

SARATOGA NEWSLETTER

NOVEMBER 2009



NOTES

Notes, usually when you hear this you think of information that is important. Unfortunately, notes can also be a form of bullying. At Saratoga we take bullying seriously. We talk about it with our students and how it affects our community. We have had two incidents of notes being written to make fun of another student. We talked about this at a Monday Morning Meeting. We told students that notes are not to be written at all at school. We have also said they are not to be written at home and brought to school. If a student does write or bring notes to school, parents will be notified. Please talk about this issue with your children. We have great students at Saratoga and they will take this matter seriously.



Health Department Asks for Community's Help With 2009 H1N1 Flu

The Lincoln-Lancaster County Health Department is asking for the community's help with the current 2009 H1N1 flu situation in Lincoln. The level of influenza illness in Lincoln is very high and that is putting a tremendous stress on health care services in hospital emergency rooms and healthcare provider offices. The Department is asking that those with mild flu symptoms to just stay home, rest, drink fluids and treat the fever if necessary. Persons with mild symptoms, who are not at high risk for complications due to flu, do not need to go to the hospital emergency department or contact their health care provider. The use of emergency rooms and provider offices by large numbers

of persons with mild illness makes it very difficult for those with more serious illnesses to access health services. In three to five days most individuals with influenza will have recovered and be able to return to their normal activities without needing to be seen and/or treated by a healthcare provider. In most cases when flu in the community is widespread as it is now, it is not necessary that a person be tested for flu, if they have flu symptoms. The hospital emergency room should be used for people who are very sick. If a person has the flu and develops any of these symptoms, they should go to the emergency room. The symptoms that would indicate the need to seek medical care right away are:

In Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

A person with flu symptoms, who is at high risk of flu complications, should call their health care provider for advice. Those at high risk of complications from flu are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Cancer
 - Blood disorders (including sickle cell disease)

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- Chronic lung disease (including asthma or chronic obstructive pulmonary disease –COPD)
- Diabetes
- Heart Disease
- Kidney disorders
- Liver disorders
- Neurological disorders (including nervous system, brain or spinal cord)
- Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
- Weakened immune systems

Media Center Fall 2009

THANKS to everyone who has welcomed me to Saratoga this year! For those of you who haven't met me yet, I am Mrs. Bunde, the new Media Specialist at Saratoga. I am here in the mornings, then I am at Brownell Elementary in the afternoons. I have been at Brownell for the last eight years teaching fifth grade, and this is my first year as a Media Specialist and I am VERY excited about it!

It has been a terrific start to the school year. Students have been checking out and reading lots of books already! The Golden Sower Award nominees have been very popular, as many students want a chance to vote for their favorite title next spring. I have really enjoyed working with the students each day, and they have welcomed me with open arms. They are almost as excited about books as I am!

Probably the MOST exciting news is the enormous number of new books that have just arrived! Saratoga and several others schools in the district all received a grant to improve our library collections. Over 2000 books arrived a few weeks ago!! And nearly every one of those books is a brand new title that we do not already own! So over fall break, my helpers and I will be doing our best to get as many of those boxes unpacked so that students can check those books out after break!

Most students have been doing a terrific job of returning their library books on time. Please remind your students to put their library books in a safe place so they will remember to return them each week—so they can check out more. This is especially important as all these new books get out!

Thanks again for the warm welcome. Saratoga is a WONDERFUL place to be!

Mrs. Bunde
Media Specialist



IMPORTANT DATES!

- 11/3 CLC OPEN HOUSE-3:00-5:30 PM
IN THE CAFETERIA
- 11/12 PIRC MEETING-3:15 PM IN MEDIA
CENTER
- 11/12 PICTURE RETAKES
- 11/14 BUBBA'S CLOSET- 8:30-9:30
MCPHEE ELEMENTARY
- 11/19 CLINIC WITH A HEART-5:30-7:00-
SARATOGA OFFICE
- 11/24 **EARLY DISMISSAL – 1:33 PM-PLC
MEETINGS**
- 11/25 **NO SCHOOL FOR ELEMENTARY
STUDENTS-ELEMENTARY PLAN DAY**
- 11/26-11/27
**NO SCHOOL – THANKSGIVING
VACATION**