



CEDARVILLE CONNECTION

December 17, 2014

Visit us on the web at www.EACS.k12.in.us

Our mission at Cedarville Elementary School is:
To build a solid academic foundation and develop fundamental skills that will lead our students into a lifetime of success.

From the Desk of the Principal...

As we wrap up our Holiday Food Drive for 2014, I am once again amazed and inspired by the generosity of our Cedarville Elementary community! This year we



collected 1162 canned and dry good items. In addition to our annual food drive, we distributed ornaments to anybody requesting. These ornaments had assigned gifts for other families in need this season. My hope is to make this a regular December event. Many, many thanks to everyone that contributed to make the holiday season a more memorable one for others currently facing adverse times.

My belief in the goodness of people is reinforced as I see the outpouring of kindness reflected in the faces of children as they bring their "gifts" to place under the tree.



Over the past eight years I have been reminded regularly of the deep-seated sense of community that exists among our parents, students, extended families, and staff members. Many of you have shared your thoughts, suggestions, and appreciation as we work together to make our school a haven of learning and caring for children. I don't believe there are words to adequately express my sincerest appreciation for your



support. For all that you do, I say **"thank you!"**

Over the holidays, I hope that each of you will have the opportunity to enjoy time with family and

friends, that you will savor each moment spent with your child or children, and that your reflections on the challenges and successes of 2014 bring you peace and satisfaction.

My thoughts and prayers are with you all for a safe, healthy, joyous, and prosperous New Year!



Reindeer Math...

If you're looking for a fun learning activity to share with your child over the winter recess, try this math challenge:



Rudolph, the Red-Nosed Reindeer, is always in the lead on Santa's sleigh. Comet, Cupid, Donner, and Blitzen also have their usual places behind

Rudolph. Dasher, Dancer, Prancer, and Vixen all like to switch places with each other.

How many different combinations of the last four reindeer could Santa have?

If you want to make it a little easier, try combinations of any three of the reindeer. If you want to bump it up a few notches, try combinations of five, six, seven, or eight reindeer. (Hint: If you're looking for combinations of eight reindeer, there are a whopping 40,320 possibilities!)



The Flu: A Guide for Parents...

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with long term health conditions get vaccinated.
- Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.

- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw tissues and other disposable items used by sick persons in your household in the trash.

These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

What should I use for hand washing?



Washing hands with soap and water (for as long as it takes to sing the “Happy Birthday” song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child’s illness. If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids. If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu. Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F.



Get ready for WINTER...

Because we don’t get outside as much during the winter months, our physical activity levels tend to decrease so it’s important to do whatever you can to keep your body moving. Here are some simple tips to keep you motivated during the winter and holidays:

1. Focus on the basics (Water, balanced meals, healthy snacks, good night’s sleep, and being active most days)
2. Set yourself up for success by setting healthy and realistic boundaries (There may be some days you can only get 20 minutes of activity, but still do it! The next time you may be able more if you have the time and energy.)
3. Strive for an 85% mentality —remember, it is not what we are doing 10-15% of the time, it is what we are doing most of the time that makes a difference.
4. Have FUN! Take time to play and spend time with your children, nieces, nephews, relatives, grandparents and pets!



Mark Your Calendar...

- Dec. 22- Jan. 5: Holiday Break – NO SCHOOL
- Jan. 9: Batons start back up after school
- Jan. 13: Philharmonic Ensemble
- Jan. 14: Report Cards for the second grading period home

