



December, 2009



The holidays are right around the corner and schedules will be quite busy. Please take time to relax and enjoy your children. With the long winter break soon approaching please remember that your children need a well deserved break but also need to keep in tune with what they have been achieving thus far in school. While on break, please take 10 minutes to practice your basic facts. In the car while you are driving say math problems for your children to shout out the answer. Pick a favorite book and read it before bed. Practice how to estimate while shopping or cooking over the holidays. Math is everywhere. We need to encourage our children to practice these skills frequently. Most of all, find time to talk with your children. It's important to establish and maintain good communication with your children. Get into the habit of talking with your children every day. Building a close relationship with them when they are young will make it easier for them to come to you when they have a problem with a closer relationship to you. Have a wonderful winter break and see you January 4th.

*Mrs. Jill Carlson*

## **FLU and COLD SEASON is HERE**

**The Flu and Cold is rampant... Here are a few ways to limit the spread of germs:**

- Wash hands frequently (before eating, or touching your eyes, nose or mouth, and after touching anyone else who is sneezing, coughing, or blowing their nose)
- Use Warm water and soap when you wash your hands
- Don't share food, utensils or beverage containers with others
- Cover coughs (use a tissue when sneezing coughing or blowing your nose)
- Use hand sanitizer when available
- Throw away used tissues in the trash as soon as you can



These are just a few hints to help limit the spread of germs. Nevertheless, if your child does get sick... you will need to keep them at home if:

- They have a fever of 100 degrees or higher (a fever needs to be gone for 24 hours)
- They have diarrhea or are vomiting
- They have been sick in the evening/night with the above symptoms

Lastly, anytime your child has a fever, he/she can become dehydrated. It is important to make sure your child has plenty of fluids like water, propel, juice, or broth.

**PTA President**  
 Sharolyn Buck  
 Sharolyn.buck@comcast.net  
 (360)377-1274

### **PTA board**

**Secretary**  
 Tina D'Astoli  
 (360)536-7892  
 tinadastoli@msn.com

**Co-Vice President**  
 Leah Witherell  
 (360)692-7247 (360) 473-4283  
 leah.witherell@bsd.wednet.edu

**Treasurer**  
 Sage Frisinger  
 (360)440-3243  
 jsfrisinger@yahoo.com

**Co-Vice President**  
 Jen Ledbetter  
 (306)473-4288  
 Jennifer.ledbetter@bsd.wednet.edu

**Membership Chair**  
 Jamie Boschee  
 (360) 620-1790  
 hollywoodmama18@yahoo.com

**Next T-Shirt Order will be due January 13th!**



Prizes awarded to the classroom who turns in the most box tops!

