

# FCS NEWSLETTER



FRANKLIN CENTRAL SCHOOL, FRANKLIN, NY  
www.franklincsd.org

JANUARY 2016

## SUPERINTENDENT'S MESSAGE

The month of December is full of student activities such as holiday concerts and basketball games. Students are excited about the upcoming Christmas and the vacation that accompanies it. It is a wonderful time of year and I would like to wish everyone a very Merry Christmas and a Happy New Year!

Mrs. Renwick and I have begun the process of budget preparation. We began to collect and identify classroom needs for the 2016-2017 school year as well as materials, supplies, equipment, etc. necessary for next year.

We wait every year to see what the Governor will propose for education for all of New York and the proposal for Franklin Central School State aid. Once the number is available we continue the process of making available revenue meet necessary expenditures. Our goal is to continue to offer a first class education at a price our taxpayers can afford.

Recently we had the New York State Police present an overview of our safety plans involving an active shooter. They made several recommendations and confirmed many steps in our plan. They did share concerns and made a few recommendations that we have put in place immediately. They are:

- Lock all entrance doors at 8:10 a.m. Parents, guardians, visitors who wish to attend Morning Program should enter the Main Office door and sign in. It is extremely important that we know who is in the building. Visitors to morning program will be asked to sign-out at the conclusion of the program.
- All doors will remain locked until 3:00 p.m., our dismissal time.
- The State Police identified a need for the district to upgrade and standardize the lock system. This recommendation bears a cost that should be integrated into a building project to repair roofs, purchase energy-efficient window replacements, repair parking lot surfaces, enhance technology and internet capabilities and capacity and replace an antiquated telephone system. All of these areas will need to be addressed in the near future.

Finally, I submitted my letter of intent to retire at the conclusion of this school year. I have enjoyed all of my forty-one years in education but my last ten years have been fabulous. Everyone here has been so helpful and the sense of community is unparalleled. I take great pride in the achievements of the staff at Franklin Central School. I love my students as if they were my own and the community has treated me like one of their own. I will miss all of it.

Franklin Central School District has begun the search for a new Superintendent and I will do as much as I can to assist in that process. The Delaware-Chenango-Madison-Otsego Chief Operating Officer, Gray Stevens, has been selected to lead the process.

—Gordon Daniels, Superintendent

## SUB SALE



Ski/Snowboard Club would like to send out a big *thank you!* Our sub sale turned out great this year! Our teachers, staff, students and community were so giving and very supportive. We couldn't have done this without you.

All the students who helped did a fabulous job! These are life lessons well learned. A special thanks to Dr. Dohner for his very generous donation. Thank you all very much!

## PRINCIPAL'S MESSAGE

Dear Parents and Community Members,

Welcome back, and Happy 2016!

I am very fortunate to work in a school with such a family-like atmosphere. I continue to be amazed by the support shown all students by teachers, staff, families and community members in both academic and extracurricular endeavors.

We had very successful parent/teacher conference days in November. While these were designated opportunities for you to contact your child's teacher(s), I encourage you to seek feedback often. Do not hesitate to ask questions or seek clarification regarding our curriculum or your child's academic progress.

Also in November, the elementary drama students presented a fantastic performance of *The Skokie Detective Charter School*. Nineteen students in 5th and 6th grades assumed roles while four senior high students provided assistance with lighting, sound and backstage direction. Congratulations to all, including Miss Nydam, our director, Mr. VanKingsley, in the role of Principal Charley, and Mrs. Bjorvand, a terrific Mrs. Quigle. Bravo!

Our music programs provided accompaniment to the Senior Citizen's Community Thanksgiving Dinner. The winter concert in December was a wonderful composite of choir and band selections. We have an incredibly talented group of young musicians.

Several clubs have been active as well. Our S. A. D. D. chapter hosted an indoor fun night on November 13. The honor society held a blood drive on December 14. The Robotics Club has had a successful start and our Ski Club is hoping for lots of snow!

Basketball season is in full swing! Come support the Purple Devils as they compete in the Tri-Valley League. We are passionate, proud, positive fans both home and away. I am often complimented by our competitors regarding our spectator behavior. *Thank You!*

My resolution this year is to continue to get to know my new school family. Please introduce yourself when we meet.

Best wishes for a healthy and *Happy New Year!*

Sincerely,

*Mrs. Julie Bergman*, Principal

## A MESSAGE FROM THE NURSE

### MENINGOCOCCAL VACCINE

### SCHOOL REQUIREMENTS FOR SEPTEMBER 2016

Effective September 1, 2016, there will be new meningococcal vaccine school requirements.

On October 26, 2015, Governor Cuomo signed into law Chapter 401 of the laws of 2015 which amended New York State (NYS) Public Health Law (PHL) section 2164 to require children entering or attending seventh and twelfth grades on or after September 1, 2016 to receive an adequate dose or doses of vaccine against meningococcal disease as recommended by the Advisory Committee on Immunization Practices (ACIP). Meningococcal meningitis is a serious disease which can lead to death within hours. Survivors may be left with severe disabilities, including the loss of limbs, cognitive deficits, paralysis, deafness, or seizures. In the coming year, the New York State Department of Health (NYSDOH) will work with the New York State Education Department and other partners to draft regulations and establish updated immunization requirements charts and other materials to help implement this new requirement.

### ACIP RECOMMENDATIONS FOR MENINGOCOCCAL VACCINE

- A single dose of vaccine against meningococcal serogroups A, C, W-135, and Y (MenACWY vaccine; brand names Menactra® or Menveo®) should be administered to all adolescents at age 11 or 12 years.
- A second (booster) dose of MenACWY vaccine should be administered at age 16 years.
- The booster dose is not necessary for adolescents who receive the first dose of MenACWY at 16 years of age or older.
- The minimum interval between doses of MenACWY vaccine is 8 weeks.
- A serogroup B meningococcal vaccine series (MenB vaccine) may be administered to adolescents and young adults 16 through 23 years of age, at the discretion of the healthcare provider. The preferred age for MenB vaccine is 16 through 18 years of age.



## FRANKLIN SOCCER TEAMS EARN SCHOLAR ATHLETE AWARDS

The Boys' and Girls' Varsity Soccer teams earn the NYSPHSAA Scholar Athlete awards this past Fall season. To earn the award a team must have at least 12 members whose cumulative average is 90 or better.

The boys team average was 90.45 and the girls team average was 94.19

### THE FOLLOWING STUDENTS EARNED THE AWARD

#### Boys

Derek Beers  
Max Carey  
Turner Thies  
Joe Serrao  
Peter Niebanck  
Joe Nowhitney  
Damin McNeilly  
Collin Campbell  
Tyler Gregory  
Josh Jones  
Carson Dutcher  
Jahred Skelton

#### Girls

Lily Bevilacqua  
Lacey Cox  
Sabra Warner  
Alexis Eichler  
Jessie Davis  
Paige Fairchild  
Kirsten Brownell  
Emily Chaloupka  
Jillian Parascandola  
Madelynn Ackley  
Julie Archibald  
Christina Worden

Please note that only 12 players per team are eligible for this award unless their average is 90 or better. Many other players were close to qualifying.



## THE YEARBOOK IS LOOKING GREAT!

- It has 112 all-color pages.
- There will be special pages for dances, art, sports candid, club happenings and more.
- Of course, it will have pictures of all students, clubs, sports teams and teachers, too.
- So, buy a yearbook for only \$25! This is the least expensive yearbook in the state!
- After February 1, the price goes up to \$30, so purchase now. Send in a check made out to *Liberanni*, addressed to: Sue Patrick, FCS, 26 Institute St., Franklin, NY 13775 As always, thank you for your support!

—Mrs. Burgin



### 2015-2016 *LIBERANNI*

Order yours today!

Still only \$25.

(After January 31 price goes up to \$30)

*124 Color Pages (Includes a historical section)*

Mail to: Franklin Central School, P.O. Box 888,  
Franklin, NY 13775; Attention: Sue Patrick

*Mail back this form with your check.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

*Order Yours Today!*

## BAND AND CHORUS NOTES

The band program has been off to a great start this year with performances in school, NYSSMA (New York State School Music Association) sponsored events, and performances out in the community. Below, are a few of the activities our band students have been involved with:



Congratulations to ninth grader **Cora Van Kingsley**. She was selected for and participated in the 2015 Area All-State Concert Band on trumpet. Students for this select ensemble were chosen based on their NYSSMA solo scores and were chosen out of all students in NYSSMA Zone 8, a five-county region. The two-day festival

held at SUNY Oneonta in November entailed two days of rehearsals with all the selected students from Zone 8 with a guest conductor from SUNY Fredonia and culminated in a concert for the public.

Also, Congratulations to the following members for being selected for the 2016 Delaware All-County bands. Students were selected out of all students in Delaware County schools based on recommendations and NYSSMA solo scores. The students from across Delaware County will rehearse with each other and a guest conductor over a two-day period and then will culminate in a concert that is open to the public on March 19 at 3:00 p.m. This year's All-County festival will be held on March 18 and 19 at Delaware Academy in Delhi and features the Elementary Band (grades 5-6), Senior Band (grades 9-12), as well as Junior High Chorus, Jazz Choir, and Orchestra.

### SENIOR BAND

- Jetta Shackelton** (flute)
- Miranda Little** (clarinet)
- Jessie Davis** (clarinet)
- Juliana Archibald** (alto saxophone alternate)
- Cora Van Kingsley** (trumpet)
- Collin Campbell** (trumpet)

### ELEMENTARY BAND

- Lucia Temple** (clarinet)
- Kayla Campbell** (clarinet)
- Meredith Shivers** (alto saxophone)
- Matthew Serrao** (trumpet)
- Nicketa Utter** (french horn)
- Connor Kulp** (trombone)
- Michael Cox** (baritone)
- Brandon Gregory** (baritone)
- William Mettler** (tuba)

### THANKSGIVING LUNCHEON



On November 18, the elementary and senior bands performed at the Thanksgiving Senior Citizen Luncheon.

### HOLIDAY MUSIC



On December 9, some of our senior band members (**Jessie Davis**, **Miranda Little**, **Jetta Shackelton**, **Cora Van Kingsley**, and **Collin Campbell**) performed holiday duets and trios at the Methodist Church in Franklin.

### HOLIDAY CONCERT

On December 15 at 7:00 p.m., Franklin had its annual Holiday Concert, featuring the Elementary Chorus and Band, Senior Chorus and Band, and high school Jazz Band. Musical selections included some festive holiday pieces from different historical time periods both old and modern, and from various musical styles from traditional to rock and pop. Great job to the performers, and thank you to everyone who attended!



## MUSICIAN VISIT



On November 23 and 24, folk musician and composer Mark Rust came to Franklin to work with the general music classes and to give an assembly to PK-6th grade. He showed us how to play guitar, banjo, fiddle, spoons and hammered dulcimer, and taught us some fun folk songs. Mark also taught 3rd grade some American folk dances like the Virginia Reel. The 3rd grade also got to make guitars out of cardboard cartons! We had a great time doing music with Mark!

## EMPLOYMENT OPPORTUNITIES

Franklin Central School is accepting applications for Substitute Bus Drivers. Training will be provided if necessary. Rate of pay starting at \$15.50 per hour.

Applications are available online at [www.franklincsd.org](http://www.franklincsd.org) or call (607) 829-3551.

## ELEMENTARY DRAMA CLUB NEWS



The Elementary Drama Club had a wonderful and successful performance of *The Skokie Detective Charter School* at the beginning of November. Thank you to everyone who came out and supported us.

We will be doing our spring production of *Exposed! What Really Happened* on February 19-20 at 7:00 p.m.! We hope to see you there!

## ST. PAULY CLOTHING SHED

The Community Bible Church has been taking care of the St. Pauly clothing shed located at Rich's Auto Body for a number of years. The church has passed the proceeds on to a local mission in the past. This year the church has arranged to have the money from the clothing shed go directly to the school for the Back to School Project. The Back to School Project provided needed school supplies and backpacks to students in need throughout the school year.

The church continues to maintain and take care of the sorting and bagging of donations at the shed under the guidance of Suzanne Patrick. Currently, two high school students, **Rachel Cobane** and **Madelyn Ackley**, are assisting with the sorting and bagging of donations on a weekly basis. St. Pauly sends a monthly check ranging from \$30-\$90 directly to the school.

When you have clothing that you are looking to give, please consider dropping the clothing off at the St. Pauly Shed at Rich's Auto Body. When you do, the students at Franklin benefit. If you have any questions, or would like to volunteer, please contact Suzanne Patrick at extension 112.

## AFTER SCHOOL PROGRAM

The After School Program held at the Community Bible Church is in its fourth year. So far this year we have had between 30-40 students in grades 2-9 each time. The program is open to students in grades 2-12 and runs on the second and fourth Tuesday. The program will continue through April this year.

Students participate in a variety of activities. Favorite activities are kickball and Four on the Couch. Homework assistance is available and all students must complete homework before participating in other activities. The program runs from afterschool until 5:00 p.m. If you would like to volunteer, please call extension 112. Permission slips and more information are available through Mrs. Patrick.

## THANK YOU!

A special thank you goes out to the Cafeteria Staff, Custodial Staff, Band/Chorus Departments and Students who helped to make the Senior Citizen Thanksgiving Luncheon a great success! Our guests enjoyed an afternoon of great food and music. Your hard work and dedication made for a pleasurable day for our community members.

## SPANISH CLUB TRIP TO SPAIN

*¡Fuimos a España!*



Six members of The Franklin Spanish Club (**Emily Chaloupka, Alexis Eichler, Molli Opramolla, Lacey Cox, Juliana Archibald and Peter Niebanck**) took an amazing 10-day trip to Spain over the Thanksgiving break. They were accompanied by two chaperones (Mrs. Palmer and Mrs. Lennon) and two parents (Mrs. Cox

and Mrs. Archibald). The group traveled to 5 different cities: Madrid, Toledo, Córdoba, Sevilla and Barcelona throughout the tour. To raise the funds needed to participate the students worked diligently throughout the last year. The Spanish Club was also granted donations from both the Franklin Community Educational Foundation and The Tianaderrah Foundation of Unadilla to help defray the cost. This was an enormous help and we are very appreciative to both organizations for assisting our students in making this trip possible.

The Franklin community should be very proud of the students who participated in this trip. Their behavior and willingness to try new things were exceptional. From eating seafood paella to climbing to the top of the Giralda tower in Sevilla, they were quick to participate. The group toured castles, cathedrals, big cities and smaller towns. Everyone attended a tapas making class as well as a Flamenco dance performance. Thanksgiving Day was spent having lunch on the shore of the Mediterranean Sea. Many students even took a little swim despite the chilly temperature.

The students will be developing a presentation about their experience to be shared at morning program, a school board meeting as well as a Spanish club food tasting event for which the students will prepare a variety of Spanish snacks for other students to sample.

This trip was a huge success. Thank you to everyone who played a role in making it possible.



## SADD Activity Night



The members of Franklin Central School's Students Against Destructive Decisions club (SADD) would like to extend

a huge thank you to everyone for coming out to have some fun and to support our local food bank at the Family Fun/Activity Night on Friday, November 13. Thanks to your generous donations collected at the door we were able to collect a large amount of food and \$90 for the food bank! Our SADD group

wanted to host a fun activity night for *all* Franklin students, not just those in 7-12. We had over 90 PK-6 grade students and about 50 7-12 grade students attend and enjoy the bounce house, obstacle course, Velcro wall and arts and crafts tables.

I was so proud of the SADD members, most of them middle school students, who helped plan and facilitate the program and were there to set-up and pick up after the festivities. We have many young leaders here in our community and they showed their abilities at this event. Thank you again for your support.

I am currently looking for parent/adult volunteers to help with the planning of our 3rd annual after-prom party on June 4. We have had good attendance over the past two years but would like to see more students in grades 11 and 12 take part in this event. Please email or call me if you are willing to help out in any way to contribute to this important event that provides a safe, fun and drug/alcohol-free alternative for after-prom.

I welcome your ideas and help. Please call me at 829-3551 or email me [sswantak@franklincsd.org](mailto:sswantak@franklincsd.org).

—Suzanne Swantak-Furman

## MRS. DUTCHER'S PREKINDERGARTEN



Pre-K is off to a great start! We have been very busy learning about school. We visited the bus garage to learn bus safety with Mrs. Davis and we made our own buses. We also read about a crazy pigeon who really wants to drive a bus! Pre-K had a lot of fun with the story *Pigeon Needs a Bath* by Mo Willems. We made a special foamy soap to play with. We had to wear safety goggles which was *awesome*. We read about Pete the Cat and had a good time singing his song. Pete helps us remember that "It's all good!"

In math, we have been learning to match objects that are exactly the same and explain the attributes that make them the same. Talking about math and our ideas helps us to get ready for explaining our work when we get older. We searched for things that are exactly the same in our classroom. Mrs. Dutcher even hid *exactly the same* objects in our corn table for us to find. We are also starting to sort objects by two attributes (big and red) and to classify things that go together such as a toothbrush and toothpaste.

We were super excited to receive a grant from the Franklin Community Education Foundation to enhance our dramatic play area. Dramatic play is an important part of language and social development in Pre-K. The Foundation helped us purchase several new items which the children *love* using every day.

We were all very brave and went up to the front of Morning Program and introduced ourselves! We even spoke into the microphone in front of all of those people! We're pretty amazing kids.



## SIXTH GRADERS PARTICIPATE IN ESSAY CONTEST

Sixth graders participated in an essay contest sponsored by the family of Matilda Friedman. *Music Moves Me* was the topic for this year's contest supported by Writers in the Mountain. The students wrote essays during writing class and published them during technology time. Students from many local schools participated.

Congratulations to **Leah Hyzer** for winning first place in the middle school division. Also, congratulations to **Alan DuMond** and **Nicketa Utter** for receiving honorable mentions.



# AMERICORPS VISTA RURAL HEALTH NETWORK OF SOUTH CENTRAL NEW YORK

With *less than two weeks* to enroll in a health insurance plan starting on January 1, 2016, AmeriCorps VISTA serving with the Rural Health Network of South Central New York would like to update the community on some key facts about the New York State of Health (NYSOH) marketplace this year. It is their mission to advance the health and well-being of rural people and communities.

## 1. Important Dates

- November 1, 2015: Open Enrollment Began
- December 15, 2015: Last day to enroll for coverage beginning January 1, 2016
- January 31, 2016: Open Enrollment Closes
- Ongoing Enrollment: Medicaid, Child Health Plus, and NYSOH marketplace during life-changing events (i.e. loss of current coverage, marriage, birth of a child, etc.).

## 2. 2016 Tax Penalty for Uninsured

- This year any adult who goes completely uninsured in 2016 will be charged \$695 per person *or* 2.5% of household income, whichever is *higher*. Similarly, every minor who goes uninsured in 2016 will be charged \$347.50 per person. The maximum amount any one family can be charged is \$2,085. Should one be exempt from the tax penalty, they must complete Form 8965.

## 3. New Tax Code

- Most who enroll in the New York State of Health are eligible for refundable premium tax credits, which help make monthly plans more affordable. There are two options:

### 1) Receive (projected) income-based tax credit in *advance*

- Credit sent directly to marketplace issuer, lowering the monthly premium
- During tax season, the tax credit (based on projected income) is compared to actual income for the coverage year
- Depending on the difference, additional credit may be required or received

### 2) Receive tax credits as a tax return the following year

- Those who fail to appropriately file their federal income taxes following receipt of advance payments of the tax credit (attaching the completed form 8962 to tax return) will be unable to continue receiving tax credit in the future unless you take action

## 4. NEW! The Essential Plan:


The Essential Plan is a new health plan offered to lower-income New Yorkers who don't qualify for Medicaid or Child Health Plus. Those enrolled in the Essential Plan will have NO deductible. Enrollees with incomes up to 150% of the federal poverty level and will have NO premium, while enrollees with incomes at 200% of the federal poverty level will pay just \$20 per month in premiums. Currently, enrollees with incomes between 138% and 200% of poverty are eligible for premium subsidies and cost-sharing subsidies, but switching to the Essential Plan during the upcoming open enrollment may result in lower premiums and lower cost-sharing.

All general questions can be answered on the New York State of Health (NYSOH) website: <https://nystateofhealth.ny.gov/>. To learn more about the NYSOH marketplace open enrollment period, including options for free in-home or community assistance, contact the Rural Health Network at (607) 692-7669.


## Milk Matters...


**No Bones About It,  
Kids Can't Do Without It.  
Milk for Strong Bones & Teeth**

*...never stop drinking milk*





MILK






HOW MUCH CALCIUM DO YOU NEED EACH DAY?

AGES	CALCIUM (MG)	One 8 oz. glass of milk has about 300 MG of calcium.
1-3	600	
4-8	800	
9-18	1,300	





National Institute of Child Health and Human Development

For more information, contact the NICHD/Milk Matters Clearinghouse at 800-370-2943.



## SPELLING BEE

For the first time in many years, the Spelling Bee returned to Franklin! The bee was held on December 21 with 18 students in grades 5 through 8 participating. Students, faculty, staff and parents were in the audience. Members of Franklin's Senior Band played tunes to put both audience members and participants in the spirit.



The winner of the Franklin Central School Spelling Bee was **Dahlia Van Kingsley**. The winning word she correctly spelled was *excursion*. Congratulations to all participants, and good luck to Dahlia as she moves on to the Regional Bee!

## KINDERGARTEN

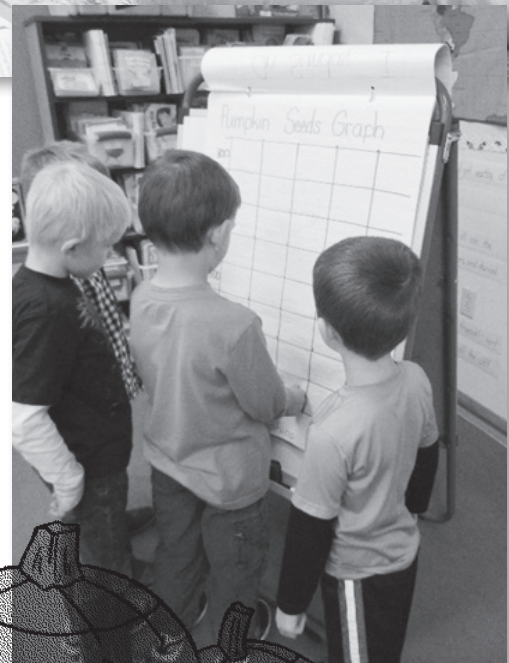
Kindergarten loves to sing! The FCS Kindergarten sang for the Veterans on Veteran's Day and for the Senior Citizens at the annual Thanksgiving Luncheon.



## PUMPKIN MATH

In October, Mr. Daniels and Mrs. Bergman joined the first grade students for pumpkin math. Before beginning, students were asked to make predictions about the weight of their group's pumpkin, the number of seeds in their pumpkin and the circumference around their pumpkin. Students then weighed and measured their pumpkins to see if their predictions were correct. They scooped out the seeds and put them into groups of ten and then counted by tens to find out how many seeds were in their pumpkins in all.

Afterwards, students graphed the number of seeds in their pumpkins and compared them to the other pumpkins in the classroom. The best part of all, was carving our pumpkins to make jack-o-lanterns!





# 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. Flu viruses 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.



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

Children with these conditions and children who are receiving long-term aspirin therapy can have 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 (more common in children than adults). 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 may be still contagious past 5 to 7 days of flu illness, 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 in "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. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming 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 are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high 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, you and your children can take everyday steps to help prevent the spread of germs.

### These include:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ 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.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant



according to directions on the product label.

***These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.***

## 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.**

Make sure your child gets plenty of rest and drinks enough fluids. 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.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

### What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not 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. (The 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](http://www.cdc.gov/flu) or [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO**

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**UPCOMING EVENTS**

**JANUARY**

- 1 NO SCHOOL—New Year’s Day**
- 18 NO SCHOOL—Martin Luther King, Jr. Day**
- 26-29 Regents Exams

**FEBRUARY**

- 15 NO SCHOOL—Presidents’ Day**
- 16 NO SCHOOL—Presidents’ Day Recess**

**MARCH**

- 11 NO SCHOOL—Conference Day**
- 25 NO SCHOOL—Good Friday**

**EMERGENCY CLOSINGS**

The school will make an attempt to contact parents using our PowerSchool phone system at times when emergency closing is necessary. Please be advised that the phone system or electricity may not be in service and therefore the school will be unable to make these calls.

The following radio and television stations will announce school closings:

- WCDO-101 FM and 1490 AM Sidney
- WDLA-92.1 FM and 1270 AM Walton
- WSKG-91.7 FM, WAAL-99.1 FM, WHWK-98.1 FM
- WDOS-730 AM and WZOZ-103.1 FM Oneonta
- WBNG-TV Channel 3
- *WBNG.com*

**FACULTY AND STAFF PARTICIPATE IN UGLY SWEATER DAY**

