

JEFFERSON PK-8 NEWSLETTER



Top 5 Ways to Prevent the Cold and Flu

Getting the flu or a cold can be one of the most horrible things to happen to a person when they lead a very busy life. Flu and cold symptoms can put a person in bed for days and weeks at a time, putting a serious halt in their day-to-day activities. There are many ways to prevent the flu or a cold, and they are pretty easy steps to take to ensure that you are not put to bed for long periods of time. By following the steps listed below, you can lessen your chances of contracting the viruses that cause the flu or a cold, and make for an easier time once the sick season hits.

1.) Wash Your Hands

- This may seem like an obvious step to take, especially since most people do this a few times every single day already.
- Make sure to wash often, and after you sneeze or cough into your hand, or come into contact with people who have cold or flu like symptoms.

2.) Avoid Touching Eyes, Nose And Mouth

- This is the easiest way to spread germs, because these are direct passageways into the body.
- Hands have some of the worst germs on them, and by touching any of these areas; you are just giving these germs, and possible cold and flu viruses, direct access into the body.

3.) Get Plenty Of Sleep

- By getting plenty of sleep, along with exercise, your immune system is healthier. If your immune system is healthy, it is more capable of fighting off viruses and keeping the body healthy, and can prevent sickness before it even gets into your body.

4.) Eat Right

- Fruits and vegetables have always proven to give the body vitamins that keep the body healthy and happy.
- There are plenty of fruits and vegetables that offer antioxidants, which can help the body fight off any potential cold and flu viruses.

5.) Clean And Disinfect

- It is important to keep a clean and healthy home and work space especially if you have children who are at school around other children who carry around all sorts of germs.
- Try and use paper towels instead of towels or rags to clean or dry hands. This is because towels, rags and even sponges are the number one source of germs in a home.
- Also, washing coats and gloves is another way to eliminate germs during the cold and flu season.

IS IT A COLD OR THE FLU?

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Rare Headache • Normal Temp • Slight Aches & Pains • Sneezing • Runny Nose • Sore Throat • Mild to Moderate Hacking Cough | | <ul style="list-style-type: none"> • Prominent Headache • Sudden Onset of Temp 102° - 104° (lasts 3-4 days) • Severe Aches & Pains • Extreme Fatigue & Weakness (lasts 2-3 weeks) • Severe Cough • Chest Discomfort |
|---|--|---|

Welcome back to a new year!! We hope you all had a relaxing break. It is now time to get back into the daily routine and finish the second half of the school year. This is a great time for learning. Students will grow academically and physically during this time. Remember to check folders and Progress Book often to ensure your child is keeping on track. Thank you for your continued support.

Parent/Teacher Conferences

Parent/Teacher conferences are upon us again. Look for a sign up slip being sent home Jan. 7. Conference dates are Tues. Jan. 29 and Thurs. Jan. 31, 4:15-7:15 p.m. This is a great opportunity to check on your students progresses and weaknesses. You can also call Miss Stacey at ext. 6152 to schedule a conference. We hope to see you there.



Box Tops

Please continue to bring in your box tops. They earn money for Jefferson school activities.

Volume 4, Issue 6
January 2, 2019



Lost and Found

Please take a moment to check the lost and found for any of your child's belongings. Lost and found is located under the steps by the tardy table. We only keep these items for so long, then they are donated to the Warren Family Mission.



Special points of interest:

- Jan. 2 - Students return
- Jan. 8 - 9:30am 1st gr. Family Day
- Jan. 10 - 9:30am 3-5 Geography Bee—2:30pm 6-8 Geography Bee
- Jan. 11 - End of 2nd Nine Weeks—11am 4th gr. Recorder concert
- Jan. 17 - 9:45am 6-8 Spelling Bee
- Jan. 18 - 9:45am 3-5 Spelling Bee
- Jan. 21 - NO SCHOOL—Martin Luther King Jr. Day
- Jan. 23 - 10:00am K-2 Awards Assembly
- Jan. 24 - 9:45am 3-5 Awards Ceremony—2:30pm 6-8 Awards Ceremony
- Jan. 28 - Book Fair begin (runs to Feb. 1)
- Jan. 29 - Parent/Teacher Conferences 4:15-7:15pm
- Jan. 31 - Parent/Teacher Conferences 4:15-7:15pm

At any time you have any questions please feel free to call the school at (330) 675-6960 or e-mail:

Ms. Boyer at carrie.boyer@neomin.org,

Ms. Marshall at sonya.marshall@neomin.org,

Mr. Guthrie at joshua.guthrie@neomin.org

JEFFERSON PK-8

CARRIE BOYER—PK-2 PRINCIPAL
SONYA MARSHALL- 3-5 PRINCIPAL
JOSHUA GUTHRIE— 6-8 PRINCIPAL
1543 Tod Ave.,SW
Warren, Ohio 44485

Phone: 330-675-6960

Fax: 330-675-6961

After school programs

Starting Tues. Feb. 5 an afterschool program will begin for 3rd and 4th grade.

Reading Academy will begin for 3rd grade, running on Tuesday and Wednesday from 4:00-5:30 p.m.

Math academy will begin for 4th grade, running on Tuesday and Wednesday from 4:00-5:30 p.m.

Transportation will be provided for each student.

Look for more information to be sent home at the beginning of January.

