

The Falcon Spirit



Pat Cushing, Principal
October 2, 2009

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Dear Parents,

Parents often ask what they can do to best support their student at home. Here are some tips.

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school and home.
- Contact your child's teacher as soon as possible if you have a concern. Working together will help your child succeed.
- Attend conferences, parent meetings and school events.
- Set up a homework routine at home.
- Help your child organize his/her work by checking binders each day.
- Check the school and teacher websites often for useful information.

We enjoy our partnership with our parents and families. Thank you for working with us.

That's it for this week. Enjoy your weekend.

Best wishes

Pat Cushing

News from the Library

- Kate DiCamillo, author of *The Miraculous Journey of Edward Tulane*, *Tale of Despereaux*, and the *Mercy Watson Series* will be at the Alderwood Barnes and Nobel on Sunday October 4th at 2:00 PM to share her new book *The Magician's Elephant*. Space will be limited with seating and signing available on a first-come, first-served basis. Please e-mail crm2888@bn.com for event details and updates.
- October 8 and 9 the library will be closed so that I can attend the Washington Library Media Association Conference. Classes who have checkout on the 8 or 9 will have checkout on Wednesday October 7.
- Some great news to share: Last spring I was selected to fill an opening on the Washington State Picture Book Award Committee. This is a great opportunity to help pick the twenty picture books that are read throughout schools and public libraries in the state of Washington. I am excited to engage in this process and represent Mukilteo Elementary and help pick out the picture book selections for the 2010-2011 school year. More information on this book award can be found at: <http://www.wlma.org/wccpba>
- I was also very fortunate to receive an Early Childhood Reading Grant through the Community Outreach Division of Target stores. The Target reading grants are awarded to schools, libraries and nonprofit organizations to support programs that foster a love of reading and encourage children to read. The grant, entitled, "Hooray for Author Day," will be used to bring in an author or illustrator to our school in the spring as our students strive to meet their independent reading goals. Our staff is thrilled for the opportunity for our students.



Stephanie Wilson, Teacher-Librarian

OCTOBER

9 - PTSA FALCON FUND RUN!
9 - Wise Field Trip to the Lighthouse
12-16 - Count School Bus Rider Week
14 - EARLY DISMISSAL, 12:45



15 - FALCON FUND RUN money due
16 - FALCON FUND RUN Prize Day
22 - Ingle/Beckman Field Trip to Museum of Flight
26-30 - EARLY DISMISSAL 12:45
(Parent/Teacher Conferences)

Get Ready for Flu Season!



What are the signs and symptom of the flu?

Symptoms of the flu include fever (100 degrees F or 37.8 C degrees or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, feeling very tired, vomit or diarrhea.

What can families, students and teachers do to keep from getting sick and spreading the flu?

- Wash your hands often with soap and water.
- Cough or sneeze into your elbow or shoulder or into a Kleenex (not your hands).
- Stay home if you are sick.

What is the best way to practice good hand washing?

- Wash your hands for at least 20 second (Sing "Happy Birthday" twice).
- Alcohol-based hand cleaners containing at least 60% alcohol are effective.

How can schools help to keep students and staff from getting sick?

- Remind everyone to cough into their sleeve or shoulder.
- Remind everyone to wash their hands often with soap and water.
- Easy access to good hand washing with soap and water.
- Send sick students and staff home.
- Sick student and staff will need to stay home until at least 24 hours after they no longer have a fever or signs of a fever **without** using fever lowering medicines like Tylenol or Motrin.
- Clean surfaces with frequent hand contact with regular cleaning agents.
- Keep sick students and staff separate from well students and staff.
- Encourage sick students and staff at higher risk of complications from flu to get a medical evaluation as soon as possible. (Taking anti-viral medicine early might prevent severe complications from the flu).

How do I recognize a fever or signs of a fever?

- A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees F (38 degrees Celsius).
- If you do not have a thermometer, a sick person with a fever might feel warm, appear flushed or sweat and shiver.

How long should a sick person with a fever stay home from school?

- The sick person should stay home for at least 24 hours after they no longer have a fever or do not feel feverish, without using fever lowering medicine like Tylenol or Motrin.
- If the flu condition becomes more severe, the sick person should stay home for 7 days, or until they no longer have symptoms for 24 hours.

