



February 2018

## upcoming dates...

February 14th  
-Valentine Activities

February 14th-15th  
-Parent-Teacher Conferences

February 16th  
-No school

February 21st  
-3<sup>rd</sup> Grade CogAT Testing

February 26th  
-2018-19 Kindergarten Parent Meeting 6 PM  
-PTO 7 PM

March 1<sup>st</sup>  
-5<sup>th</sup> Grade Recorder Concert

March 2<sup>nd</sup>  
-Kindergarten Round-Up 9 AM

March 15<sup>th</sup>  
-Spring Pictures

March 5th-9th  
-Staff Appreciation Week

March 16th  
-Teacher In-service-No School

March 19th-23rd  
-Spring Break-No School

March 28th  
-Report Cards Go Home

## Principal's Note:

Parent-Teacher Conferences are just around the corner! Fire Ridge teachers always look forward to having conversations about their students' academic and social growth. We are fortunate to get 100 % participation and we value the strong partnership that we have with home.

Conferences are scheduled for February 14th and 15th from 3:00 p.m. to 7:00 p.m. The students are released at 2:06 p.m. on both days, and there is no school on Friday, February 16th.

Feel free to contact me at any time if I can be of assistance to your family!

Deb Knutson

**Kindergarten Roundup**  
**Fire Ridge is seeking to identify children who are eligible for kindergarten during the 2017-18 school year. Kindergarten Roundup will be held on Friday, March 2 at 9 am. A parent meeting is scheduled for Feb. 26 at 6 pm in the cafeteria. The registration form is located on the Fire Ridge website. Please contact Gina at (402)289-0735 if you have any questions!**





## Morning Supervision

Students are not supervised in the morning until 7:55, at the start of Walking Club. All children coming to school before that time can come into the building if they are eating breakfast. Even a 25 cent milk can count as breakfast!

## Drop Off Safety

On the east (gym) side of the building during drop off, I have noticed that parents are doing a fantastic job at pulling forward and dropping off students along the gym wall! Thank you!

Remember that letting your child out along the playground sidewalk and gym doors, stops the whole line of traffic. This slows down the drop off process tremendously. Please pull all the way forward and let your child walk to class. It will be a timesaver for all who are dropping off in the morning. Thank you for your continued cooperation!



## Walking Club is a GREAT way to start the day!

Walking Club is a daily activity that begins at 7:55 a.m. Children arriving at school between 7:55 a.m. and 8:10 a.m. will participate in Walking Club. If the temperature is below 20 degrees, we will have walking club inside. On days that walking club is inside, we will have a staff member at the front doors and Kids Campus door at 7:55 a.m. to allow the students to enter to participate in Walking Club.

## Reminder

*Please Sign Up for your child's parent teacher conference by Feb. 11<sup>th</sup>  
The site is listed below*

<https://pickatime.com/client?ven=11606929>

## PTO NEWS

- The next PTO meeting is Monday, February 26th at 7 PM in the media center.
- Valentine's Cookie orders are due back February 7th.
- The **yearbooks** can now be purchased using the following link for \$25.00.  
<http://www.buytheyearbook.com/fireridge>



## WHEN IS MY CHILD TOO SICK FOR SCHOOL?

Proper care in the early stages of an illness can reduce recovery time for the ill child and reduce the possibility of spreading the illness to others. Proper diet, adequate rest, and good personal hygiene (especially frequent handwashing) can assist the body's ability to fight infection.

The following are guidelines to assist you in deciding when your child should stay home from school:

**Irritability, poor appetite, tiredness, achiness** are vague symptoms. Changes in a child's normal behavior can often signal the beginning of an illness.

**Fever of 100 degrees or higher.** Take your child's temperature if he is complaining of feeling tired, headache, sore throat or stomachache. **A child should be fever-free for 24 hours without the use of fever reducing medication before returning to school.**

**Nausea, vomiting, or diarrhea.** Keep your child at home for the duration of these symptoms. No vomiting or diarrhea for the past 24 hours is recommended. Be sure your child is able to tolerate food without difficulty before returning.

**Nasal secretions and coughing/sneezing** spread respiratory infections easily when these symptoms can't be controlled.

**Suspected communicable conditions** such as undiagnosed rashes, pink eye, ringworm, or chickenpox. A child must be sent home until identified symptoms are evaluated and conditions for return to school are provided by a health care provider.

VNA School Nurse

### A COLD OR THE FLU?

What's the difference between a cold and the flu? Cold symptoms include nasal congestion; a runny, red and tender nose; scratchy or sore throat; lack of appetite; and a low grade fever. The flu (short for influenza) is more severe, with many of the cold symptoms, but usually a higher temperature, chills, a cough, and muscle aches. Anyone with these symptoms needs to stay home to recover and prevent infecting others. A cold usually lasts about 7 days, while recuperation from the flu can take several weeks.

**The best prevention is frequent handwashing.** In addition, use disposable tissues, avoid people who are sick and keep hands away from the mouth and nose. After recovery, replacing or sterilizing your toothbrush is a good idea.

The recommended treatment is lots of rest, liquid and T.L.C. Antibiotics don't help because colds and flu are caused by viruses, not bacteria. Over-the-counter medications may help relieve symptoms of congestion and fever. A sore throat can be relieved by gargling with ½ tsp of salt in 8 ounces of warm water. Decongestants reduce nasal congestion and ear fullness. Nasal sprays shouldn't be used for more than three days or a rebound effect will actually worsen the congestion. Antihistamines will decrease a runny nose, but can cause drowsiness or excitability. Cough suppressants are only good when the cold is clearing up, otherwise an expectorant will help thin and clear the sputum from the throat and chest. A vaporizer in the room will help thin secretions and relieve hoarseness. Your grandmother was right—chicken soup helps loosen secretions too! Check with your health care provider to make sure your child's symptoms aren't a sign of something more serious if he has a temperature greater than 101 degrees or the fever persists; a very sore or red throat; prolonged cough, wheezing or labored breathing; yellow/green colored nasal drainage; ear or sinus pain; or when symptoms are prolonged and /or not improving. Your child will recover more quickly and comfortably at home with rest, than at school.

Thank you for helping us to promote a healthy school environment!

VNA School Nurse