



JANUARY 2019

# In the Loop

## WINDOM ELEMENTARY PTO NEWSLETTER

From  
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Dear Parents and Students:

Happy New Year! I hope you had a peaceful and joyous break and are ready to start 2019 on the right foot!

This month, I am writing to tell you a bit about how important reading aloud is for children and some things you can do while reading aloud.

Children learn a huge amount from being read to. They learn literary and academic vocabulary. From stories, they learn about how characters face trouble. From nonfiction, they learn about the world. What's most important is, because they love you and love being with you, they learn to love reading. Reading aloud is one of the most important things we can do with children.

Read aloud can be with any book for any reason – picture books, nonfiction books, magazines, comic books, graphic novels. You can share familiar stories together, introduce unfamiliar tricky books to your child or even take turns reading a book aloud and talking about it. Children love to be read aloud to and this is a time to help your child learn to fall in love with reading by being a reading partner.

*Here are some things you can do while reading aloud to your child at any age:*

- You can read any kind of book or magazine.
- You can be silly or serious. Kids love when adults step into the role of characters and sound like those characters. You can even act out parts!
- You can choose to read about topics you'd love to start conversations about with your child.

*Here are some troubles that might arise and how you can work through them:*

- If your child gets up and moves around, don't worry. Kids do that. Keep reading.
- If you are unsure of your language skills, don't worry. You don't have to be a perfect reader. Your voice, which your child loves, will be the most important gift to your child.
- If your family speaks languages other than English, know that it's great (more than great, it's important) to read to your child in any language.

We have plenty of books and magazines at school if you'd like to borrow any. The local library has even more. Please let me know if you want some help finding or choosing books to read aloud.

Happy January and please do not hesitate to call me: 209-6279.

Thank you for your continued support,

Phil Johnson  
Principal

### What's Inside January

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#### FAMILY SKATE NIGHT

enjoy free admission to  
Frank Young's Arena

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#### BOX TOPS CONTEST

buy, clip, and submit for  
our classroom contest

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#### HELP SUPPORT WINDOM

find out five easy ways to  
help raise money for your  
students' enrichment



#### Questions or Comments?

contact Jennifer Spoto,  
Newsletter Editor

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Dear Parents,

Windom PTO would like to thank everyone who participated in our annual holiday events. Windom's students, teachers, aides, families and staff always go above and beyond for our children and community.

Thank you to Laura Haggerty for coordinating our Holiday Food Drive again this year. We would like to offer a heartfelt thank you to everyone who so generously donated food and/or monetary donations. As always, Windom families showed compassion and generosity to those in need. Much appreciation and thanks to all the volunteers who helped sort and pack the donations.

Thank you to Holiday Auction co-chairs Michelle Lorenzetti and Shannon Schleif, and the volunteers who helped make this event successful again this year. Thank you to all the teachers, families, students and staff who so generously donated items and purchased tickets. It was a great success with many wonderful donations that helped raise money for Windom PTO.

Thank you to Jaclyn Robison for her time and effort in chairing the Holiday Bazaar and to Dee Jakel for her assistance as well. This is a big event and the children always look forward to it.

The PTO would also like to thank Mr. Johnson and all the teachers & staff at Windom Elementary for their continued support of the Windom Holiday Auction event.

We look forward to our upcoming events including:

- Family Skate Night 1/18
- Niagara Chocolate Fundraiser 2/4-2/25
- Box Tops Contest 2/4 – 2/8
- Square 1 Art Fundraiser
- Family Movie Event in March

We wish everyone a very healthy & happy new year!

Jonelle Smith  
Windom PTO Co-President



**If you are a new PTO member, please be sure to visit [join.myschoolanywhere.com](http://join.myschoolanywhere.com) and enter join code *windompto* to register online. You will get access to our electronic directory, event listings, signups, and email notifications.**



## FEELING SOCIAL?

Want to stay informed about the latest updates, news, and special events? Follow us on Twitter **@WindomElem** and join our Facebook group **Windom PTO**.



### **WINDOM ELEMENTARY PTO MEETING MINUTES 1/3/19**

Attendees: P. Johnson, J. Smith, W. Lewandowski, J. Robison, C. Shields, K. Dash, J. Spoto, B. Smith, L. Haggerty, R. Banks, D. Jakel.

November PTO Meeting Minutes approved by B. Smith, J. Smith.

### **PTO Correspondence - None**

### **Reports**

Treasurer: Kevin Dash – Report dated 1/1/19 for November/December 2018

Monthly Treasurer's Report for Nov/Dec 2018			
	Checking Account	Savings Account	Total
Beginning Balance	\$18,542.64	\$21.61	\$18,564.25
Income			
Holiday Auction	\$4,361.00		
Membership	\$10.00		
Tops	\$87.15		
Fun Run	\$150.00		
Transfer from Musical Fund	\$1,500.00		
Food Drives	\$25.00		
Holiday Bazaar	\$4,555.00		
Musical Funds		\$2,963.31	
Interest Dividend		\$0.43	
<b>TOTAL INCOME</b>	<b>\$10,688.15</b>	<b>\$2,963.74</b>	<b>\$13,651.89</b>
Expense			
Halloween Dance	\$990.36		
Holiday Auction	\$682.32		
Bank Fees (New Checks)	\$41.85		
T-shirts (school wide)	\$2,631.00		
Busing	\$188.83		
Field Trip - 5th Grade	\$976.00		
Transfer Musical Funds to Savings	\$2,963.31		
Wish List - Sound System	\$3,800.00		
Food Drive	\$315.00		
Bus Driver Breakfast	\$60.95		
Holiday Bazaar	\$5,337.80		
Transfer for Sound System		\$1,500.00	
<b>TOTAL EXPENSE</b>	<b>\$17,987.42</b>	<b>\$1,500.00</b>	<b>\$19,487.42</b>
Ending Balance	\$11,243.37	\$1,485.35	\$12,728.72
Net Income (Loss)			-\$5,835.53

Principal: Mr. Johnson – End of year character education assembly involved performances by various Windom club members and was a nice way to end 2018. The second Read-Aloud book is *The Smallest Girl in the Smallest Grade*, which is about the power of one person standing up for what's right. This is in line with the District's Olweus Bullying Prevention Program. January 18<sup>th</sup> is a half day of school for staff development. Will continue working through safety drills this month, including another lockdown drill in January.

Teacher: Mrs. Lew reporting – The teachers were so appreciative of the Holiday Bazaar. Kids and staff love this event.

### **PTO Updates**

Holiday Food Drive – There were over 20 families in need this year. Therefore it was apparent that not as much food was donated this year to reflect the same ratio of food per family that was provided in years past. But everyone still received a fair amount, as well as turkeys that were donated by an outside source. Due to changing CCPTO By-Laws, there was discussion about how it would impact how the PTO helps contribute to the food drive.

Holiday Auction & Bazaar – Auction brought in about \$4300, however with expenses we netted about \$3600. Overall it went well logistically with some new processes in place. Since we struggle getting volunteers to assist throughout the planning and execution of this event, we will not be holding the auction in 2019. The Holiday Bazaar went well. We are considering changing the name of this event to something a little more “modern.” We will also look at other retailers or venues where we can purchase items to sell. The Reindeer Walk and Bazaar *will* stay on the events calendar for next year.

Five Below Fundraiser – There was about \$1298 in sales, which gives us \$129.86 in profit. We plan to do this again next year, but are considering holding it soon after Thanksgiving (so earlier in the Christmas season). We may even want to shop here for Holiday Bazaar items and get the 10% reward.

**Upcoming/Current Events**

Niagara Candy Fundraiser – Orders may be taken from Feb. 4-25 (our mid-winter break falls within these dates). Information will go home later this month. Candy pickup will be April 1.

Family Skate Night – Frank Young's on January 18<sup>th</sup> from 5 – 7 p.m. Free event for all. Just need to pay for skate rental and concessions.

Movie Event – Tent. Sunday, March 3 around 11 a.m. at the Hamburg Palace Theatre. Movie selection and final details will be confirmed next month but we are leaning towards *Small Foot*. Will ask about negotiating an upcharge to show a new movie plus the cost of the theatre rental as opposed to charging each attendee \$5.

B&N Book Fair – February 9 was the proposed date for this event, however after touching base with the retailer, they informed us that the profit structure has dramatically changed. Based on diminishing returns from sales, we've decided to eliminate this fundraiser from our calendar this year.

Box Tops Contest – February 4-8. This is a classroom contest so each day prizes are awarded to the classroom that brings in the most box tops that day and culminates on the last day with a gift card given to the classroom in each grade that brought in the most throughout the week. Box Tops counters are needed daily so signup in MSA.

Chipotle Fundraiser – January 8 from 4-8 p.m. at the Milestrip location. We get 33% of sales, as long as there's a \$300 minimum in purchases – just mention Windom when you check out.

Square 1 Art – Mr. Bond is working with students on their art projects for this. Information will be going home soon that includes how to order and a sample of what your child's artwork looks like. Delivery of products will be before Mother's Day.

Fun Run – We need to set a date for our next one. It was determined that the fall is a tough time to commit to this type of event so we are aiming for May of 2020.

**Other Items**

1. Funds from various resources have been secured therefore a new sound system will be coming to Windom.
2. The idea of a "read-a-thon" came up as a possibly fundraising activity. More discussion is required.

Meeting adjourned at 5:38 p.m.

Respectfully submitted,  
Jennifer Spoto, PTO Secretary



Please join us at our next PTO meeting on  
**FEBRUARY 7 AT 4 P.M. IN THE LIBRARY**

# WINDOM'S FAMILY SKATE NIGHT



Friday January 18, 2019

5 – 7 p.m.

Frank Young's Sports Arena

3651 N. Buffalo Road, Orchard Park

**FREE ADMISSION!**

\$2 skate rental or bring your own skates.

Snacks and beverages available for purchase.

All children **MUST** be accompanied by an adult.

Absolutely **NO DROP OFFS** are allowed.

If questions, please contact Kevin Dash at  
[kdashwindompto@yahoo.com](mailto:kdashwindompto@yahoo.com)



## Thanks to all of our Volunteers...

who helped make our

**2018 HOLIDAY AUCTION, BAZAAR & REINDEER WALK** a success!



Leslie Beck  
Dawn Boryszak  
Jill Cavarello  
Kevin Dash  
Marianna Gioia  
Laura Haggerty  
Kim Imiola  
Dee Jakel

Andrea Jensen  
Laura Kabel-Astrachan  
Michelle Lorenzetti  
Maura Lynch  
Amy Lupiani Reinholz  
Michelle McLeod  
Kelli Nicholson  
Zoey Parks

Jaclyn Robison  
Meghan Said  
Christy Shields  
Jaime Sireika  
Shannon Schleif  
Brooke Smith  
Jonelle Smith  
Jennifer Spoto

We'd also like to thank all **teachers, staff, parents, and businesses** for their generous donations!

A special thank you to **Mrs. Artmeier, Mr. Johnson, Mr. Dolce, Windom staff, and custodians** who assisted the PTO in their efforts.

### SPREAD THE WARMTH AT WINDOM

With winter upon us, WE are collecting winter gear such as coats, hats, boots, gloves, and scarves. If you have any items that your children have outgrown, please drop them off at school. Your generosity goes to fellow Windom families in need.

Likewise, if you have a need for a winter item, please contact Mrs. Hutschenreuter at 209-8190 or [khutschenreuter@opschools.org](mailto:khutschenreuter@opschools.org) or Mrs. Johnson at [sjohnson@opschools.org](mailto:sjohnson@opschools.org). Thank you for your donations!





## 2019 Windom PTO Box Tops for Education Collection Contest

Monday, February 4 – Friday, February 8

Beginning Monday, February 4 send in *Box Tops for Education* with your child(ren). Please place them in a Ziploc bag labeled with your child's classroom teacher's name and the number of box tops included. Please separate any Box Tops that say BONUS Box Tops (these will be worth 2 points, 5 points, etc.)

**CONTEST BONUS\*\*** If you bundle your Box Tops in groups of 50, we'll add an extra 5 to your total for each bundle! They can either be rubber banded in groups of 50, placed in a plastic baggie, or taped to a collection sheet (see page 8 for sample). Please be sure to check the expiration date before turning them in.

We will collect and count them every morning.

### PRIZES TO BE AWARDED

- Monday through Thursday during the contest, the classroom that brings in the most Box Tops that day will win prizes. So don't wait until the last day to turn them in!
- On the last day of the contest (Friday) the classroom in each grade level that has submitted the highest cumulative total number of Box Tops will receive a *Barnes & Noble* gift card to purchase a teacher approved gift/books for the classroom!

Be sure your child checks the poster display to see how far their teacher's playing piece has moved down the main hallway toward the Library. Winners from each grade will be announced at the end of the contest and will be awarded their prize. Good Luck!





**50 BOX TOPS =  
\$5 FOR YOUR  
CHILD'S SCHOOL**

Clipped Box Tops are each worth 10¢ for your child's school. Tape or paste them to this collection sheet and send it to school. Please note, bonus certificates must be submitted separately. Thanks!

certificates must be submitted separately. Thanks for your help!

- 1** Clip Box Tops and check expiration date
- 2** Tape or glue Box Tops on sheet until filled
- 3** Send completed sheet to your school Coordinator

**BOX TOPS**  
FOR  
**EDUCATION**

**50 BOX TOPS =  
\$5 FOR YOUR  
CHILD'S SCHOOL**

Clipped Box Tops are each worth 10¢ for your child's school. Tape or paste them to this collection sheet and send it to school. Please note, bonus certificates must be submitted separately. Thanks for your help!

**1** Clip Box Tops and check expiration date

**2** Tape or glue Box Tops on sheet until filled

**3** Send completed sheet to your school Coordinator

Teacher name: \_\_\_\_\_

# PLAYGROUND EQUIPMENT UPDATE



- **The two new pieces (shown below) have arrived!** They will be installed side-by-side in place of the current tetherball pole. (See aerial image above).
- Target time frame is early spring 2019, however specific dates are TBD based on weather.



**Volta Spinner**



**Four Seat Seesaw**

## Five Easy Ways to Give Back to Windom

1. **Tops in Education** - Register your TOPS BonusPlus card [at this link](#) and choose Windom Elementary as the beneficiary. Every time you scan your loyalty card at TOPS, Windom gets 5% back on eligible products.
2. **BoxTops for Education** - Buy, clip, and save on participating products. See pages 7-8 for details about our annual classroom contest and a collection sheet.
3. **AmazonSmile** - When you shop at [amazon.com](https://www.amazon.com) and select "Orchard Park PTO" as the AmazonSmile charity of choice, Amazon donates 0.5% of the purchase price to our collective group of PTOs.
4. **Restaurant and Retail Fundraisers** - Throughout the year, we will publicize a place and a timeframe for you to grab dinner or merchandise. An average of 20% of sales from purchases will come back to Windom.
5. **Imagine Recycling** - Drop off your used printer cartridges, mobile devices, cell phone batteries, charging ports & cords in the box located in the foyer at Windom. We will get a percentage back on items collected.

## Community News - Head Lice



Head lice can be a frequent occurrence, particularly in elementary schools. Head lice is a rapidly growing problem that has no reflection on one's own cleanliness, social or economic situation. Head lice are defined as parasitic insects that can be found on the head and are characterized by itching of the scalp as a result of live lice in the hair or ova (nits) attached to the hair shaft. The adult is a flat wing-less creature with six legs and a stubby antenna. Lice do not hop, jump or fly. The eggs they lay are called nits. The nits attach to the hair shaft and are very difficult to remove as they manufacture their own glue-like substance to hold themselves to the hair shaft. The most common symptom is the persistent itching. Children scratch behind their ears and at the base of their neck. Head lice are not contagious, are not known to spread illness, nor are they life threatening or due to poor hygiene. Rather, head lice are spread through the sharing of hats, combs, brushes or by direct contact with the hair of an infested person. Head lice feet are specially adapted for holding onto human hair. Head lice would have difficulty attaching to smooth or slippery surfaces like plastic, metal, polished synthetic leathers & other similar materials.

If a case is reported in a classroom, all parents in that class will be informed.

### What can you do?

- We ask you to check your child's head, nape of the neck and behind the ears for live lice or nits (lice eggs) on a weekly basis. Do the same for siblings and anyone else in the home. See your physician to confirm any suspicions you may have about what you find.
- Immediately report any confirmed diagnosis found at home to your school nurse.
- Consult with your pharmacist or physician to choose the right product for treatment. Carefully read the directions for application and re-treatment.
- Remind your children not to share personal items such as combs, brushes, hats with one another.
- Check the OPCSD homepage ([www.opschools.org](http://www.opschools.org)), type the word lice in site search for more information.



The **Windom Elementary Virtual Backpack** is a central repository of online informational flyers that are sorted by month for quick and easy access. Please check the backpack frequently to get the most up-to-date information on upcoming events, fundraisers, extracurricular activities, and school-specific information.



# Parent Information Series on Mental & Emotional Health

## *More Than Sad: Suicide Prevention for Parents*

*Presented by: Missy Stolfi, Director of the WNY branch  
of the American Foundation for Suicide Prevention*

### **Parents will learn how to:**

- Recognize the signs of depression and other mental health problems;
- Understand concerning behaviors;
- Initiate a conversation with your child;
- Get your child help.

The Orchard Park Central School District will offer two free opportunities for parents or community members to attend the *More Than Sad* presentation.

*Both sessions will be the same. Please attend the session that best suits your schedule.  
Light refreshments provided by CCPTO.*

**January 15<sup>th</sup>** at 6:30 p.m.  
in the Orchard Park High  
School Auditorium

**January 31<sup>st</sup>** at 6:30 p.m.  
in the Orchard Park Middle  
School Auditorium



**American  
Foundation  
for Suicide  
Prevention**

**Orchard Park Central School District**

2240 Southwestern Blvd. West Seneca, NY 14224

*Matthew McGarrity*  
Superintendent



*www.opschools.org*  
(716) 209-6200

Dear Parent or Guardian,

New York State Education Law (effective July 1, 2018) requires a physical exam for all students in grades K, 1, 3, 5, 7, 9, and 11, as well as students new to the Orchard Park Central School District, and students identified as needing services from Committee for Special Education. This letter will be sent in advance of the upcoming school year when a new physical is required for your child to give you time to schedule/provide the necessary updated physical.

**Please....**

- Schedule an appointment with your child's doctor for an updated physical
- Have the physical form filled out by your child's doctor (available on district website or may use form provided by your child's doctor)
- Return physical form to your child's school Health Office (phone: 209-6322/ fax: 209-6490)

Your prompt attention and cooperation are greatly appreciated!

Sarah Johnson, R.N.  
Windom Elementary School Nurse  
(716) 209-6322

*Philip Johnson*  
Windom Principal

**Windom Elementary**  
3870 Sheldon Road Orchard Park, NY 14127  
[www.opschools.org/windom](http://www.opschools.org/windom)

(716) 209-6279  
Fax (716) 209-6490

**Orchard Park Central School District**

2240 Southwestern Blvd. West Seneca, NY 14224

*Matthew McGarrity*  
Superintendent*www.opschools.org*  
(716) 209-6200

Dear Parents and /or Guardians:

The purpose of this letter is to inform you of an important change in the immunization requirements for students entering sixth grade. Effective September 1, 2007 a New York State Public Health Law amendment requires students born on or after January 1, 1994 and those entering the 6th grade on or after September 2007 must receive a Tdap booster immunization. Tdap is the tetanus, diphtheria and pertussis vaccine.

Written documentation of this booster immunization must be provided by your physician's office. Please note that in accordance with New York State Public Health Law/ Education Law your child may be excluded from attending school if immunization requirements are not met.

Please...

- Call your child's doctor with any questions and to schedule an appointment for the Tdap booster
- Forward written documentation to school health office no later than June 15th
- If you are unable to complete immunization requirements by June 15th submit date of scheduled appointment student will receive this booster

It should be noted that school health personnel are not available during the summer months to receive this information. Your prompt attention and cooperation are greatly appreciated. Please do not hesitate to contact your school nurse for questions or concerns.

Sincerely,

Philip Johnson  
Principal*Philip Johnson*  
Windom Principal**Windom Elementary**  
3870 Sheldon Road Orchard Park, NY 14127  
[www.opschools.org/windom](http://www.opschools.org/windom)(716) 209-6279  
Fax (716)-209-6490

**Orchard Park Central School District**

2240 Southwestern Blvd. West Seneca, NY 14224

*Matthew McGarrity*  
Superintendent*www.opschools.org*  
(716) 209-6200**Reminder to all parents and guardians of students at Windom re: "Food Allergy Classrooms":**

In order to keep our students with food allergies safe, we ask that you refrain from sending in any homemade treats or items bought from a bakery into classrooms for special occasions. We also ask that you refrain from bringing in any type of food into any common areas of the school other than the cafeteria. We cannot guarantee the safety of these homemade or bakery food items as cross-contamination may pose a risk. If your child is in a "Food Allergy Classroom", you were informed over the summer with a letter from the principal and Health Office. Food allergies can be life-threatening and we are all responsible to keep students safe in schools.

If you would like to send in a treat to the classroom for your child on a **special occasion only**, please make sure that the snack is store bought and pre-packaged from a safe snack list with the proper labeling/ingredient list.

A safe snack list is available for your reference from Mrs. Johnson (School Nurse) and at <http://snacksafely.com/safe-snack-guide/>. Please keep in mind that this is a safe snack list primarily for peanuts/tree nut, dairy, egg and sesame allergies. If your child is in a classroom with any other type of food allergies, please contact your child's teacher or the School Nurse for reference. Always check the label for possible cross-contamination.

If you have any questions, please contact Mrs. Johnson in the Health Office and she can provide you with safe snack ideas.

Thank you for your cooperation in this effort to keep all of our students here at Windom safe, happy, and healthy!

**Philip Johnson**  
Windom Elementary School Principal

**Sarah Johnson, R.N.**  
Windom Elementary School Nurse

*Philip Johnson*  
Windom Principal

**Windom Elementary**  
3870 Sheldon Road Orchard Park, NY 14127  
[www.opschools.org/windom](http://www.opschools.org/windom)

(716) 209-6279  
Fax (716)-209-6490



## Important News for Schools and Child-Care Facilities

**What:** Pursuant to New York State Public Health Law (PHL) § 613, schools and child-care settings are required to post influenza educational material, in plain view, within their facilities. **Information must be posted starting now.** Influenza season begins in early fall and can last through May.

Outreach to parents and guardians of children ages 6 months to 18 years must be directed to those whose children attend:

- Licensed and registered day-care programs
- Nursery schools
- Prekindergarten
- Kindergarten
- School-age child-care programs
- Public schools
- Nonpublic schools

**Purpose:** To ensure that families of these children receive information on influenza and the benefits of influenza immunizations in connection with efforts to raise the immunity of children against influenza.

The New York State Department of Health (NYSDOH) would like you to know that information regarding influenza and the benefits of influenza immunizations is free, accessible and available in different languages from several organizations:

- NYSDOH:  
[www.health.ny.gov/diseases/communicable/influenza/seasonal/child\\_care\\_and\\_schools/](http://www.health.ny.gov/diseases/communicable/influenza/seasonal/child_care_and_schools/)
- Centers for Disease Control and Prevention:  
[www.cdc.gov/flu/freeresources/print.htm](http://www.cdc.gov/flu/freeresources/print.htm)
- New York City Department of Health and Mental Hygiene:  
<https://www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page>

Along with this announcement you will find *The Flu: A Guide for Parents*. This guide is an example of information that is geared towards parents and guardians. It explains why seasonal influenza is serious, provides signs of influenza and tells parents and guardians how to protect their children from influenza by getting them vaccinated. Your facility is welcome to copy and post this guide, or use information you find from the other organizations above.

If you have questions about this section of the PHL, please contact the NYSDOH Bureau of Immunization at [immunize@health.ny.gov](mailto:immunize@health.ny.gov) or 518/473-4437.

October 2018

# Keep your kids safe. Get their flu vaccine every year.

## The Flu: A Guide for Parents

<b>Is the flu more serious for kids?</b>	Infants and young children are at greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the flu vaccine.
<b>Flu vaccine may save your child's life.</b>	Most people with the flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. An annual vaccine is the best way to protect your child from the flu. The vaccine is recommended for everyone 6 months and older every year.
<b>What is the flu?</b>	The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.
<b>Who needs the flu vaccine?</b>	<ul style="list-style-type: none"><li>• Flu vaccine can be given to children 6 months and older.</li><li>• Children younger than 9 years old who get a vaccine for the first time need two doses.</li></ul>
<b>How else can I protect my child?</b>	<ul style="list-style-type: none"><li>• Get the flu vaccine yourself.</li><li>• Encourage your child's close contacts to get the flu vaccine, too. This is very important if your child is younger than 5, or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get an annual flu vaccine.</li><li>• Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.</li><li>• Tell your children to:<ul style="list-style-type: none"><li>• Stay away from people who are sick;</li><li>• Clean their hands often;</li><li>• Keep their hands away from their face; and</li><li>• Cover coughs and sneezes to protect others.</li></ul></li></ul>
<b>What are signs of the flu?</b>	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

<b>How does the flu spread?</b>	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
<b>How long can a sick person spread the flu to others?</b>	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
<b>What should I use to clean hands?</b>	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use a hand sanitizer. It should be rubbed into hands until the hands are dry.
<b>What can I do if my child gets sick?</b>	<ul style="list-style-type: none"> <li>• Make sure your child gets plenty of rest and drinks lots of fluids.</li> <li>• Talk with your child's health care provider before giving your child over-the-counter medicine.</li> <li>• Never give your child or teen aspirin, or medicine that has aspirin in it. It can cause serious problems.</li> <li>• Call your child's health care provider if your child develops flu symptoms and is younger than 5 or has a chronic medical condition like asthma, diabetes, or heart or lung disease.</li> <li>• If you are worried about your child's illness, call your health care provider.</li> </ul>
<b>Can my child go to school or day care with the flu?</b>	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
<b>When can my child go back to school or day care after having the flu?</b>	Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, and a hand sanitizer, if allowed by the school.

For more information about the flu, visit [health.ny.gov/flu](http://health.ny.gov/flu)

Or, [www.cdc.gov/flu](http://www.cdc.gov/flu)

Centers for Disease Control and Prevention



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Get ready for RESTAURANT FUNDRAISING NIGHTS to benefit Post Prom!

The HS PTO will be holding fundraising nights at local restaurants from January through May. All proceeds will benefit Post Prom, a safe, drug- and alcohol-free event for seniors and their dates following Prom.

**Skip dinner at home and eat out to benefit Post Prom!**

**Upcoming Fundraising Nights - MARK YOUR CALENDAR!**



Friday, January 18<sup>th</sup>  
11 a.m. - 10 p.m.



Tuesday, January 20<sup>th</sup>  
4 - 8 p.m.



Tuesday, February 5<sup>th</sup>  
4 - 8 p.m.

In order for your sale to benefit Post Prom, you **must**:

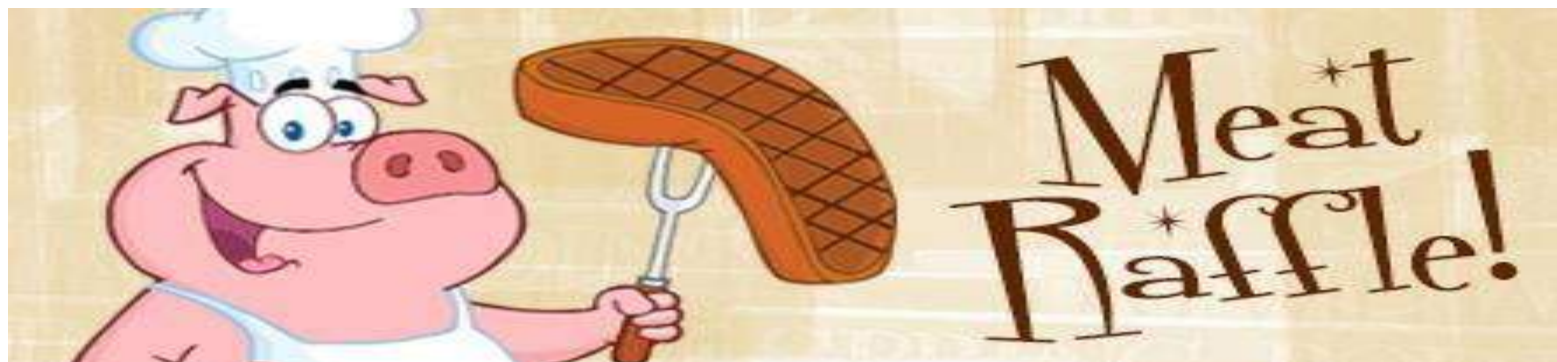
-show the cashier a hard copy of the attached flyer, **OR**

-show the cashier an electronic copy of the attached flyer (take a picture OR go to <https://www.opschools.org/Page/10075>).

**Coming Next:** Five Guys, Pie-O-Mine, Moe's, Cold Stone Creamery & More!

Orchard Park Destination ImagiNation Boosters present a

# SUPER SATURDAY



Gather your family, friends, co-workers etc. and reserve a table on  
**January 26, 2019 6:00 pm to 10:00 pm @**

**Matthew Glab Post #1477**  
**1965 Abbott Road**  
**Lackawanna, NY 14218**

Tickets:  
\$6 pre-sale  
\$8 at the door



**Doors open @ 6:00 pm. First spin @ 7:00 pm**

**Donation includes Roast beef sandwich, unlimited beverages  
and door prize ticket. Additional sandwiches \$2**

**\*\*\* No outside alcohol permitted \*\*\***

**Bring your favorite snacks or appetizers for your own table**

**For tickets contact:**

**[OPDIBoosters@gmail.com](mailto:OPDIBoosters@gmail.com) or call/text Maureen @225-2990**