

The Bear Necessities

Week of September 14, 2020

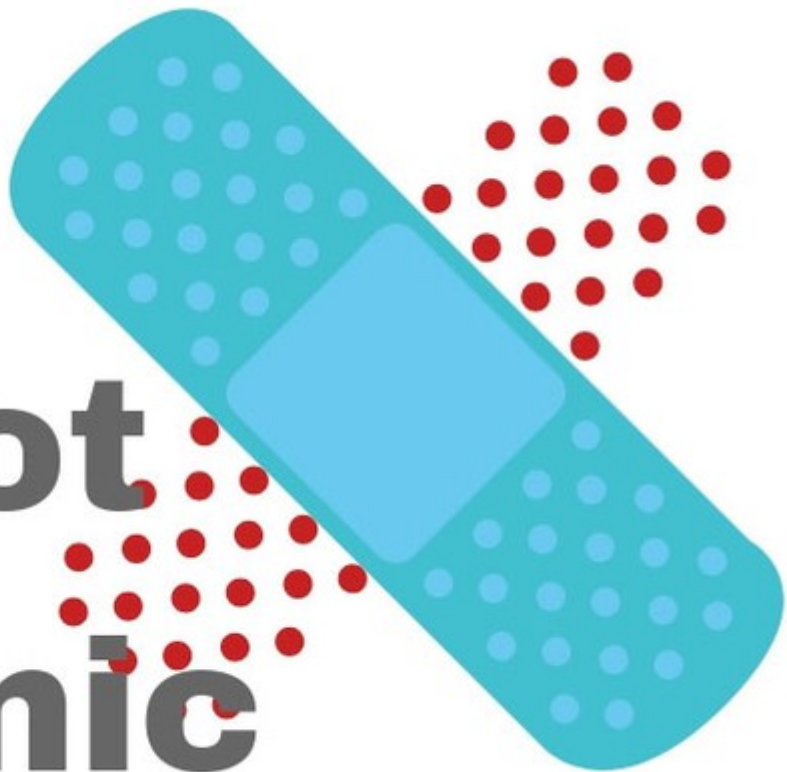
Dear Friends,

It's the last week before Harvest Break...we made it! I just want to take a moment to thank you all again for your flexibility with all the changes. It is because of your support that we are able to do what we do here at EES.

I wish you all a restful Harvest Break!

~Erin

**Flu
Shot
Clinic**



EDS Flu Shot Clinic Information

EDS will be holding a flu shot clinic in the EES gym on Friday, October 16. If you plan on your child participating, you **MUST** complete the form and return it to your child's school by **Thursday**,

September 17. Please see the information below. If you have any questions, please contact Mrs. Warren (kim.warren@eastonschools.org).

Northern Light Home Care & Hospice

Easton School Department will be having an influenza vaccination clinic on October 16, 2020. We will be partnering with Northern Light Home Care and Hospice to provide this clinic to our students.

Please read the Vaccine Information Sheet attached to this letter and complete the attached Health Screen & Permission Form and return to the school by September 17, 2020. Please fill out insurance information **electronically**. Although the vaccine is provided at no charge, there is a charge to administer the vaccine. **All forms must be filled out completely. Children presenting with an incomplete form will not receive their vaccine.** There will be no out of pocket cost.

✓ You will be notified if there is a change in the planned dates of school flu clinics.

All clinics will have injectable vaccine. In addition, FluShot (nasal spray) may be available at some clinics. We cannot guarantee it for all clinics. Unless you clearly mark which type of vaccine you prefer, and there is no contraindication to either type of vaccine, the nurse at the clinic will determine which type of vaccine to use for your child.

For information about flu and the vaccine go to www.mmrinfo.org.
<https://www.mmrinfo.org/flu/vaccine/2-25-2008/VCS2009-2010.pdf> attach pdf

For questions about the flu vaccine, call Maine Center for Disease Control & Prevention (Maine CDC) at 1-800-867-4273, Monday – Friday 9am – 5pm.

For questions about the vaccine clinic at our school, please call the school nurse at 488-7705.

Sincerely,
 Kim Warren, RN

Please be sure to complete and return the Health Screen & Permission Form!

Revised 08/20/20

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. It is unlike rabies and can last several days. Symptoms vary by age, but can include:

- fever/chills
- muscle aches
- fatigue
- cough
- runny or stuffy nose

Flu also can lead to pneumonia and blood infections, and cause deaths and serious illness in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is a major danger for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

Inactivated and recombinant flu vaccines

A dose of the vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a non-living animal protein called gelatin. Most people have not shown allergic reactions to gelatin, but flu vaccines that do not contain gelatin are available.

2 Why get vaccinated?

There is no live flu virus in the shot. They cannot cause the flu.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the flu viruses that are most likely to cause disease in the upcoming flu season. The more often the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- disease that looks like flu but is not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- If you have any severe, life-threatening allergies. If you ever had a life-threatening allergic reaction after a shot of the vaccine, or have a severe allergy to any part of the vaccine, you may be advised not to get vaccinated. Also, but not all, types of flu vaccine contain a small amount of egg protein.
- If you ever had Guillain-Barre Syndrome (also called GBS).
- If you are pregnant or breastfeeding.

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

If you are not feeling well:

It is usually okay to get the vaccine when you have a mild illness, but you might be advised to come back when you feel better.

4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. There are usually small and no harm to your own, but serious reactions are also possible. Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- dizziness
- fever
- runny or stuffy nose
- fatigue
- muscle aches
- headache
- itching

If these problems occur, they usually begin soon after the shot and last 1 to 3 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barre Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 in 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be potentially life-threatening.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or Shingles vaccine (Zostavax) may have a slightly higher risk of having a seizure caused by fever. Ask your doctor the more information. Tell your doctor if a child who is getting the vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- Some reactions occur after a medical procedure, including vaccination. Slight or tingling from about 15 minutes after getting the shot and lasting less than 1 hour. Tell your doctor if you feel dizzy or have vision changes or ringing in the ears.
- Some people get more pain in the shoulder or hand, difficulty moving the arm where the shot was given. This is usually mild and goes away within a few days.
- Any medicine can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination. As with any medicine, there is a very remote chance of a reaction causing a serious injury or death.

As with any medicine, there is a very remote chance of a reaction causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit www.cdc.gov/vaccineinfo/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These could start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 911 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov or by calling 1-800-832-7164.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-554-6868 or visiting the VICP website at www.hhs.gov/vaccineinjurycompensation. There is a claim form in this vaccine information statement.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC).
- Visit www.cdc.gov or www.cdc.gov/flu.
- Call 1-800-832-7164 or visit www.cdc.gov/flu.

Vaccine Information Statement
Inactivated Influenza Vaccine
 (08072015)
 42 U.S.C. § 300aa-28

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Live, Intranasal): What You Need to Know

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. It is unlike rabies and can last several days. Symptoms vary by age, but can include:

- fever/chills
- muscle aches
- fatigue
- cough
- runny or stuffy nose

Flu also can lead to pneumonia and blood infections, and cause deaths and serious illness in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is a major danger for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Live, attenuated flu vaccine – LAIV, Nasal Spray

A dose of the vaccine is recommended every flu season. Children younger than 7 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

3 Some people should not get this vaccine

Some people should not get a LAIV because of age, health conditions, or other reasons. Most of these people should get inactivated flu vaccine. Your healthcare provider can help you decide.

Tell the provider if you or the person being vaccinated:

- have any long-term illness, including, but not limited to, asthma, diabetes, or other chronic conditions
- have any allergies, including an allergy to eggs, or have ever had an allergic reaction to an influenza vaccine
- have ever had Guillain-Barre Syndrome (also called GBS)
- are pregnant or breastfeeding
- are a child who has had wheezing problems
- are taking aspirin or salicylates
- are taking any medicine that is making aspirin or salicylates
- are taking any medicine that is making aspirin or salicylates
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As with any medicine, there is a very small chance of a reaction causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit www.cdc.gov/vaccineinfo/

4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. There are usually small and no harm to your own, but serious reactions are also possible. Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- dizziness
- fever
- runny or stuffy nose
- fatigue
- muscle aches
- headache
- itching

If these problems occur, they usually begin soon after the shot and last 1 to 3 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barre Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 in 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be potentially life-threatening.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or Shingles vaccine (Zostavax) may have a slightly higher risk of having a seizure caused by fever. Ask your doctor the more information. Tell your doctor if a child who is getting the vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- Some reactions occur after a medical procedure, including vaccination. Slight or tingling from about 15 minutes after getting the shot and lasting less than 1 hour. Tell your doctor if you feel dizzy or have vision changes or ringing in the ears.
- Some people get more pain in the shoulder or hand, difficulty moving the arm where the shot was given. This is usually mild and goes away within a few days.
- Any medicine can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination. As with any medicine, there is a very remote chance of a reaction causing a serious injury or death.

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What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These could start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 911 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov or by calling 1-800-832-7164.

6 The National Vaccine Injury Compensation Program

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Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-554-6868 or visiting the VICP website at www.hhs.gov/vaccineinjurycompensation. There is a claim form in this vaccine information statement.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
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Vaccine Information Statement
Live Attenuated Influenza Vaccine
 (08072015)
 42 U.S.C. § 300aa-28

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Live, Intranasal): What You Need to Know

1 Why get vaccinated?

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Flu is a major danger for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine can:

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- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Live, attenuated flu vaccine – LAIV, Nasal Spray

A dose of the vaccine is recommended every flu season. Children younger than 7 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

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- have any allergies, including an allergy to eggs, or have ever had an allergic reaction to an influenza vaccine
- have ever had Guillain-Barre Syndrome (also called GBS)
- are pregnant or breastfeeding
- are a child who has had wheezing problems
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What should I do?

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Vaccine Information Statement
Live Attenuated Influenza Vaccine
 (08072015)
 42 U.S.C. § 300aa-28

HEALTH SCREEN & PERMISSION FORM

Full Name: _____ Date of Birth: _____ Age: _____ Sex: ☐ M ☐ F ☐ O ☐ Other

Street Address: _____ City/Zip: _____ Phone: _____

Grade: _____ Teacher: _____ School Administration Unit (District): _____

In this person an American Indian or an Alaskan Native? ☐ Yes ☐ No

In this person vaccinated? ☐ Yes ☐ No

In this person vaccinated by MaineCare (Medicaid)? ☐ Yes ☐ No

MaineCare ID #: _____

Private Insurance? ☐ Yes ☐ No

Name of Insurance Company: _____ Group Number: _____

Doctor's Name: _____ Phone Number: _____

Please answer the following questions about the person named above. Comments may be written on the back of this form.

1. Does this person have a severe life-threatening allergy to egg? ☐ Yes ☐ No

2. Has this person ever had a severe reaction to an influenza vaccination in the past? ☐ Yes ☐ No

3. Has this person ever had Guillain-Barre Syndrome? ☐ Yes ☐ No

4. Does this person have any severe, life-threatening allergies? ☐ Yes ☐ No

5. Does this person appear to be pregnant or breastfeeding? ☐ Yes ☐ No

6. Does this person appear to be taking aspirin or salicylates? ☐ Yes ☐ No

7. Does this person appear to be taking any medicine that is making aspirin or salicylates? ☐ Yes ☐ No

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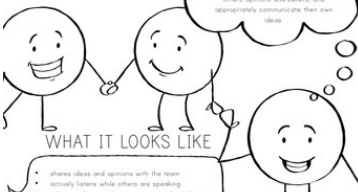
Parenting Help Desk - Teamword

teamwork
working together toward a common goal

WHAT IS IT?
"Individually we are one drop, but together we are an ocean."
-Ryunosuke Satoro

WHY IS IT IMPORTANT?
Teamwork and cooperation are not things that disappear after childhood - they are skills that your child will need to use in his or her entire life. Teamwork applies to not only team sports but to the workplace and to relationships as well. Practicing these skills now will help your child respect others' opinions and beliefs, and appropriately communicate their own ideas.

WHAT IT LOOKS LIKE
... shares ideas and opinions with the team
... actively listens while others are speaking
... values each person's opinions as much as their own



teamwork
how you can help your child

BE PART OF A TEAM
One of the best ways to help your child learn about teamwork is to let them participate as part of a team. In childhood, this often means being part of a sports team. Find something that your child is interested in, and sign them up for it. Use the importance of showing up for the team and following through on one's commitments. Team sports can often cause intense competitiveness - be sure to emphasize good sportsmanship over winning or losing.

VOLUNTEER TOGETHER
Volunteering can also be a team activity. As a snap kitchen, all of the volunteers must work together to accomplish their goal of feeding those in need. Find an opportunity in your community to volunteer as a family or group of friends. Afterwards, talk with your child about the ways that they contributed to the team and how it paid off. Looking for a place to volunteer? Try www.volunteermatching.org.

PLAY A GAME TOGETHER
Game night is a great way to encourage teamwork. Play a classic board game in teams, or better yet, play a cooperative game for younger children, like *The Secret Door* or *Max (by Family Features)*. For older children, try *Forbidden Island*. These games require all of the players to work together to achieve a common goal.

WATCH A TEAM EVENT
It's easy to find opportunities to watch teamwork in action. If your family enjoys watching sports, it's a perfect opportunity to discuss with your child the importance of teamwork. As you're watching, talk about what your child sees. What is the team doing that is working well? How could they improve? If they are having trouble, why? If you're not a fan of




teamwork
how you can help your child

BOOKS ABOUT TEAMWORK:

- [Bat's Big Game](#) by Margaret Read MacDonald
- [Swimmy](#) by Leo Lionni
- [Up The Creek](#) by Nicholas Oldland
- [Duck and Goose](#) by Tad Hills
- [Howard R. Wigglesbottom Learns about Sportsmanship](#) by Howard Binkow

MOVIES WITH DISCUSSION POTENTIAL

- *A Bug's Life* [G](1998)
- *The Incredibles* [PG](2004)
- *The Sand Lot* [PG](1993)
- *Monster's University* [G](2013)
- *The Blind Side* [PG-13](2009)




Contact Information

 Facebook

 33 Bangor Road, Easton, ME, U...

 (207) 488-7700

 erin.ireland@eastonschools.org

 eastonschools.org/o/easton-el...

