

Montgomery Elementary School Newsletter

Friday, September 4, 2009

Reminder: Please complete and send back school forms as soon as possible. Note: Students who are eligible for reduced price meals will be offered FREE breakfast again this year!

Character Education

Each quarter we'll focus on a character trait that we believe is very important to cultivate in our students. Here is this year's schedule:

1st quarter – Kindness

2nd quarter – Cooperation

3rd quarter – Honesty

4th quarter – Taking Initiative / Responsibility

Cub Scout Round-Up

September 9th at 6:30 p.m. at the Berkshire Elementary School. For students aged 6-10 (grades 1-5). Please contact Sharron for more information, at 933-4246.

Red Cross Babysitting Course

Saturday, September 19th from 9 to 3 p.m. in the conference room at the Department of Public Service Building in Montgomery. Children ages 11-14 are invited; space is limited to 15 participants. The cost is \$10, with a \$5 refund upon completion of the course! Checks should be made payable to Stephanie Machia and sent to her at P.O. Box 105, Montgomery, 05470. For more information, please contact Stephanie at 326-2003 or symachia@myfairpoint.net. This course is sponsored by Success by Six. A snack will be provided, but please bring your own lunch.

DEAR PARENTS – “I am thrilled to be the new **guidance counselor** here at Montgomery Elementary School! This year I will be teaching some guidance lessons in classrooms, offering small groups and meeting with individual students as needed. Please contact me if you have any questions. I am at MES on Tuesdays and Thursdays. I look forward to meeting you!”

- **Lindsey Waldman**

10th Annual Free Kick Contest

at the Collins-Perley Sports Complex in St. Albans on Sunday, September 13th. This event will be held outside, rain or shine. Please call Roger Bennett at 524-1880 (work) or 933-4712 (home).

There is still time to take advantage of the TD Banknorth **Summer Reading** incentive - until September 30th. Read 10 books and get \$10 deposited into your new or existing Young Saver account. Forms are available at school!

The QSP **magazine fundraiser** for grades 5-8 students ends next Friday, September 11th.

Ballet Arts registration is taking place now. Contact Kathleen: www.balletarts.wordpress.com or call 326-4430. Classes start Thurs., Sept. 17th.

Montgomery Town Library

The Montgomery Town Library invites you to come in to do research or homework, or to select a movie or a good book! There are four public access computers, and high speed internet is available. Library cards are free for all residents and visitors. Children eight years old and older are welcome to visit the town library on their own; younger children must be accompanied by an adult.

Note: The public library does not filter internet connections or censor books based on age, so it is the parent's responsibility to set up and enforce a set of guidelines for their children.

The library is open after school two days per week: **Mondays and Tuesdays**, until 7 p.m.

Students who have written permission from their parent or guardian may ride the bus from school and be dropped off at the library on those days.

Monday	10-12 & 3-7
Tuesday	10-12 & 3-7
Wednesday	10-12 & 6-8
Thursday - Saturday	10-12
Sunday	12-2

Have a great Labor Day weekend!

September 4, 2009

Dear Parents,

The H1N1 flu pandemic is likely to affect us this school year so we are including instructions from the Vermont State Department of Health and the Center for Disease Control. Please read these carefully in order to minimize the spread of illness at school and in the community.

Prevention is best:

- Wash hands or use hand sanitizer
- Cough or sneeze into your arm sleeve or into a tissue and throw it away.
- Get a flu vaccine if you are at risk for complications. (ask your health care provider)
- Do not share cups or utensils.

Flu Symptoms:

- Fever of 100 degrees F/ 38degrees C or higher.
- Plus any of the following: cough, sore throat, headache, muscle aches.

Guidelines for people with flu-like symptoms:

- Stay home from work or school until 24 hours after fever has ended**, without the use of fever-reducing medicine, and regardless of whether or not you are using antiviral medicines.
- Stay away from public places and keep a three foot distance from others as far as possible
- Clean hard surfaces used by the affected person as the virus can live on surfaces from 2 to 8 hours.
- Contact your health care provider if the person is very ill or is at risk for more severe illness due to chronic illness or asthma.

During the spring season people with H1N1 flu have had fever for about 2-4 days, requiring isolation of 3-5 days and 90% of cases caught within a household occurred within 5 days of the first case.

We are taking all recommended precautions to prevent the spread of flu this year. School is unlikely to close unless the number of cases is very high or the recommendations change. Please continue to read school newsletters and bulletins for any updates or changes in these instructions.

Louise Heimbach RN.