



# NEWCOMB

## CENTRAL SCHOOL DISTRICT

### November 2020

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### *A message from Superintendent Chris Fisher*

For several months we have all been navigating the ongoing uncertainty and change amidst the worldwide pandemic. What we had hoped would be “over” by now still has an unknown “end” in sight. I think back to the onset of the pandemic and the many ways in which the school and community pulled together. People went out of their way to check in with one another in an effort to combat stress, anxiety and worry. Some stepped up to help a neighbor or loan out a household item that someone else needed. I witnessed the sharing of baked goods and heard of those who sent cards or letters to family, neighbors and friends. Children colored pictures of support which were displayed around the town and the school community came together as teaching and learning went virtual for the first time in history. We were strong together and as a result, we overcame all of the unknown barriers and found creative, workable solutions.

November is the month for us to reflect on all of the things that we are thankful for. I am thankful for the opportunity to serve in such an important role. There are days that are challenging and difficult, but when I step into the building I am constantly reminded that what pulls us together is the commitment to excellence that we all share for the children of our district. Following are some highlights of great things that are happening at NCS!

**NO SCHOOL**

**November 11**  
(Veteran’s Day)

**November 25-27**  
(Thanksgiving Break)

*“Our School is the Heart of Our Community”*

### Virtual Morning Announcements:

The first five minutes of the day with students can prove motivating and set the tone for respect and learning for the remainder of the day. With staggered breakfast periods in the schedule to support social distancing in the cafetorium this year, students and staff members have been missing our in-person morning announcements. Under the direction and support of Ms. Goerner, Mr. Paniccia and Mrs. Bernat, students at the elementary and secondary level are implementing recorded virtual announcements. This has been a great way for the school community to connect virtually to recite the Pledge of Allegiance and share important information and calendar events. Special thanks to the volunteer students who are recording and producing the morning announcements!

### Open House:

The Open House Committee has been working hard to design a unique experience at both the elementary and secondary level. The secondary level will be launching a virtual, "Tour of NCS High School" for Open House and the elementary is planning individual video tours of each classroom by students. Please stay tuned for more information about how to access Open House.



### National Honor Society Induction Ceremony:

On Wednesday, October 7th the district inducted junior Brayden Bush into Newcomb's Chapter of the National Honor Society. The intimate ceremony was attended by Brayden's immediate family and recorded live for the school community to participate in. Congratulations Brayden!

If you have any comments,  
suggestions, or would like to add an article to the  
bulletin, you can  
e-mail them to Debbie Damasevitz at  
[ddamasevitz@newcombscd.org](mailto:ddamasevitz@newcombscd.org)



### **Moving Right Along in Physical Education:**

Per the guidance outlined from the Centers for Disease Control (CDC) and the Department of Health (DOH) students who participate in Physical Education class must maintain 12 feet of social distancing. Coach Winslow has been taken to task with designing innovative curricular lessons which adhere to the guidance. Additionally, Coach needs to plan lessons for both in-person and remote learners. Recently, students have been actively participating in a fitness unit which consists of fitness stations and workout videos that are developmentally age appropriate. This unit provides students with the opportunity to develop healthy habits, as well as experience different ways to develop cardio endurance, muscular strength, endurance and flexibility. It has also provided students with the opportunity to determine which type of workout fits their needs and works best for them. Thanks Coach Winslow for such unique lessons.

### **Curriculum and Instruction:**

This November, we will begin our curriculum work Pre-kindergarten through sixth grade in English Language Arts. Driven by our District Level Comprehensive Improvement Plan (DCIP) teachers at the elementary level will begin working with Ms. Jeanne Tribuzzi. Ms. Tribuzzi is well known for her knowledge and expertise with the Lucy Calkins Reader's Writer's Workshop Model. Ms. Tribuzzi has consulted with schools across the world and around the country to implement the program. We are excited for our ongoing curriculum collaborations with her!

### **Capital Project Update:**

Recently we went out to bid for Phase 1 of the capital project. Phase 1 entailed replacing our existing oil tank. In consultation with our partners at CSArch, some concerns were raised regarding the lead time of materials amidst the pandemic coupled with the encroachment of colder weather. The team felt it best to delay the oil tank replacement to the next bid phase and combine it with a site or general contract. Considering the unknown variables surrounding the COVID-19 pandemic, the team is also working collaboratively with CSArch to update the estimates on the project.





### Spotlight on Students:

The best part of my day includes the time I have to connect with students. The other day while meandering about the building, I randomly posed two questions to the students I interacted with. Here is what they had to say...

#### **Question: What is the best part about being back to school?**

“The new gym teacher, she is my aunt.” -Taylor

“Being in third grade and my third grade teacher and gym!” -Riley

“You actually get to see your teachers and friends, even if it’s through a mask!” -Olivia

“If your computer glitches out, since we’re in school, you can actually hear people and see them, it’s clear!” - Grace

“I think the best part is seeing your teachers. You get to do stuff like art and gym.” - Marissa

“Art class. I don’t have the materials at home to be doing things. Also seeing teachers I haven’t seen them for a while.” -Lauren

“Seeing friends and having access to talk to teachers.” - Emily F.

“The best part about doing online school is I feel like I can do my work more at my pace, I’m not worrying about how fast others are doing their work. This year I can also bring school with me on my phone so if I am going somewhere I can still log into class.”- Abigail (remote learner)

“ Being able to interact with peers more often than remotely.” - Evan

#### **Question: What are you enjoying about Newcomb so far?**

“It’s the perfect place for fishing.” - George

“Nature...it’s beautiful up here. You never see those kinds of patterns in my city. Those mountains and trees...they’re just beautiful.”- Rauf

“ Everybody knows everybody here. The whole town is like a whole family. They try to help you out.” - Vasilli

***Have a wonderful, happy and healthy Thanksgiving!***



## Stem and Steam

### 3D Printing

This has been the month of learning the many uses of the 3D printer. Grades 5-12 have worked with the program Tinkercad to create many projects.

We have printed out everything from their name using the scribble tool (see below) to projects for Mrs. Larkin's collaborative Greek Unit. We have also had a few fun mistakes along the way!





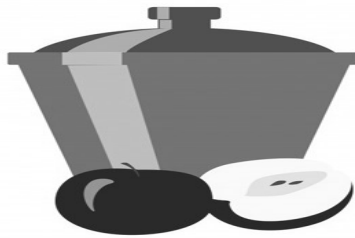
## CLASS OF 2022

The Class of 2022 is continuing our bottle and can drive. If you have cans/bottles that you would like to donate, they can be dropped at the school garage or we can come pick them up. Please contact Lanette at [lchase@newcombcasd.org](mailto:lchase@newcombcasd.org) or call 518-582-3659.

Class of 2022 has also been collecting pull tabs to donate to the Ronald McDonald House Charities. We are accepting donations of pull tabs from ALL containers. Our goal is 50 pounds of tabs by the end of the year.



**Thank you for your generous support of our class!!!**



### *Apples, Donuts & Pie, OH My!*

The Class of 2022 will once again be selling apples, potatoes and cider. Ms. Goerner's famous pies, classic and streusel, will be made and frozen for your enjoyment.

We are finalizing prices and working out the logistics to be able to give everyone the opportunity to enjoy our offering while ensuring that we are doing this wisely and safely for students and community members.

Look for more detailed information in the Town bulletin, local establishments, school website and the Class of 2022 facebook page. Feel free to contact me at [lchase@newcombcasd.org](mailto:lchase@newcombcasd.org) with any questions you may have.

# A Blast From the Past!



**Newcomb Central School has discovered a treasure trove of Yearbooks from years past! There are many books and not so many books available for \$5.00. If you would like to inquire about a certain year or years and purchase any one of these please contact:**

**[dbernat@newcombcasd.org](mailto:dbernat@newcombcasd.org) or call NCS and leave a voicemail.**

**Purchase price for 2019- \$10 and 2020- \$20**



# NCS Class of 2024 Husky Pride Items:

Make checks payable to: NCS Class of 2024 or cash will be accepted

		
<p><b>Newcomb Husky</b>  <b>32oz. Water Bottle</b>  <b>\$12.00</b></p>	<p><b>Newcomb Husky</b>  <b>Stainless Steel</b>  <b>Travel Mug</b>  <b>\$15.00</b></p>	<p><b>Newcomb Husky</b>  <b>Face Mask</b>  <b>\$10.00</b></p>

8% sales tax will need to be added to each item

Name	Water Bottle	Travel Mug	Face Mask	Package Deal: 1 of each item for \$35	Total Cost of items	Sales tax: 8%	Grand Total

Questions can be Emailed to: [abush@newcombsd.org](mailto:abush@newcombsd.org) or [jwright@newcombsd.org](mailto:jwright@newcombsd.org)

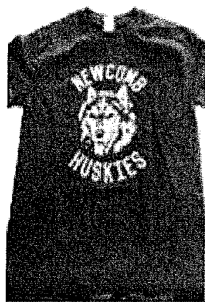
# Class of 2021

## Selling NCS D Shirts New Design & New Colors

Short sleeve-T \$21.60 w/tax  
Long sleeve-T \$27 w/tax  
Hoodie \$37.80 w/tax  
Checks to Class of 2021 or cash

Black shirts have gold husky/NCS D  
Gray shirts have purple husky/NCS D

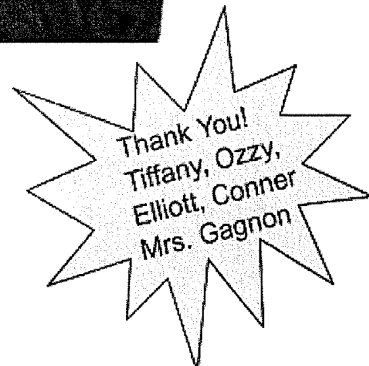
Long sleeve T's & Hoodies have  
Newcomb CSD on one sleeve



### LAST CHANCE SALE!! Purple & Gold NCS D Shirts

Short Sleeve \$20: 1 small, 3 med, 2 XL  
Long Sleeve \$25: 1 small, 1 med.  
Hoodie \$35: 1 XL

TO PURCHASE:  
Contact a class member or  
Call: 518-582-3341



**The CLASS of 2023**  
Will be selling...



**For the Holidays!**

For everyone's safety, we will be avoiding door-to-door sales, BUT we offer options for you to still shop for your holiday sweets!

You Can visit our fundraising page at:  
<https://fundraising.gertrudehawkchocolates.com/find-your-group>

Type in *Newcomb Central School*, then type in the last name of the student you plan to purchase from.

OR

Contact Scott Keglovits at 518-582-3333  
for catalog assistance.



## **DO NOT SKIP A BEAT!**

Even with this unusual start to the school year and many restrictions each of us is facing, we are so happy to be back at school for in-person learning! Music is one of the expressive academics which works effectively when created and performed in a group setting. Here are some exciting things that started us off this year!

In the PreK-K classroom our topic of studies have been focused on pitch, intonation and recognition of simple rhythms used in different seasonal songs.

1st and 2nd grades began with a composition unit writing and performing (!) music for their grandparents in honor of Grandparents Day.

3rd and 4th graders started their year off by studying about the life and music of a great classical music composer Wolfgang Amadeus Mozart. This unit is a collaborative effort between Mrs. Slayback and myself with its focus on the ELA aspect through music. Please ask your child to tell you their connections to various texts, a movie and the music they have learned from this exciting fusion of effort!

5th and 6th graders have just concluded their unit on The Birth of the Blues and as a result of it composed and notated their own blues melodies! Thank you to Mr. Keglovitz, their classroom teacher, who was able to join us on the day of our performance of those compositions!

Students in 8th grade had a great time exploring endless possibilities in their Careers in Music research. We would like to thank Ms. Goerner and Mrs. Markwica for taking the time to contribute to this project and also for being our audience on the day of the presentations. This exciting project concluded with our virtual visitation of the Ten Elephants recording studio in North Creek, NY!

The Bell Tree ensemble is rocking away two new hits from the motion picture “The Jungle Book”

Our elementary band is off to a great start with the addition of a few new students wanting to learn a variety of new instruments.

And last but not least, our Jazz band grew in numbers with the addition of three international students. Everyone is keeping the beat strong and even with the constraints related to the virus, we keep it upbeat and moving!

Musically, Ms. Pendell

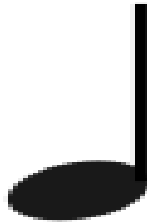
# MUSIC



**KINDERGARTEN**



**PRE-K**



**1st & 2nd GRADES**



**8th GRADE**

**Exploring**

**Careers**

**In**

**Music**

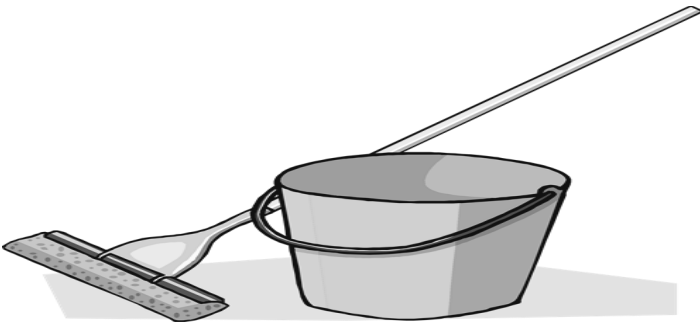




# SUBSTITUTES NEEDED

Newcomb Central School District is looking for individuals to substitute in the following areas:

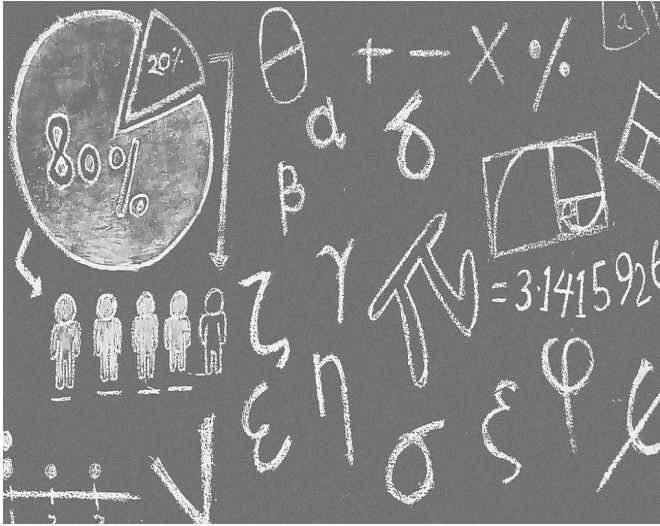
## **Kitchen**



## **Cleaner**

## **Bus Driver**





**Certified  
Non/Certified  
Classroom  
Teachers**

If interested, please send a letter of interest to:

Newcomb Central School  
PO Box 418  
Newcomb, NY 12852

Attn: Christian M. Fisher, Superintendent



**Sunday, November 1st**

# November Breakfast 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Oatmeal (variety of toppings)	3 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Scrambled eggs & Sausage	4 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Yogurt & Granola Bagel&Crm Cheese	5 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Breakfast Pizza	6 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Pancakes & Sausage, syrup
9 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Oatmeal (variety of toppings)	10 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin BreakFast Bowl (Scr. Eggs, Hash browns, sausage, cheese)Salsa	11 NO School Veterans Day	12 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Breakfast Burritos Salsa	13 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin French Toast Strata w/sausage Syrup
16 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Oatmeal (variety of toppings)	17 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Egg&Cheese Ormelet (onions & peppers on side)	18 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Yogurt & Granola Bagel&Crm Cheese	19 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin "Huskies" egg,cheese & sausage sandwich	20 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Waffles & Sausage syrup
23 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Oatmeal (variety of toppings)	24 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Scrambled eggs & Sausage	25 NO School	26 NO School Thanksgiving Day	27 NO School
30 Milk 1% or Fat Free 100% Fruit Juice Fruit 51% WG Muffin Oatmeal (variety of toppings)				

**BREAKFAST ALTERNATIVE DAILY: Whole Grain cold Cereal, Milk, Fruit Juice, Fruit, and Homemade 51% Whole grain Muffin. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.**



# NOVEMBER LUNCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Milk 1% or Fat Free 2 Fruit-variety Veg-Glazed Carrots Italian Dunkers/sauce Garlic Parmesan Noodle or Turkey Salad Sandwich	Milk 1% or Fat Free 3 Fruit-variety Veggie- Beef & Bean Burritos Brown Rice or Turkey Salad Sandwich	Milk 1% or Fat Free 4 Fruit-variety Veggie-Rstd Brussel Sprouts Grilled Chicken Sand Bun & Cheese or Turkey Salad Sandwich	Milk 1% or Fat Free 5 Fruit-variety Veg-Romaine Salad Baked Ziti w/Mozzarella Dinner Roll or Turkey Salad Sandwich	Milk 1% or Fat Free 6 Fruit-variety Veg-Peas Turkey & Gravy Butternut Barley or Turkey Salad Sandwich
Milk 1% or Fat Free 9 Fruit-variety Veg-Romaine Salad Lasagna w/Cheese Dinner Roll or Ham salad Sandwich	Milk 1% or Fat Free 10 Fruit-variety veg-Corn Chicken & Bean Enchilada Bake Brown Rice or Ham salad Sandwich	11 NO SCHOOL VETERANS DAY	Milk 1% or Fat Free 12 Fruit-variety Veg-Green Beans Porcupine Balls Dinner Roll or Ham Salad Sandwich	Milk 1% or Fat Free 13 Fruit-Variety Veg-Carrot Sticks Spaghetti w/ Meat- Sauce, dinner roll Ham Salad Sand
Milk 1% or Fat Free 16 Fruit-Variety Veg-3 Bean Salad Ravioli & Sauce Cottage cheese or Bologna Sandwich	Milk 1% or Fat Free 17 Fruit-Variety Veg-Broccoli Spanish Rice Dinner Rolls or Bologna Sandwich	Milk 1% or Fat Free 18 Fruit-Variety Veg-Harvard Beets Chicken Nuggets Oven Fries or Bologna Sandwich	Milk 1% or Fat Free 19 Fruit-Variety Veg-Baked Beans Cole Slaw Hot Dog & Bun or Bologna Sandwich	Milk 1% or Fat Free 20 Fruit-Variety Veg-Peas Beef Stroganoff & Noodles or Bologna Sandwich
Milk 1% or Fat Free 23 Fruit-Variety Veg-Variety Rice Bar w/ Chicken Or Chicken Salad	Milk 1% or Fat Free 24 Fruit-variety Veg-Refried Beans Beef Tacos, Brown Rice or Chicken Salad Sandwich	25 NO SCHOOL	26 NO SCHOOL THANKSGIVING DAY	27 NO SCHOOL
Milk 1% or Fat Free 30 Fruit-variety Veg-Romaine Salad Vegetable cheese Pizza or Egg Salad Sandwich				

**LUNCH ALTERNATIVE DAILY: 51% Whole Grain Sandwich (meat and/or egg or WOW butter & Jelly), Milk, Fruit, Vegetable and Cheese Stick. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.**

# FROM THE GUIDANCE OFFICE

## Word of the Month

**Patience:** remaining calm during difficult situations. Google's definition: The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

The school year 2020-21 certainly has been a difficult adjustment for all of us. However, we can be grateful that we are back in our building and able to be back together. I believe that even with the masks, it is still better to be here than remote! Our students and staff have shown a great deal of patience this Fall and hopefully will be able to continue to do so, as this year continues to be like no other.

## SENIORS

All seniors going off to college will need to fill out the FAFSA beginning in October. You can apply on-line, which saves a lot of time. Before you can do that, you and a parent need to register for a FSA ID. To get your FSA ID you can go to [www.fsaid.ed.gov](http://www.fsaid.ed.gov). If your parents or siblings have a PIN, they can "link" their PIN number to their FSA ID. This will aid in transferring your information from PIN to your FSA ID. When you receive your FSA ID number go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to apply for Financial Aid. Financial Aid forms can be filled out beginning in October this year, using last year's tax returns. You should do this right away. Doing them on-line is much faster and easier.

Check your application deadlines! Applications should be out by December 1st. If you want your transcripts to go out before Thanksgiving, you need to let me know which colleges to send them to by November 13, 2020.

Please check your application before you send it out. Check spellings, print neatly, and check your grammar!!

Ask at least 2 teachers to write you a letter of recommendation to keep in my office so that I can send them out with your applications.

VISIT the colleges you plan to apply to! You are going to want to be at a place that you like. You won't know that unless you take a tour. This year you may have to take your tour virtually, but it is still important to see the campus you plan to live.

I need your updated Transcripts or Resumes so that I can send the college's accurate information. Please list all activities you have done grades 9-12, so that I don't forget anything. Please include any Volunteer Work you have done. Remember, volunteering means you are not receiving money for the work you are doing. Example: Class fundraising is not Volunteer work. You are receiving money for a senior trip for all class fundraising activities.

***DATES TO REMEMBER*****SAT Testing Dates Registration Date**

December 5, 2020 November 5, 2020

May 8, 2021 April 8, 2021

June 5, 2021 May 6, 2021

**ACT DATES Register By:**

December 12, 2020 November 6, 2020

April 10, 2021 March 5, 2021

June 12, 2021 May 7, 2021

July 17, 2021 June 11, 2021

Newcomb Central School CEEB Code is: 333-330. You will need to know that when you register to take the exams, so that I will receive your test scores.

**JUNIORS**

I will meet with each of you individually when I receive your PSAT scores. We will go over your scores and how that may help you in your college/career search. They should be in by December or January. In the meantime—**VISIT COLLEGES (take virtual college visits) AND ASK QUESTIONS.** *You need to start **NOW**, do not wait until your senior year.*

**Reminder to parents of 3<sup>rd</sup> through 8<sup>th</sup> grade students**

New York State testing will be in April, May, and June. Please make sure your children get plenty of rest before their exams. Also, if you can help it, ***please make sure your child does not miss school on the day of an exam.*** *These exams will be very difficult to make up. Please review the schedule below. Thank you for your support.*

3-8 ELA: April 19-26, 2021

3-8 Math: May 3-10, 2021

\*Grade 4 Science Performance Test: May 25-June 4, 2021

\*Grade 8 Science Performance Test: May 25- June 4, 2021

Grades 4 &amp; 8 Science Written Test: Monday, June 7, 2021

\*These tests dates are subject to change. All others will NOT change.

I hope everyone has a wonderful Thanksgiving with their families.  
Mrs. Markwica

## From the Health Office

As the COVID-19 pandemic continues, I want to first thank you all for your cooperation with our safety protocols, and your patience with the ever-changing guidance we need to incorporate into our procedures.

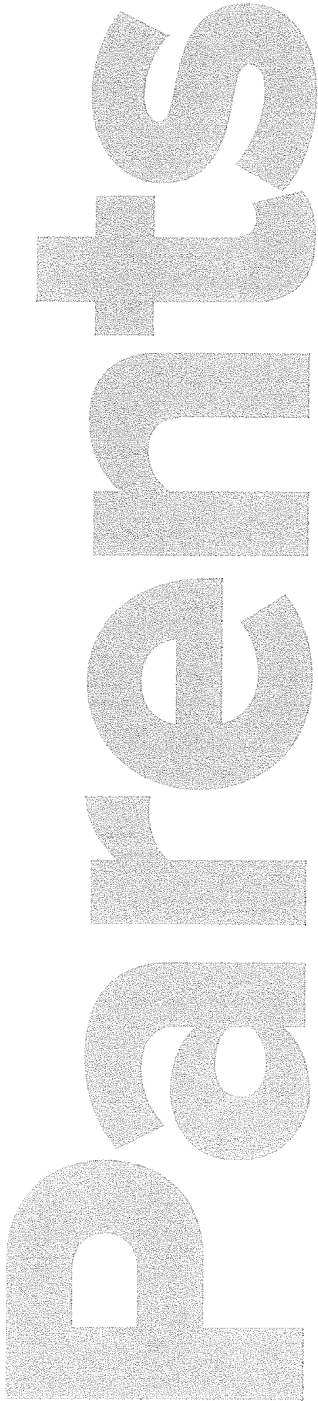
Please check the **HALLOWEEN ADVICE** from the New York State Department of Health: <https://mail.google.com/mail/u/0?ui=2&ik=5de8eb74d8&attid=0.1&permmsgid=msg-f:1681174770581284319&th=1754bb8bedd8a5df&view=att&disp=inline>

I would like to highlight and enlist your continued cooperation with the following:

- **Masks** need to fully cover the **mouth AND nose**.
- **Masks** need to **fit** well enough that they don't slide down the nose and don't gap at the sides.
- **Masks** with **ventilation valves** are **NOT** acceptable as they defeat the purpose of keeping the wearer's respiratory droplets from entering the room.
- The **combination of masks AND social distancing** is **more effective** than either alone, so I encourage the wearing of masks even if seated 6 feet from others.
- **Social gatherings** should be limited to very small numbers of people, and good ventilation (open window/doors as weather permits), the use of masks and social distancing should be enforced.
- Please complete and submit the **Pinpoint health screen EVERY DAY**, even if your child has a medical, dental or personal appointment, and especially if he/she is not feeling well.
- If your child and/or any household member has **traveled to a restricted area**, even if they are a remote learner, the **school MUST be notified** through the DAILY Pinpoint submission.
- **ANY COVID-19 testing** performed on your child **MUST be reported** to the school via the daily Pinpoint submission, even if you are still awaiting results.
- Students who are **learning remotely** must log on to each and every class, especially their first period class (which informs our daily attendance).
- With the **holiday season approaching**, I recommend you visit the CDC website for important information at:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

If you have any questions or concerns, please feel free to contact me at 518-582-3341 or [dbolan@newcombsd.org](mailto:dbolan@newcombsd.org).

Mrs. Bolan



# Fight Flu at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!

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## Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

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## Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

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## If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

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## Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

[health.ny.gov/flu](http://health.ny.gov/flu)



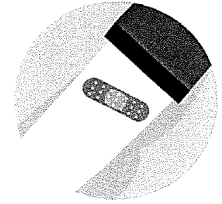
Department  
of Health





# The Flu:

## A Guide for Parents



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 some 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.

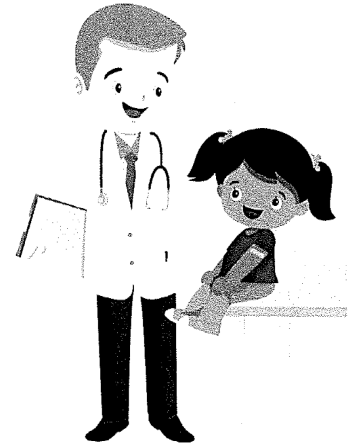
Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor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



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

For more information, visit [www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm) or call 800-CDC-INFO

# UPCOMING IN THE DISTRICT

## November 2020

- 6 Picture Re-Take Day
- 6 End of 1st Marking Period
- 10 Emergency Release Day-2:45 dismissal
- 11 Veteran's Day-NO SCHOOL
- 12 Board of Education Meeting, 6:00pm
- 25-27 Thanksgiving Break-NO SCHOOL

## December 2020

- 10 Board of Education Meeting, 6:00pm
- 11 Mid-Marking Period
- 21-1/1 Holiday Break-NO SCHOOL

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