .......... Trash Bag Sales begins
Feb 4 .......... PTO – 5:30 Garfield
Feb 5 .......... World Read Aloud Day
Feb 6 .......... Spring/Individual Pictures
Feb 12......... Early Dismissal/Prof Dev for Staff
Feb 14......... Valentine Parties – 2:30
Feb 17......... No School – Presidents’ Day
Feb 18......... Board Meeting
Feb 21......... Pennies for Patients ends
Feb 24 ........ Trash Bag Sales ends

Pennies for Patients

will kick off on Monday, February 3rd and will end Friday, February 21st. Money is being raised for Leukemia, Lymphoma research for kids. The class that raises the most money will have a pizza party.

Trash Bag Fundraiser

Support Our Bag Sale –February 3rd – February 24th

Forms and money must be turned in no later than Monday, February 24th. Bags are available for pick-up at Parent Teacher Conferences March 9th and March 10th. The goal is for each child to sell 5 rolls. The classroom that sells the most trash bags will receive a pizza party and pajama party.

Attention Please!

➢ It's cold outside and we have coats in our Lost and Found Area located in the 3rd Grade hall next to the office.
➢ Be sure your child’s name is on his/her jacket and lunch box.

SAVE THE DATE

COMING UP

Monday March 9th & Tuesday, March 10th – Parent Teacher Conferences
Tuesday, March 17th – Bingo Night – 6:00 pm – 7:00 pm
Friday, March 20th – Friday, March 27th – Spring Recess
Remember

For important dates, school closings, news and events as well as District news and events.

It's everything Parsons, in your pocket.
Cafeteria Menus · Events · Staff Directory · Alerts · Athletics

[Website and app information]

www.usd503.org
From the Nurse

When is my child too sick to come to school??

A problem parents commonly face is when to keep a child home from school if he/she complains of not feeling well. A parent’s decision to keep a child home from school when he or she is sick can sometimes be a difficult one. No parent wants to interrupt their child’s learning, and for some, keeping a child home means missing work or losing pay. In an effort to help protect our students from unnecessary illness, I urge all parents to consider the following suggestions when preparing to send your children to school.

Please DO NOT send your child to school if you suspect your child may be ill, and has exhibited any of the following signs or symptoms of suspected illness:

- has an elevated temperature of 100.4 degrees or more in the last 24 hours.
- has vomited (due to suspected illness) within the last 24 hours.
- has experienced repeated episodes of diarrhea in the last 24 hours.
- has chills, loss of appetite, unusual fatigue, and/or lingering headache.
- has a significant amount of untreated nasal discharge, particularly if the discharge is yellow or greenish in color.
- has a persistent cough.
- has a significant sore throat.
- is complaining of severe toothache or earache.
- eyes that are painful, red, and matted (yellow or green discharge)
- undiagnosed skin rashes /skin infections
- a communicable disease

A child may return to school after a contagious disease or infection when:

- When free of fever for 24 hours without the use of Tylenol/Motrin
- Conjunctivitis (pink eye) - When eyes are clear and have been treated with antibiotic drops for 24 hours
- Scabies - 24 hours after start of treatment
- Strep throat or scarlet fever - 24 hours after start of treatment
- Impetigo - When skin is clear or child has been under treatment for 24 hours
- Head lice - When head is treated and free of lice
- Chicken pox - When all blisters have formed scabs

I appreciate your help in making attending school a healthy experience for all our students and staff.

Amber Jones, RN - School Nurse, USD 503
Our goal as parents and educators is to raise healthy, happy, well-adjusted children. This list, from www.parentswithconfidence.com, has a few ideas for nurturing and strengthening your child’s mental health:

1. Establish routines.
2. Give them responsibilities.
3. Encourage independence.
4. Allow healthy risks.
5. Nurture your child’s natural gifts and talents.
6. Praise effort over achievement.
7. Be consistent and follow through.
8. Use natural consequences.
9. Replace yelling with teaching.
10. Listen first, talk second.
11. Teach emotions words.
12. Talk about feelings often.
13. Teach body safety, talk about good touch and bad touch.
15. Encourage frequent exercise.

Don’t forget, Yearbooks are still available through February 28th! These books are full color, 60 pages, and feature Lincoln, Garfield and Guthridge students. Yearbooks cost $18. You can send in your order envelope or order online. For online orders visit inter-state.com/yearbook and enter code: 43680F
**Reading Counts 100 Points**

- Brogan Adams
- Summer Allen
- Franco Almonacid-Hayden
- Kelcee Brimm
- Allen Byrd
- Maleia Caldwell-Reyes
- Shelton Corralejo
- Brynna Cramer
- Chasnee Crissman
- Ashley Edwards
- Brody Ellis
- Brody Frost
- Connor Gardner
- Madalynn Garretson
- George Garrett
- Aliyah Geuder
- Isach Joplin
- James Keal
- Samuel Keeling
- Tyreek Kendrick
- Karrianna Kennedy
- Braeleigh Kindrick
- Dreden McDaniel
- Tobias Neel
- Bella O'Hara
- Mahi Patel
- Madison Pontious
- Caisen Robinson
- Aaron Robson
- Jaliyah Smart
- Ethan Smith
- Kaiden Smith
- Elsa Stone
- Amelia Turner
- Jeremiah VanGurp
- Kyno Wooden
- Ellee Wright
- CJ Wright-Mayhue

**Reading Counts 200 Points**

- Tenlee Kennett
- Josslyn Rausch
- Elly Willis

**All A Honor Roll**

- Camryn Ball
- Wyatt Barnes
- Patrisia Basoco
- Damion Brown
- Randy Burke
- Krista Carson
- Shaylee Cash
- Isaiah Cook
- Shelton Corralejo
- Nic Creed
- Albert DeLaCueva-Espinoza
- Allison Fitzgerald
- Brody Frost
- George Garrett
- Aiden Gray
- Deon Gray
- Justin Harris
- Sam Keeling
- Brendon Langley
- LaTavion Lawson-Foster
- Kayleigh Leon
- Kaison McRay
- Hunter Polk
- Madison Pontious
- Devante Renfro
- Matthew Roach
- Asher Robertson
- Kimalie Root
- Ethan Smith
- Kaiden Smith
- Kylee Swartz
- Joshua Thomas
- Madelyn Velasquez
- Ellee Wright
- CJ Wright-Mayhue

**Viking Pride Awards**

- Franco Almonacid-Hayden
- Wyatt Barnes
- Raymond Castle
- Daniel Cox
- Ava Edmond
- Cole Fitzgerald
- Eva Fowler
- Madalynn Garretson
- George Garrett
- Emily Garrison
- Aubrey Geuder
- Zoey Graven
- Emma Green
- Wyatt Hernandez
- MaCheri Hooks
- McKinley Housley
- Samantha Huntsman
- Isach Joplin
- Samuel Keeling
- Karrianna Kennedy
- Brooklyn Klingman
- Ashlee Linnebur
- Jazmin Maldonado
- Tobias Neel
- Bradyn Patterson
- Zoey Rageth
- Jazmine Reece
- Teagynn Ryan
- A.J. Sandoval
- Sophie Sellars
- Brianna Sizemore
- Gabrielle Smith
- MaKya Standley
- Graysen Stenstrom
- Karter Strathe
- Amelia Turner
- Ezekiel Turner
- Madelyn Velasquez
- Isaac Willey
- Cyan Willis
- Dreyansen Wilson
- Tristian Zwahlen
Garfield Parent Perception Survey Results 2019/2020

Citizenship: Students show respect for others at school and students use good work habits at school.

Instruction: Instruction is of high quality, and my student is challenged while learning the curriculum.

Communication: The school keeps me well informed, and the school communicates in languages I understand.

Engagement: Meetings/Events are scheduled when someone from my family can attend, and the school helps support student learning at home.

Technology: Use of technology improves learning, and the school is improving my student's technology skills.

Safety: The school my student attends is safe and secure.

Responsiveness: School leaders are responsive to my concerns, and parent/guardian input is considered when making decisions.

Leadership: The principal is an effective leader who treats students and families with respect, and the principal's top priority is high-quality instruction.

Facilities: The school is clean and well-maintained.

Discipline: The school promotes positive student behavior, and behavior problems are handled appropriately.

https://drive.google.com/drive/u/0/my-drive
Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?
While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?
Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?
Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

Protect your child

How can I protect my child from flu?
The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It’s especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?
Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children’s risk of flu-related pediatric intensive care unit admission by 74%.
Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

Flu vaccination also may make your illness milder if you do get sick.

Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are other ways I can protect my child against flu?
In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

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.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age — especially those younger than 2 years — and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?
Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:
- Fast breathing or trouble breathing
- Bluish lips or face

Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?
Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?
People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

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 spreading flu to other children or caregivers.

When can my child go back to school after having flu?
Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

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

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