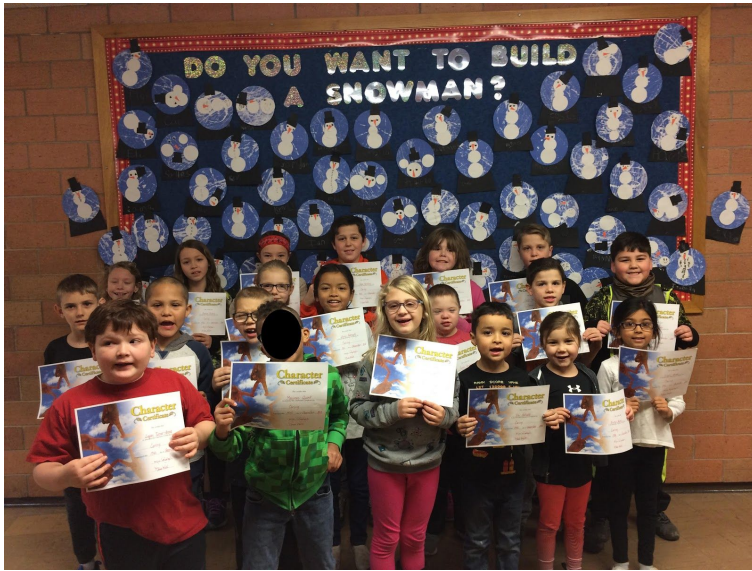


Paddock Lane Parent Connection

January, 2019



Spotted Doing Trustworthiness Honorees for December!!

Trupti Desai	Carson Workman
Emma Hillmann	Ian Hatsady
Bristyl Bayless	Avy Meyer
Kynsley Clark	Grace Bigley
Logan Turner–Arena	Jace Hanshaw
Max Quint	Korbin Martin Post
Emonee Acosta	Heidi Bench
Kaden Swan	Jaxson Hesman
Carsen Hanshaw	Jordan Stevison
Zoey Hatsady	Jacey Stevison

UNPAID MEAL PROCEDURES for Beatrice Public Schools

Infinite Campus is set to send notices to parents when the child has reached \$10 in their account. Emails are sent from Infinite Campus every day that the account is negative. At \$50 negative – district office sends collections notice to parents. If this notice does not bring resolution, Collection Agency will be contacted to start their process.

WE ARE IN DESPERATE NEED OF SWEATPANTS & UNDERWEAR FOR THE NURSE'S OFFICE..ALL SIZES!! WE ARE ASKING PARENTS TO PUT A PAIR OF PANTS AND UNDERWEAR IN BACKPACKS INCASE OF AN EMERGENCY!!!

IMPORTANT DATES

Parent/Teacher Conferences

Monday, February 11 & Thursday, February 14

Online sign up opens January 18!!! PLEASE SIGN UP ASAP TO GET THE TIME & DATE YOU WANT!!!

NO SCHOOL FEBRUARY 15 & FEBRUARY 18

March 7th – Kindergarten, 1st Grade, 2nd Grade & 3rd Grade Music Program at 7:00 p.m. in the Hevelone Center at the High School. More information coming!

Information is at your fingertips. Log into Campus Parent or Campus Student using our Web Portal or Mobile App to access attendance, report card and lunch account information and to make deposits to lunch accounts. Click on the link below!

<https://www.infinitecampus.com/audience/parents-students>

A+ Attendance 2nd Quarter

Bentley Anderson	Maddox Bent	Jada Berke
Faith Bigley	Grace Bigley	Isaiah Bigley
Charlie Buss	Ethan Buss	Kadence Clark
Kay Lynn Clayton	Titus Collmann	Whitney Collmann
Jordyn Crouse	Isaac Enns	Marie Erikson
Dominic Feagley	Amie Forke	Landon Fulmer
Braxton Gartner	Slater Hatcher	Kaylee Hayes
Austin Hein	Amaurice Henning	Kade Herfel
Brieseis Hespen	Kayson Hespen	Josie Hillmann
Melissa Imig	Aubrey Johnson	Brynlee Johnson
Brielle Kistner	Carlee Kujath	Addysen McClintock
Liviah McClintock–Vickers		Claire McGrury
Max Mierau	Mya Mierau	Natalie Parde
Sophia Peitzmeier	Kenneth Price	Destyni Reed
Carter Ribble	Briggs Rinne	Charlie Rinne
Andyn Roberts	Craig Roberts	Adalyn Smith
Kaden Swan	Tatum Tempelmeyer	Carson Walter
Zahra Wilcox	Caz'Diel Wilson	Brynn Yurka



The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.** A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.**

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

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent 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 or older and does not have a long-term health problems and gets flu 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 – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- 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 symptoms improve, but then return with fever and worse cough
- Fever with rash



Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

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 spreading flu to other children or caregivers.

When can my child go back to school after having 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

or call 800-CDC-INFO



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