

Why do we prefer rain gear over umbrellas?  
See below:



## **Cat Tracks-** The Juanita Newsletter 10/28/09 (PTA Update comes out on 11/4/09)

On the web: Juanita Elementary School: <http://www.lwsd.org/juanita>

For Community fliers: <http://www.lwsd.org/school/Juanita/For-Parents/Bulletin-board/Pages/default.aspx>.

Lake Washington School District: <http://www.lwsd.org>

### **Month-Ahead Calendar of School and District Events**

<b>Day</b>	<b>Time</b>	<b>Activity</b>
Every Wed.	2:00	Early dismissal
Every Thursday	AM	School Banking
10/28	9:00-11:45	Kindergarten to the Farm
10/30	2:15-3:15	Fall Harvest Celebration (room parties and costume parade)
11/4	AM	School Picture makeup
11/9	6-8:00PM	Skate King
11/10	9:15-9:45	Veteran's Day Assembly
11/11	No School	Veteran's day
11/16-20		Dance Week
11/18		Report Cards go home
11/19	7:00 PM	PTA Meeting
11/20		Dance
11/20, 23, 24	12:00	Half Days Parent conferences
11/25	12:00	Half Day
11/26; 11/27	No School	Thanksgiving Vacation

**The Harvest Festival is coming on 10/30!** We will have the following schedule:

1:45 - 2:00	Change into costumes
2:00- 2:15	Parade
2:15	Parties afterward
3:15	Clean up
3:30	Dismissal

Please discuss the following rules with your children: (1) Costumes are optional; (2) Violent costumes will not be allowed. No blood, gore, real or pretend weapons; (3) Children can bring costumes and change into them before the party, but not wear them all day...however, they have to change fast; and (4) at the party, fun activities are emphasized over scary. Alternative activities will be available in the library for those not participating. Just let the teacher know. Mrs. Joseph will supervise it.

**Are umbrellas that great?** We prefer light rain gear for kids over umbrellas. Kids often play with umbrellas... sword fights or flying Mary Poppins style are some of the play that I have seen. Kids like to run and play and that is not much fun with an umbrella in your hand. We are also am concerned about the metal points protruding at eye level. Many umbrellas have been damaged or lost. A light plastic or nylon jacket with a hood is so much more practical and economical for your family. Please join me in substituting rain gear for umbrellas. Please label the raincoat for easy return. On hard rain days, we make students stay undercover unless they have proper rain gear. Being soaked impedes learning!

### **From the LWSD website- Information about how to keep your child healthy and how the district is responding to the H1N1 Flu**

As flu season begins, Lake Washington School District and its schools are taking steps to reduce the spread of flu, whether the regular flu or the H1N1 virus, also known as the swine flu. We want to keep our students and families healthy and our schools open and functioning normally during this flu season. **But we need your help to do this.** Our school district is working closely with Public Health Seattle King County and the Washington Department of Health to monitor flu conditions and make decisions about the best steps to take concerning schools. Those steps will be communicated by your school as they happen and will be reported on this Web site.

Here are some of the things that we are doing at school that you also can do to help:

- **Remind your student to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Remind your student to cover their coughs and sneezes** with tissues and wash their hands afterwards. They should cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Remind your student not to share personal items** like drinks, food or unwashed utensils.
- **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.

Here's what to do if your student does become sick with flu symptoms:

- **Do not send your student to school if they are sick.** Any students who are determined to be sick while at school will be sent home. Students who exhibit flu symptoms at school will go to the health room so they can be kept separate from other students until a parent can pick them up.
- **Keep sick students 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 students with a fever at home will reduce the number of people who may get infected.

**Please update your contact and emergency contact numbers** at your child's school and plan to pick up a sick child within the hour. Parents are advised to arrange for childcare now in case your child becomes ill and is unable to attend school. **Additional information/sources of information:**

**Public Health Seattle & King County:**

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/swineflu.aspx>

**Washington State Department of Health:** <http://www.doh.wa.gov/h1n1/>

**Centers for Disease Control:** <http://www.cdc.gov/H1N1FLU>

**PICTURE RETAKE DAY is next week, Wednesday, November 4!!** Your children will be receiving their school pictures this week. If you are unhappy with the picture that was taken, please send your child to school on Wednesday November 4th ready to take a new picture. You'll need to send back the original packet of pictures, or the photography company will not retake the pictures. **IF YOUR CHILD WAS ABSENT**, they will receive a letter with an order

form attached. Fill out the order form and send it in on picture day. ALL CHILDREN will have their pictures taken for school records, whether you choose to purchase pictures or not. Questions? Call Tobi Ellis @ 814-2272 or email me @ [tobiellis@gmail.com](mailto:tobiellis@gmail.com).

**The school will have a short assembly on Nov 10<sup>th</sup> at 9:15 to honor our Veterans.** Each class will be singing a short song. All kindergarten students will learn the song, *Flags Will Fly*. Although pm kindergarten students will not be in class for the assembly, they are welcome to sing with the other kindergarten students if their parents are able to attend the assembly.

**Fun Lunch Fridays:** 5<sup>th</sup> graders have been selling licorice and beef jerky for \$.25 at both lunches. All proceeds will go toward 5<sup>th</sup> grade Outdoor Education. Have your student bring their quarters.

**Juanita Schools Foundation partners with Juanita Elementary to support programs and building needs.** The Foundation also provides before and after school programs for students. Go to the Foundation page on the Juanita El website, <http://www.lwsd.org/school/Juanita/For-Parents/Pages/Juanita-Schools-Foundation.aspx> and find out more about the Foundation, its programs and how you can help.

**Daily after school childcare until 5:00 PM at Juanita Elementary!** The Juanita Schools Foundation is offering DAILY, DROP IN CHILDCARE. The price is \$4 per half hour (family and Free and Reduced rates as well) If you have questions, please call the school office.

**CONFERENCE DAY EARLY DISMISSAL-CHILD CARE OPTION** Reminder: Friday, Monday and Tuesday, Nov. 20, 23 and 24<sup>th</sup> school will dismiss at noon. The Juanita School Foundation will be offering "Paws/After School Care. Time: Noon to 5:00, Cost: \$4 per half hour. Cost break for siblings and /or free & reduced qualification. Please contact Jo Ann or Lynae in the office if you are interested. Space is limited. **School also dismisses at noon Wednesday, November 25, but NO childcare will be offered.** *Thank You Juanita Elementary Office*

**Lost and Found:** Please remind your child to check the lost and found for missing sweatshirts, coats, etc. Periodically unclaimed lost and found items are collected and donated to charity.

**Eastside CHADD Forums: Fall 2009** Eastside CHADD meets the third Tuesday of each month at Evergreen Hospital, Suite Tan 101, 12303 NE 130<sup>th</sup> Lane in Kirkland, from 7:00-9:00 PM. Free! **Tuesday November 17<sup>th</sup>, "The Risks of Not Treating ADHD: A Lifetime of Academic and Social Failure"** Dr. Harlan Gephart, a nationally recognized authority on ADHD. Dr. Gephart has over thirty years experience working with kids with ADHD. Visit [www.nwchadd.org](http://www.nwchadd.org) for more information. **From:** Crystle M. Lockwood, School Psychologist