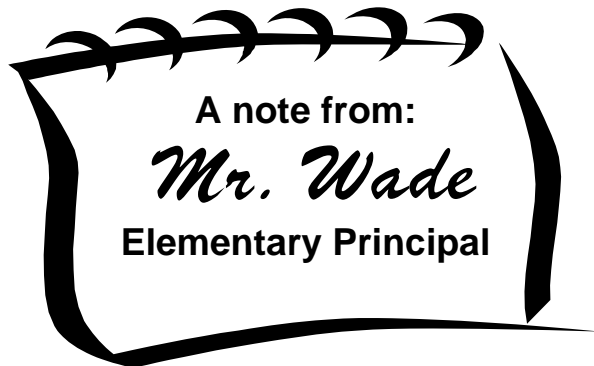


Alexander Elementary



Parents Make A Difference!

Vol. 11 No. 3 November 2008



A note from:
Mr. Wade
Elementary Principal

With the Presidential Election and Veteran's Day both soon approaching November is an especially great month to teach patriotism to our children.

Teaching respect for our veterans and the Presidential office is a good place to begin teaching patriotism. We encourage you to talk with your children about the election, the importance of voting and honoring our veterans this month.

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 county 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 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.



November Calendar

Election Day-
Tuesday, November

4. Students that registered will participate in a Mock Election.

Fifth Grade & Gifted and Talented Field Trip-
Tulsa Air & Space Museum. November 5.

Veterans Day Assembly- The community is invited to attend. Tuesday, November 11 at 2:00 PM in the elementary gym.

Progress Reports- Thursday, November 13.

Thanksgiving Break- November 26, 27, & 28.

Christmas Break- December 22- January 2.

Honor Roll & Perfect Attendance Special Recognition Scheduled

Honor Roll Recognition:

- 1st Quarter- Special Lunchtime with ice cream treat
- 2nd Quarter- Extra recess with treat
- 3rd Quarter- Play wacky games
- 4th Quarter- Special tiger water bottle

Perfect Attendance:

- 1st Quarter- Extra recess with ice cream treat
- 2nd Quarter- Special lunchtime with treat
- 3rd Quarter- Mystery Trip with sack lunch
- 4th Quarter- Special tiger water bottle

2nd and 3rd Quarters Cumulative Perfect Attendance-
Special After School Party!

All year cumulative perfect attendance- drawing for one of a kind Tiger Bikes!

FLU VACCINE MOST IMPORTANT STEP IN PROTECTING AGAINST SERIOUS DISEASE!



The Center for Disease Control recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season. The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus. Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 and older.

People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.



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.

