



Home-School Connection

November 2024



Dates to Remember

- Nov. 1 EPTSO Boosterthon Fun Run
- Nov. 4 Fall Picture Retake Day
- Nov. 5 **NO SCHOOL - Staff Development Day**
- Nov. 7 First Student Banking Day (every Thursday)
- Nov. 8 Veteran's Day Event - 8:30 am
School Spirit - "Hats on for Vets"
Wear Red, White and Blue
- Nov. 8 **11:30 Dismissal - Elementary ONLY Parent/Teacher Conferences**
- Nov. 11 **NO SCHOOL - Veterans Day**
- Nov. 12 **11:30 Dismissal - Elementary ONLY Parent/Teacher Conferences**
- Nov. 12 EPTSO Meeting 6pm Schoharie Free Library
- Nov. 13 World Kindness Day
- Nov. 19 Adventure Club Trip to Kane
- Nov. 21 BOE meeting
- Nov. 27-29 **NO SCHOOL - Thanksgiving Recess**



Turn your clocks back on Sunday, Nov. 3 at 2 a.m.

EPTSO Corner

Elementary- We had so many fantastic submissions this year for the Pumpkin Carving Contest! Your teachers will be sharing a slideshow of all our participants in class. Winners announced on November 3rd.

Parents- Don't forget student banking starts this month! Help sign up your student with First New York Bank and take advantage of Thursday deposit days. Plus a big thank you for your support of Boosterthon! We are looking forward to using those funds to support more student activities, SCS teachers, and you-the parents.

Teachers- Thank you for your support of our annual fundraiser, your encouragement made all the difference! We greatly appreciate the extra time and effort you spend in the classroom helping promote Boosterthon.

Students- We had a GREAT time doing Boosterthon Fun Run this year. Thank you for your hard work! Don't forget to read every night for 20 minutes. Stop by the Little Free Library for something new!

Organization- Our fundraiser was a great success but the work is not done yet. Attend our November 12th meeting to discover what is next for EPTSO!

Nurse's Corner:

Let's Fight the Flu (and other viruses) Together!

Influenza (flu) is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat and lungs. **Flu is different from a cold, and usually comes on suddenly.** Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea. Symptoms appear about 1 to 4 days after a person is exposed to the flu. While flu illness can vary from mild to severe, children often need medical care because of the flu. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

Like most viruses, the flu virus is spread mainly by droplets made when someone with an illness coughs, sneezes, or talks. These droplets can land in the mouth or noses of people nearby. A person can also get the flu by touching something that has the flu virus on it and then touching their mouth, eyes or nose.

What are everyday preventive actions: Annual flu vaccine is recommended for almost everyone 6 months and older. It is one of the best ways to reduce flu illnesses.

This fall and winter, the flu virus and the virus that causes COVID-19 may both be spreading. Vaccination is the best defense against both COVID -19 and the flu.

- The CDC says it is safe to get the flu vaccine and a COVID vaccine at the same time.
- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth - germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that cause respiratory illnesses like flu.
- For flu and COVID-19, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care. Fever should be gone without the use of a fever-reducing medicine.

Lost and Found – There is a table located in the main hallway with a large amount of clothing items accumulated...please take a look at this table while you are here for parent/teacher conferences!

Absences - please remember that a signed, written excuse is required for each day your child is absent from school.

Hearing and Vision screenings are conducted for all students in Grades PreK, K, 1, 3 and 5 throughout the school year. Any abnormal results will be communicated to a parent/guardian, as needed.

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