

Alexander Elementary



Parents Make A Difference!

Vol. 12 No. 2 October 2009

A note from:
Mr. Wade
Elementary Principal

As most are aware, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Alexander Elementary. Here are a few things you can do to help.

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub.

Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues.

Teach them to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

Do not send children to school if they are sick. If your child has a fever or signs of being sick in the morning please **DO NOT SEND THEM TO SCHOOL.** Any children who are determined to be sick while at school will be sent home.

We are working closely with our local health department, Integris Baptist Regional Hospital as well as other health agencies to monitor flu conditions and make decisions about the best steps to take concerning our school. We will keep you updated with new information as it becomes available.

Immunizations Available

On October 23 the Oklahoma Caring Van will be on site at Alexander Elementary to give free immunizations (injections or mist) to students. Both seasonal and H1N1 immunizations will be available from 10:00 AM to 3:00 PM.



These mobile units are staffed by registered nurses. Since 1999, the Oklahoma Caring Vans have provided more than 100,000 immunizations to Oklahoma children. The Oklahoma Caring Vans are a branch of BlueCross BlueShield of Oklahoma.

No children will receive immunizations without their parent being present. Parents must bring a copy of their child's immunization records and be present to complete paperwork.

More information will be sent home soon.

HAPPY HALLOWEEN

Trick-or-Treaters

- *Carry a flashlight.
- *Walk, don't run.
- *Stay on Sidewalks.
- *(If no sidewalk) walk on the left side of the road facing traffic.
- *Obey traffic signals.
- *Don't cut across yards or driveways.
- *Wear a watch you can read in the dark.
- *Make sure costumes don't drag on the ground.
- *Shoes should fit (even if they don't go with your costume)
- *Avoid wearing masks while walking from house to house.
- *Carry only flexible knives, swords or other props.
- *Wear clothing with reflective markings or tape.
- *Approach only houses that are lit.
- *Stay away from and don't pet animals you don't know.

Safety Tips!

Parents

- *Make your child eat dinner before setting out.
- *Ideally, young children of any age should be accompanied by an adult.
- *If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark.
- *If you buy a costume, look for one made of flame retardant material.
- *Older children should know where to reach you and when to be home.
- *You should know where they're going.
- *Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything.
- *Look at the wrapping carefully and toss out anything that looks suspect.

Homeowners

- *Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- *Pets get frightened on Halloween. Put them up to protect them from cars or inadvertently biting a trick-or-treater.
- *Battery powered jack o'lantern candles are preferable to real flaming candle.
- *If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- *Make sure paper or cloth yard decorations won't be blown into a flaming candle.

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*Consider healthy food alternatives for trick-or-treaters. These may include: packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwave later.

*Non-food ideas for treats: plastic rings, pencils, stickers, erasers, etc.



Commerce Fire and Police to Visit with Pre-K- Thursday, October 1.

Fire Prevention Program-

Tuesday, October 6 at the NEO Fine Arts Building.
AM PK, K, 1, 2 starts at 9:30 AM
PM PK, 3, 4, 5 starts at 1:30 PM

Kindergarten to Visit Commerce Fire Station- Friday, October 9.

End of 1st Quarter- Wednesday, October 14.

Fall Break- No School- October 15 & 16.

Grade Cards go out- Tuesday, October 20.

Oklahoma Caring Van Program- Friday, October 23.

Wear Your Cap To School Day- Friday, October 23.
Students pay \$1 to help raise awareness and funds for children who have been diagnosed with and are being treated for cancer.

Trash 2 Treasures- Friday, October 23
1:00-2:30 PM

Halloween Party and Parade- Friday, October 30
Parade begins at 1:00 PM.

Gifted and Talented to Jenks Aquarium- Tuesday, November 10.

Veterans Day Assembly- Wednesday, November 11
starting at 2:00 PM.

Picture Retakes- Thursday, November 12.



**HAVE A GREAT FALL BREAK!
OCTOBER 15-16**