

FLYNN FLYER

JOHN J. FLYNN ELEMENTARY 864-8478 FLYNN.BSDVT.ORG

SOAR Program-Applications Due March 16th

Help your child make the most of summer by enrolling him or her in the Burlington School District's S.O.A.R. Program. Participants will gain critical reading and math skills through five weeks of high quality project-based academic offerings and theme-based enrichment activities and field trips, all designed to prevent summer learning loss. Transportation, breakfast, lunch and snacks are provided.

The program is open to students currently in kindergarten through grade five who meet one or more of the following criteria:

- Below standard in math or literacy or
- Eligible for free or reduced school lunch or
- Receive Title, EL or Special Education services.



July 2nd-August 3rd 9-3 M-Th, 9-12 F at John J Flynn Elementary

Tooth Tutor Update

February is Dental Health Month. By investing only 6 minutes per day, both tooth decay and gum disease can be prevented by YOU! That's 2 minutes 2 times per day spent on brushing and 2 minutes 1 time a day for flossing.

Dental Presentations start in Kindergarten and First grade this month.

Remember to FLOSS, brush and see your favorite dentist regularly!



Diane Polson, RDH, Tooth Tutor

Box Tops for Education

Flynn School is getting ready for the next big collection of box tops.

Please make sure that you bring in your box tops to the office as soon as you can. Expiration dates are coming up quickly.

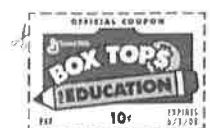
Be sure to ask your family and neighbors.

Check your pantry to see what boxes and bags have box tops attached to them.

CLIP, CLIP, CLIP FOR MONEY.

LET'S TRY NOT TO THROW ANY AWAY.

CASH FOR TRASH.



Important Dates

2nd Grade

Mini-Musicals

February 23

1:00

Winter Break

Feb 26-Mar 5

PTO Meeting

March 8

6:30

Maker Faire

March 15

5:30-7:00

Full Day School

March 22

Early Dismissal

March 23

11:30

Important Dates to the 2017-18 School Calendar

The following changes to the SY 17-18 District Calendar have been made to account for student days lost during the work stoppage in September. These school days are being made up in March rather than June to allow for greater Instructional value and to prevent extending the school year.

- School will be in session on **Tuesday, March 6** (Town Meeting Day), ending spring break one day earlier for students. Teacher in-service will no longer take place that day.
- **Thursday, March 22** will now be a full day of school. It was originally scheduled for a half-day followed by parent/teacher conferences.
- **Friday, March 23** will now be a half-day of school for students followed by parent/teacher conferences. It was originally scheduled as a “no school” day in the District and a full day of conferences.

There will be added time made available for spring parent/teacher conferences to accommodate this modified District calendar. This will happen on a school by school basis.

The tentative last day of school remains Wednesday, June 13th as originally planned, subject to change if there are snow days this winter. Any snow days that occur will be made up in June.

BHS Graduation will still take place on Thursday, June 14th at 10 AM and will not change.



Kindergarten Registration

Kindergarten Registration for the Burlington School District will open on January 3, 2018 and close on February 23, 2018.

Children must be 5 years of age on or before September 1, 2018.

Applications can be completed online by going to the BSD web page (www.bsdt.org) and clicking on ‘Students and Families’ then ‘School Registration’.



The Flu:

A Guide For Parents

FLU INFORMATION

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.

PROTECT YOUR CHILD

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. (See list of conditions under "How Serious is the Flu?")
- ▶ 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.



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

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.

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.

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, day care or camp 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, day care or camp 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 (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

Burlington School Food Project

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">02/01/201</p> <p>Vermont Beef Burrito Seasoned Beans Fruit Daily Salad Bar</p>	<p style="text-align: right;">02/02/201</p> <p>Turkey Corn Dog** Peas & Corn Daily Salad Bar</p>
<p style="text-align: right;">02/05/201</p> <p>Chicken Tenders Dinner Roll Roasted Roots Fruit Daily Salad Bar</p>	<p style="text-align: right;">02/06/201</p> <p>Mac & Cheese Dinner Roll Glazed Carrots Daily Salad Bar Fruit</p>	<p style="text-align: right;">02/07/201</p> <p>PIZZA DAY Caesar Salad Fruit</p>	<p style="text-align: right;">02/08/201</p> <p>Chicken or Bean Fajitas Seasoned Beans Daily Salad Bar Fruit</p>	<p style="text-align: right;">02/09/201</p> <p>Vermont BURGER DAY Steak Fries Daily Salad Bar Fruit</p>
<p style="text-align: right;">02/12/201</p> <p>Chicken Patty Sweet Potato Fries Daily Salad Bar Fruit</p>	<p style="text-align: right;">02/13/201</p> <p>Lasagna Rollups Roasted Broccoli Daily Salad Bar Fruit</p>	<p style="text-align: right;">02/14/201</p> <p>PIZZA DAY Caesar Salad Fruit</p>	<p style="text-align: right;">02/15/201</p> <p>Vermont Beef Tacos Seasoned Beans Daily Salad Bar Fruit</p>	<p style="text-align: right;">02/16/201</p> <p>Turkey Hot Dog** Vegetarian Baked Beans Daily Salad Bar</p>
<p style="text-align: right;">02/19/201</p> <p>Roasted Chicken** Peas & Corn Dinner Roll Daily Salad Bar</p>	<p style="text-align: right;">02/20/201</p> <p>Baked Ziti Mediterranean Vegetables Daily Salad Bar</p>	<p style="text-align: right;">02/21/201</p> <p>PIZZA DAY Caesar Salad Fruit</p>	<p style="text-align: right;">02/22/201</p> <p>Cheese Quesadillas Seasoned Black Beans Daily Salad Bar</p>	<p style="text-align: right;">02/23/201</p> <p>Meatball* Subs Roasted Roots Daily Salad Bar</p>
<p style="text-align: right;">02/26/201</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">02/27/201</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">02/28/201</p> <p>NO SCHOOL TODAY</p>		