

Alexander Elementary



Parents Make A Difference!

Vol. 9, No. 3 Nov. 2006

A note from:
Mr. Wade
Elementary Principal

On Friday, November 10 students, staff, parents and patrons will be involved in a patriotic assembly at Alexander Elementary to honor our Veterans.

Honoring our veterans is not only a patriotic thing to do, it is the right thing to do. It is important for parents and teachers to teach our children the right thing, to be patriotic.

In his article "Teaching Patriotism to Our Children" Steven Coffman wrote, "If we as parents teach our kids to love, honor, show compassion and respect for their country as well as their fellow man, they will not only be graced by a sense of patriotism, they will become better citizens, and in turn role models for our future generations."

Students need to know that they are an important part of their country's make up. They are the future parents and leaders that will uphold the morals and ethics of our country.

One of our greatest challenges as parents is to raise our children to show honor and respect towards others. Adopting a path of patriotism is a good reinforcement for them to learn these important traits.

As much as we want our children to love their country, we also need to recognize the importance

of global relationships in today's world. Setting good examples of patriotism should, in turn, teach our children that every person counts, no matter where they live, or who they might be, or what country they represent.

The Veterans Day Assembly begins at 2:00 PM. We invite you to come.



November Calendar

PFC Meeting at 3:30 PM- Monday, November 6.

Election Day- Tuesday, November 7.

Picture Retakes- Wednesday, November 8.

Veterans Day Assembly. 2:00 PM in the gym- Friday, November 10.

Miss Oklahoma to present assembly at 1:00 PM- November 14.

Thanksgiving Break- November 22, 23, & 24.

5th Grade Basketball game at Quapaw. 12:30 PM.- December 13.

Christmas Break- December 22- January 2.

Quote of the Month

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

-Unknown



Why Handwashing Is So Important

Everything you need to know about handwashing you probably learned in pre-school. Always remember to wash your hands is a message worth repeating. Handwashing is by far the best way to prevent germs from spreading and to keep your children from getting sick.

Handwashing is our first line of defense against germs such as bacteria and viruses that can be transmitted several different ways.

Some ways germs spread include:

- through contaminated water and food
- through droplets released during a cough or a sneeze
- through contaminated surfaces
- through a sick person's body fluids

If a person picks up germs from one of these sources simply touching their eyes, nose or mouth can unknowingly infect them. Once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Good hand washing can prevent the spread of many illnesses and not just the common cold. Other more serious illnesses such as meningitis, bronchiolitis, influenza, hepatitis A, and most types of infectious diarrhea can be stopped with the simple act of washing your hands.

Here are some simple steps for scrubbing those germs away. Demonstrate this routine to your child - or better yet, wash your hands together with your child several times a day so he or she learns how important this good habit is.

Wash your hands in warm water. Make sure the water isn't too hot for little hands.

1. Use soap and lather up for about 10 to 15 seconds. Some suggest singing "Happy Birthday" all the way through twice to a friend is a good way to time how long to keep washing. Antibacterial soap isn't necessary - any soap will do. Make sure you get in between the fingers and under the nails where uninvited germs like to hang out. And don't forget the wrists!
2. Rinse and dry well with a clean towel.

To minimize the germs passed around your family, make frequent hand washing a rule for everyone, especially:

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

Don't underestimate the power of hand washing! The few seconds you spend at the sink with your child could save you trips to the doctor's office and unnecessary absences from work or school.

