

# BES THURSDAY NEWS

## FEBRUARY 9, 2012



### 100 DAYS OF SCHOOL TODAY!

#### SPAGHETTI SUPPER

- \* Where: BES cafeteria
- \* When: Tomorrow night with 3 sittings at **5:15, 6:00, and 6:45**
- \* Carnations will be sold for \$1
- \* 50/50 raffle! \$1 an arms length or \$0.25/ticket
- \* A Kringle Candle basket
- \* To-go food orders will be accepted until Friday morning
- \* Proceeds benefit BES Sixth Grade trip to Boston
- \* All families and friends are welcome!

#### CALENDAR OF EVENTS

- Feb. 9<sup>th</sup>** Thursday, School Committee at 7:00pm and Public Hearing on the FY13 Budget, 8:00pm at Pioneer
- Feb. 10<sup>th</sup>** Friday, Spaghetti Supper; 5:15, 6:00, & 6:45pm
- Feb. 16<sup>th</sup>** Thurs, School Council; 5pm
- Feb. 17<sup>th</sup>** Friday, Savings Makes Cents
- Feb. 17<sup>th</sup>** Friday, 3<sup>rd</sup> gr "Box Bonanza"
- Feb. 17<sup>th</sup>** Friday, 5-6 Sing at Senior Ctr
- Feb. 20-24** Mon-Fri, February break
- Mar. 5-8** Mon-Fri, "Spirit Week" sponsored by Friends of BES
- Mar. 7<sup>th</sup>** Wed; Friends of BES; 7:00pm
- Mar. 8<sup>th</sup>** Thursday, the Friends of BES Luau! 5:30 to 7:30pm
- Mar 20<sup>th</sup>** Grade 4 Long Composition
- Mar 20-Apr 2** Grades 3-6 ELA MCAS
- May 7-22** Grades 3-6 Math MCAS and grade 5 Science MCAS

#### NOTES FROM THE NURSE

##### From the Desk Of Paula Quinn, RN

**ILLNESS OF THE WEEK:** Influenza, flu like illness, strep throat, bronchitis, pneumonia, vomiting and diarrhea, fever, cough, fatigue.

**Illness:** I am still seeing a large number of students who are feeling sick. The list of complaints is long and varied. The return to school policy remains the same. Children who have diarrhea or are vomiting should not return to school until they have not had a bout of either for 24 hours. Children with fever should not return to school until they are fever free without medication for 24 hours. These children should be at 85 % or better for energy and be able to fully participate in school activities, including recess. Occasionally, I will let children bring a book and read in my office if they are returning after pneumonia and being outside just increases their cough. I only let them do that one or two days. They should be outside after that, even if they aren't running around. Some children don't have fevers, but do have miserable colds and coughs. Children, who cough all day, are constantly wiping their noses and just don't feel good should stay home and rest. They aren't able to concentrate on their work because they feel so lousy. They will also spread their germs to others around them.

**NURSE NOTES continued:**

**Treatment:** **Hand washing** with soap and water is a great way to stay well. Children should be reminded to keep their hands away from their faces. Putting fingers in their noses and mouths is a sure fire way to introduce germs and get sick. Hand gels are okay in a pinch when soap and water isn't available. Many hand gels have alcohol in them. The alcohol kills the germs. If children keep putting their fingers in their mouths, with hand gel on their fingers, they are introducing alcohol to their bodies. There have been cases of alcohol poisoning from hand sanitizers. Please be careful with these products.

**Coughing** should be done into an elbow or sleeve. Coughing into hands without immediately washing hands allows germs to be transferred to everything the person touches, from doorknobs to pencils to food. **Medicine** can be given to relieve symptoms. **Aspirin should never be given to children.** Giving aspirin can cause Reye's syndrome. Ibuprofen and acetaminophen can be used to alleviate aches, pains and fevers. Chicken soup and warm honey lemon water eases nasal congestion and sore throats temporarily. Gargling with warm saltwater eases sore throats. Vicks vapor rub on upper chests and necks eases breathing. Never put Vicks under noses. It is too strong and can take a child's breath away. Children who are sick need lots of rest. They will begin to feel better and eventually return to school.

**When to call the doctor:** Parents should call the doctor if their child is five or younger and has a fever of 101 degrees or more for several days. Parents should call the doctor if their older child has a fever of 102 degrees or more for three or more days. Parents should call the doctor anytime if their child is not playing, eating and participating in life. Children who are sleeping too much, lethargic and don't want to play at all need to be evaluated. Parents know their children best. If you think there is something wrong, there probably is.

**COMMUNITY COLLECTION – con't**

BES Sixth grader, Grace Grover, is on a wonderful mission to help members of the surrounding community. For the past few months, Grace has been collecting items such as clothing, food, books and toys for the less fortunate.

Items that are still needed include:

- \* **Clothing** (for both children and adults)
- \* **Toys**
- \* **Books** (picture books/elementary level)
- \* **Nonperishable food items**
- \* **Household items**

Items can be placed in the boxes located in the foyer of BES. Thank you for all of your support!

**ASK YOUR CHILD ABOUT:**

**Third Grade:**

The simple machines they made with K'Nex this week.



**Remember when we had snow?**

**FRIENDS OF BES NEWS**

Friends of BES News (**Formerly known as the PTO!**) Happy Thursday! It was voted at our meeting this week that we change our name. We have never legally been affiliated with the national PTO/PTA and we decided that our mission does not benefit from this title. We all have the same goal. We want our children/students to have the best educational experience possible. We work together to host events and raise funds that make our community a better place to be. No matter what role you play in the group we are all Friends of our school and we all do our best to make a difference! We are all a part of the Friends of BES!

### PTO NEWS Continued...

Our Kringle Candle Company Fundraiser was a HUGE success. Together we sold \$7,000.00 in products! That translates into \$2,800 in profit that will go directly to our teachers. Every classroom will benefit and it was voted at our meeting that our specialists and Special needs teachers also be included. I am so proud to be a part of such a dedicated community of adults. What a great show of support for our talented hard working teachers! Well done! You will be notified as soon as a delivery date is announced. We are told it will be within 3-4weeks. Ms. Corbin's first grade was the class with the highest percentage of participation (50%) and will receive the bonus \$100 as promised!

There are so many fabulous things coming up! Included in today's Thursday News are the order forms for our Hillside Pizza fundraiser. Profits from this fundraiser will go towards technology and mathematics in our school. Mrs. Leyden has many amazing ideas for the next year in our building and we need to raise enough funds to help these ideas become a reality. Checks can be made payable to BES. Orders will be due back to school by Monday, February 27th. Please remember that if you eat at Hillside Pizza, gift certificates are an excellent way to support our efforts. For every \$20.00 gift certificate we sell, Hillside Pizza gives the Friends of BES \$5.00. Not only is that amazingly generous of Hillside Pizza, it is incredibly profitable for our school and our needs. As always, thank you very much for participating in our fundraisers. We know the level of time and commitment involved in making these fundraisers a success and we appreciate every one of you for your efforts. As always, if you have any questions please contact Jen Glazier at [memphis26@comcast.net](mailto:memphis26@comcast.net) or 648-9312. Delivery of pizzas will happen on Thursday March 8th from 2:00 - the Luau.

The Luau is coming, the luau is coming! We are excited to announce that the Luau will be held on Thursday, March 8th from 5:30 to 7:30 in the BES cafeteria and gymnasium. We will serve dinner (Hillside pizza, pineapple and fruit juice) and enjoy music, dancing and games in the gym. We need your help. If you are available to volunteer for 15 minutes or more we would love to have your help. We need help with set up, cooking and serving pizza, taking pictures, face painting, running games and handing out prizes, supervising our happy energetic children in the halls and cleaning up. Many hands make light work and even a 15-minute time commitment would be such a huge help. Please send in a note, post on our facebook page, call, email or stop us in the halls to let us know you are able and willing to help. We know that you want to enjoy the evening with your children and it is very possible to volunteer to help and still have plenty of time to enjoy the event. Thanks in advance for your help in making the Luau such a great event!

School Spirit week is coming. March 5th- 8th... stay tuned for some fun, fabulous, crazy ways to show our pride!

Thank you again for all that you do to make BES such a great place to be. Every moment you help in the classroom, every field trip you attend, every snack, disinfectant wipe and pencil that you send into the classroom, every item you buy or sell in a fundraiser, every after school event you attend and every note you send to the teacher or principal signed with a "thank you" makes a difference. We are all Friends of BES!



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