



Jimmy Phelps
Superintendent

WASHAKIE COUNTY SCHOOL DISTRICT #2

Levi Collins
Principal

December 2019 / January 2020

Principal's Corner

Principal's Message,

With the end of the year coming, so comes the end of the 1st semester here at Ten Sleep Schools. If you are like me, you can hardly believe how fast this school year has gone. Our students and teachers continually amaze me with their accomplishments and dedication to learning. Thanksgiving has reminded me of how grateful I am to be a part of this school and community and many wonderful things this school offers to students. I have worked at various schools, many of which I was scared to let my children attend, but I am excited and happy to endorse this school to not only my children but all children in our community. This is truly a wonderful place to raise a family with dedicated professional teachers.

This month, I would like to highlight policy that deals with student achievement. We believe that students who work hard to achieve great marks need to be recognized and rewarded for their hard work. With the end of the semester approaching, it seems fitting to highlight students who go the extra mile to achieve high marks at school. According to **Policy 5.10 Honor Roll** and **Policy 5.11 Honor Time**:

5.10 HONOR ROLL-Since good grades merit recognition of full time students, Washakie County School District #2 will publish an "A" Honor Roll and "B" Honor Roll for middle school and high school

students at the close of each nine-week period and semester. The "A" will consist only of students whose grades are all A's. Students must have at least six classes that are graded on the A-F scale to qualify. The "B" will consist of students who have no grade that is lower than a "B". Students must have at least six classes that are graded on the A-F scale to qualify. Any grade of failing will automatically eliminate a student from the honor roll.

5.11 HONOR TIME-Honor time will be granted to any high school student who is on the "A" Honor Roll. Honor time will be granted by the amount of one-half day for each achievement on the "A" Honor Roll. This time may be accumulated to one day per semester and may be used in any way that the student and his/her parent/guardian see fit, providing the administration is informed prior to its use. Time may not be accumulated beyond one semester from the time it is earned. Students will need to make arrangements for completion of any class work missed during honor time.

Honor Time is but one example of how we reward students who work hard to achieve high marks. We also create certificates for our Honor Roll Students, recognize them in front of the whole school and hand out gift cards (from the CSO) on occasion to show them the importance of their achievements. We are grateful for our hard working

students. When you see a student or classmate who has achieved high marks, please congratulate them and let them know they have your support for their hard work.

We are still celebrating the success of the school play. Our students showcased their many talents and gave us an eventful evening of food and entertainment. I would like to thank Kate Decker for the time she put in to sponsoring the drama event. It took a lot of work on her end so if you see her let her know we are grateful for the time she put in with the set and students to make a memorable experience.

Our Middle School Girls' Basketball Team is coming to the end of their season and they will be playing in their tournament soon. The Middle School Girls' Basketball Team has had some real progression and we are happy with their accomplishments. They would really appreciate your support at the tournament. Practice is underway for Boys' and Girls' High School Basketball. We are looking forward to their seasons with excitement as they represent our community. Go Pioneers!

Thanks for your support in making our school and community a great place to be.
With Pioneer Pride,
Levi Collins



Parent Notes

Use simple strategies to develop your child's responsibility

Young children are still learning how to be responsible students. So they sometimes forget their books, their homework and even their lunches.

It's tempting to keep track of your child's things for him. But this won't help him in the long run. His success in school depends on his ability to take responsibility for himself and his belongings.

Here are ways to help him become more responsible:

- Write down what you expect your child to do. Post lists of his responsibilities, weekly chores, and items he needs for school.
- Ask your child to check off tasks when he completes them. He can put a question mark next to a task if he needs your help.
- Help your child figure out where to store his things when he's not using them.
- Set a good example. Have a designated spot for your keys and wallet. Check your calendar to prepare for the next day.
- Show your child how to keep track of activities and assignments on his own weekly calendar.
- Let your child experience the consequences of forgetting. Don't bring his homework to school if he forgets it.
- Let your child experience the consequences of losing an item. If he can't find his library book, expect him to pay the fine.
- Praise your child when he demonstrates responsibility and does what he's supposed to do.

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Think of yourself as your child's academic coach

An effective coach is someone who guides, encourages and inspires. Thinking of yourself in this role is a helpful way to make sure your middle schooler is ready to learn.

To be a positive academic coach for your child:

- Act as a resource. Never do your child's homework for him. Instead, be available to offer encouragement, answer questions and suggest places where your child can go to find the information he needs, such as a website or reference book.
- Talk about the things your child is learning. Grades matter, but they are a product of learning. It is more important to emphasize the learning process. This includes hard work, persistence and making steady progress.
- Be willing to say, "I don't know." There will be times when you are not familiar with the material your child is learning. If he comes to you with a question, it's OK to say, "I never learned that. Let's take a look in your textbook."
- Keep in mind that your child has strengths and weaknesses. He may never need help in language arts, but he may struggle in math. Support and encourage your child in every class, but do not expect the same performance in every subject.

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Researchers reveal five key tasks for parents of teens

Now that your teen is in high school, do you think that most of the big parenting jobs are over? Hardly. According to studies, parents still have five key tasks:

1. Love and connect. Spend time together as a family and spend one-on-one time with your teen. Do familiar things like cooking a meal or watching sports, and add new things like volunteering as a family.
2. Guide and limit. Figure out what's nonnegotiable, such as issues related to school responsibilities, health and safety. Let your teen know you won't give in on those things. But talk about how you and your teen can compromise on issues like clothes, hair and schedules.
3. Monitor and observe. Be aware of where your teen is going and who she's with. Keep in contact with the school about your teen's academic performance and attendance. Consult with teachers, coaches and other adults in her life.
4. Model and advise. Be a good role model. Take care of your health and put your values into practice. Your example is more powerful than any words you speak.

Provide and advocate. If your community doesn't offer what you think teens need, get active. Network within the community to provide the support they need.

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Library Corner

The Friends of the Ten Sleep Library will hold their annual Christmas Party and Silent Auction on Monday December 9th at 6:00 pm. This party is open to the public and we encourage everyone, young and old, to come and enjoy the Christmas season with us! Feast on delicious cookies and treats, steaming hot wassail and coffee and wish your neighbors and acquaintances a happy holiday season. Bidding will begin on the silent auction items December 1st and will close at 7:30 pm December 9th. We are still accepting new Christmas crafts and gift items if you would like to donate at this time.

Parents, please help your student stay current on their library accounts. Return books and renew books promptly. Help your child learn to be a responsible library patron by keeping books in good condition, teach them organizational skills at home so they know it is library day and where their books are. Have them pay their fines promptly. Is your child missing gloves, cell phone, hat, or maybe a bike? Come to the library, it is probably here.

Do you send your kids to the library to read? Meet a friend? Play chess or checkers? Have the conversation with your child about what he does while he is in the library. If you have been at the library after school you know this is a great place for kids! Encourage reading over the holidays with our vast selection of Christmas stories for all ages. Read to your child or have them

read to you. Remember if there is no school, there is no After the Bell programming in the library.

We will be closed for the holidays December 24th and 25th. Plan ahead and have lots of movies and books for the season. We will be open 8:00 am to 5:00 pm Monday through Friday and Saturday 9:00 am to 1:00 pm throughout the Christmas break.

Christmas Concert

On December 17, 2019 at 6:30 pm the Ten Sleep Schools will be performing for the community a variety of music for celebration. Our elementary school is working hard to learn some of the traditional carols, playing instruments, and also making new music! Our 3rd grade has even learned to sing a few words in the language of the Dutch! Our middle school band continues building their skills to perform more fun and higher level music. They will be performing 2-3 pieces which we hope will bring more joy to your Christmas season. Finally, our high school students are putting together what we hope will be a great deal of fun as we are breaking the tradition of only playing Christmas themed music and including some of our tunes we are learning for pep band! We do, of course, want to keep somewhat to tradition, so Mr. Adams wrote a new version of an old carol that we are still developing. We hope you enjoy our new song "We Groovy Kings" as we prepare it and play it for your entertainment! Come see us as we help to bring in the Christmas Season! Merry Christmas from the Music Department at Ten Sleep Schools!

Nurse's Corner



Be a Flu-Fighter Wash Your Hands

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

Follow these five steps every time.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

*This information was obtained from the CDC, for more information please visit <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Please also take a moment to review the attached *Parent Flu Information Guide*. It has some great information on how to prevent the flu, recognize flu symptoms, and how to treat and care for your loved ones if they are sick. Wishing you all a happy and healthy holiday season!

FFA

The Ten Sleep FFA attended the FIRE and CPC conference in Casper Wyoming the weekend of November 22nd and 23rd. Three students attended this year, Brian Rice, Aidan Searfoss and Ian Turgon. The boys toured the Wyoming Contractors Association Regional Training Center (WCARTC) where they learned about different opportunities. They learned about the different classes for job training such as nursing and heavy equipment operators. They also toured the Wyoming Machinery Company where they worked on CAT machinery. The boys had a great learning experience and came away with different ways to help lead our local chapter.



Dinner Theater

The Ten Sleep drama Club presented "10 Ways to Survive the Zombie Apocalypse", a short comedy by Don Zolidis on Saturday evening to a packed crowd with over 200 people in attendance.

What an awesome evening! The play was directed by Kate Decker. Cast Characters were Elizabeth Bleicher, Kinley Anderson, Asher Lyman, Brian Shoopman, Tim Nichols, Samantha Bishop, Kat Bishop, Josie Decker, Izzy Fox, Anna Powell, Grace Gertsch, Payton Casteel, Cora Norman, Lindsey Holiday, Walker Cooper, Sarah Novak and Dane Weaver.

Thanks to all who helped and attended!

October Students of the Month

Congratulations to our
October Students of
the Month!

Boe Nichols, son of
Jasper Nichols

Kiyoshi Smith, son of
Justin and Jody Smith

Karidee Gossens,
daughter of Kraig and
Kady Gossens



Flag Football



Awesome job to our Flag Football team, Mr. Weaver and the High School Boys who helped coach. You all did great!

Washakie County School District #2 School Board Minutes

October 14, 2019

The regular meeting of the Washakie County SD #2 Board of Trustees was called to order at 7:00 p.m. by Chairperson Jared Lyman. Present were board members Jared Lyman, Mona Sindelar, Terril Mills, Megan Truman and Chuck Powell. Also present were Superintendent Jimmy Phelps, Principal Levi Collins, Business Manager Connie Gay and Administrative Assistant Neysha Lyman.

Pledge of Allegiance was led by Chairperson Jared Lyman.

Adopt Agenda: Terril Mills made a motion to approve the agenda. Seconded by Megan Truman. Motion carried 5-0.

Guests and Patron Comments:

Reports and Recognitions:

Student Recognitions: Principal Levi Collins recognized the September Students of the Month: Emmi Beckwith for Elementary, Canyon Egger for Middle School, and Zayne Cooper for High School.

Ten Sleep Agriscience Team Presentation: Kinley Anderson and Josie Decker presented their speech for National FFA later this month.

Accountability Report: Principal Levi Collins updated the board on our latest accountability report from the WDE.

New School Building Update: Mr. Phelps updated the board on the renewed interest from the state for a new school for Washakie County School District #2.

Business (Consent Agenda Items):

Principal Report: The principal report was included in the packet.

Superintendent Report: The superintendent report was included in the packet.

Minutes of the September 9, 2019 meeting were approved. Board members received copies of the statements and bills for review. Terril Mills made a motion to approve the consent agenda. Seconded by Chuck Powell. Motion carried 5-0. Authorization to pay the following vouchers: General Fund warrants #23391-23443 in the amount of \$35,839.13 Major Maintenance Fund warrant # 13010 in the amount of \$25,900.00; Hot Lunch Fund warrants #16001-16004 in the amount of \$4,716.45; Teacherage Fund warrants #1530-1531 in the amount of \$505.98; Activity Fund warrants #2834-2845 in the amount of \$3,538.17.

Approved prepaid bills: General Fund warrants #23368-23369, 23371-2388, 23390 in the amount of \$10,199.73; Special Fund warrant #3909 in the amount of \$16,580.69; Major Maintenance Fund warrants #1270 and 1305 in the amount of \$84,225.75; Depreciation Fund warrant #1011 in the amount of \$250,000.00; Food Service Fund warrant #1548 in the amount of \$11,800.11; Teacherage Fund warrants #1526 in the amount of \$20,600.00.

Review Transportation Fleet.

Business (Discussion/Action Agenda Items):

WSBA Delegate: Terril Mills moved that Mona Sindelar be the Delegate for the WSBA conference November 20, 2019. Seconded by Megan Truman. Motion carried 5-0.

Approve out of State Travel to the Battle of the Little Bighorn: Chuck Powell moved we approve a trip to the Battle of the Little Big Horn by Mr. Dane Weaver and six high school students on November 5th. Seconded by Mona Sindelar. Motion carried 5-0.

Approve Changes to FFA National Convention Itinerary: Terril Mills moved we approve the changes as presented to the itinerary for the National FFA Convention on October 29 - November 2, 2019. Seconded by Chuck Powell. Motion carried 5-0.

Approve Superintendent and Principal Evaluations: Chuck Powell moved to approve the WSBA Wyoming Standards Superintendent Evaluation system for evaluation of our superintendent and the McRel Principal Evaluation System for the evaluation of our principal for the 2019 - 2020 school year. Seconded by Terril Mills. Motion carried 5-0.

Discuss Bus Route: Discussion on the new bus route that was added in September. Mona Sindelar moved to remove from the bus route the expedition to pick up children located at the Mills ranch. No Second. Motion died. Megan Truman moved we continue to look for options for the route and keep this as is until we find a better option. Seconded by Chuck Powell. Motion passed 3-1. Terril Mills abstained from the vote.

Executive Session: Chuck Powell moved to go into executive session for personnel and student issues at 9:05 p.m. Seconded by Mona Sindelar. Motion carried 5-0. The board reconvened at 9:25 p.m. Chuck Powell moved to approve the executive session minutes as read in executive session. Seconded by Megan Truman. Motion carried 5-0.

Personnel: Terril Mills moved we approve to hire Sarah Novak as the Head Coach of the Middle School Girls Basketball team for the 2019-2020 School Year. Seconded by Chuck Powell. Motion carried 5-0. Terril Mills moved we add a Flag Football assignment to the Extra Duty Salary Schedule with a salary of \$2,075. Seconded by Chuck Powell. Motion carried 5-0. Megan Truman moved we hire Mr. Dane Weaver as the sponsor of the elementary flag football program for the 2019 - 2020 school year. Seconded by Chuck Powell. Motion carried 5-0.

Student Issue: Chuck Powell moved we approve Homebound Instruction for the student discussed in executive session. Seconded by Terril Mills. Motion carried 5-0.

Meeting Was Adjourned Chairperson Jared Lyman adjourned the meeting at 9:28 p.m.

November Board Agenda Items: Approve Graduation Speaker. Approve Senior trip. Discuss Bus Route.

Counselor's Corner

Recent Guidance Lesson Topics

KG: Personal SPACE- students were able to feel what "too close" felt like using hula-hoops as our "bubbles". Parent letters were sent home to gain parent awareness and support to encourage students to watch others' bubbles and the polite ways to respect our bubble and another's bubble.

Grade 1-2: Personal SPACE- We discussed who can be close to us and who may be in an "outside" bubble when it comes to our personal, comfortable space.

Grade 3: I have challenged the 3rd graders to make a school wide kindness project to carry out the ripple effect. In groups, students will create and carry out their plan for encouraging kindness in our school.

Grade 4-5: Self-discipline- how to train our brains.

Grade 6: Self-discipline- how to train our brains. We also took a minor detour and discussed the state's Hathaway Scholarship and the students' desires for post-secondary plans.

FOR Club news: The FOR club is still utilizing Rachel's locker. This is a place where students go to drop a kind note in a shoe box for a designated staff member. We are also doing the kindness chain. Students elected to help staff with the big/little Christmas activity planning for the final day of the semester before Holiday break.

Pioneer Pride: We meet the 2nd and 4th Fridays of the month. The recent topic of discussion was "what challenges do females face in our school/community".

Secret Service Club:

We meet the 1st and 3rd Wednesdays of the month during lunch recess. The Secret Service Club was successful in meeting their sock goal. We were able to collect 206 pairs of socks. One box went to the Worland Lighthouse. The other box went to the Casper Rescue Mission.

Students have then elected to honor their parents for the Thanksgiving holiday. We are doing gratitude jars for students to take home and share with their families. Students and families will discuss gratitude and daily put a gratitude slip in the jar with the idea of noticing all the things we can be grateful for!

The December activity will be similar to last year. We may be doing cookie plates to deliver around town to elders in our community. Or just anyone who is on Santa's Nice List!

Little Shoppers

Little Shoppers will be held at the Ten Sleep Senior Center on Friday, December 6th. Staff and Big Pioneers will accompany Elementary students to do their Christmas shopping. Please send a list with the names of immediate family members your child will be shopping for along with money if you want your child to participate in this activity.

This activity is sponsored by the Ten Sleep United Methodist Women and is a great opportunity for children to purchase new or nearly new gifts for family members. All gifts are priced at \$1.00 or less.



Ten Sleep School

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www.wsh2.k12.wy.us:



Ten Sleep School
Supporting Success

Veterans' Day Concert

Thanks to all the Veterans that attended our program, we appreciate your service. Also, thanks to Mr. Adams, teachers and all the students for an awesome concert, the school staff for the delicious luncheon, the members of FFA who served and cleaned up after the luncheon, Becky Mills for preparing Scout Uniforms for student members of the Color Guard, and, a very special thank you to American Legion Post 44 members.

If you know of any local Veterans that were not at our program, please let us know, we would like to put them on our Veteran's list so we can send them an invitation when we have next year's program.

CSO

First Quarter Honor Roll students each received a gift card for the Mountain Stage Company. Watch for upcoming events such as our Valentine Candy cups, basket raffle, Pink Out game and the book fair. Thank you for your continued support.

Hot Lunch

Student meals are \$2.00 for K-6, \$2.50 for 7-12 and extra milk is \$.25. **December** costs for K-6 will be \$30.00, 7-12 will be \$37.50. **January** costs for K-6 will be \$36.00, 7-12 will be \$45.00. By State law, the school cannot extend credit.

Washakie County School District #2 December 2019

Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 Girl Scouts 6:00	2 MSGB @ Rocky Mtn 4:30			4	5 Little Shoppers Red Friday, Morning Classes	6 MSGB Conference Tourney @ Rocky Mountain Pearl Harbor Day	7
	8 Girl Scouts 6:00 School Board 7:00	9 Wyoming Day		10	11	12 Blue Friday, Afternoon Classes HSB @ Upton Tourney	13 HSB @ Upton Tourney Parade of Lights 6:00	14
	15 Girl Scouts 6:00	16 Christmas Concert 6:30		17	18 Semester Tests, Afternoon Classes	19 End of 2nd Qtr & 1st Semester Red Friday, Morning Classes	20	21
	22 Christmas Break	23 Christmas Break		24	25 Christmas Break Merry Christmas!	26 Christmas Break	27 Christmas Break	28
Christmas Break	29 Christmas Break	30 Christmas Break	31	1 Christmas Break Happy New Year!	2 Christmas Break HSB @ Riverside 5:30/7:00	3 HSB @ Arvada/Clearmont 2:00/3:30	4	

<http://www.wsh2.k12.wy.us>

P.O. BOX 105, Ten Sleep, WY 82442
Phone: 307-366-2223 | Fax:

Washakie County School District #2 January 2020

Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christmas Break	Christmas Break	Christmas Break	Christmas Break Happy New Year!	Christmas Break	Christmas Break HSB @ Riverside 5:30/7:00	HSB @ Arvada/Clearmont 2:00/3:30
29	30	31	1	2	3	4
	5 First MSBB Practice Teacher Inservice, No School	6 Start of 3rd Qtr & 2nd Semester	8	9 Blue Friday, Afternoon Classes HSB @ Dubois 5:00/6:30	10 Blue Friday, Afternoon Classes HSB @ Dubois 5:00/6:30	11 HSB Shoshoni JV Home 1:00/2:30
	12 School Board @ 7:00	13 HSB Boys @ Greybull 6:15	15 MSBB Rocky Mtn Home 5:00/6:00	16 HSB @ Meeteetse Tourney TBA	17 HSB @ Meeteetse Tourney TBA	18 HSB @ Meeteetse Tourney TBA
		HSB Greybull Girls Home 6:00		Red Friday, Morning Classes		
	19	20	22 HSB Rocky Mountain JV Home 5:00/6:30	23 Blue Friday, Afternoon Classes HSB @ Meeteetse 5:00/6:30	24 Blue Friday, Afternoon Classes HSB @ Meeteetse 5:00/6:30	25 MSBB Greybull Home 10:00/11:00
			MSBB Cloud Peak @ Basin 4:15/5:15	MSBB @ Meeteetse 2:00/3:00		
	26 Teacher Inservice, No School	27	29 MSBB Cloud Peak Home 4:15/5:15	30 HSB St. Stephens Home 5:30/7:00	31 MSBB Burlington Home 3:00/4:00	1
				Red Friday, Morning Classes		

<http://www.wsh2.k12.wy.us>

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LUNCH

DECEMBER 2019

Washakie County School District #2

Monday

2
Pork Rib Sandwich
Chicken Sandwich
French Fries
Peas
Pears
Milk

9
Chili
Corn
Veggie Sticks
Applesauce
Cinnamon Rolls
Milk

16
Tator Tot Casserole
Broccoli
Hot Rolls
Mandarin Oranges
Milk

23

30

Tuesday

3
Tacos
Refried Beans
Lettuce Salad
Peaches
Churros
Milk

10
Chicken Patties
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Peaches
Milk

17
Chicken Quesadilla
Black Beans
Spanish Rice
Corn
Pears
Milk

24

31

Wednesday

4
Hamburger Deluxe
French Fries
Broccoli
Grapes
Milk

11
Turkey Wraps
Potato Chips
Baked Beans
Capri Veggies
Mandarin Oranges
Milk

18
Sloppy Joes
French Fries
Country Trio Veggies
Apples
Milk

Merry Christmas **25**

Thursday

5
French Toast Sticks
Sausage Links
Hash Browns
Egg Patties
Veggie Sticks
Oranges & Milk

12
Ham
Scalloped Potatoes
Broccoli Normandy
Hot Rolls
Tropical Fruit
Milk

19
Chicken Noodles
Peas
Hot Rolls
Mixed Fruit
Milk

26

Friday

6
Chicken Nuggets
Chicken Rice
Egg Rolls
Stir Fry Veggies
Apples
Milk

13
Fish Sticks
Mac 'n' Cheese
Peas 'n' Carrots
Apples
Milk

20
Pizza
Lettuce Salad
Cottage Cheese
Pineapple
Milk

27



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LUNCH

JANUARY 2020

Washakie County School District #2



Monday

Tuesday

Wednesday

Thursday

Friday

3

2

1

7

6

13

20

27

Happy New Year!

Chicken Strips
Chicken Rice
Egg Rolls
Stir Fry Veggies
Pineapple
Milk

Chicken Fried Steak
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Apples
Milk

Hoagies
French Fries
Broccoli
Grapes
Milk

Spaghetti
Bread Sticks
Lettuce Salad
Pears
Milk

Chili
Corn
Veggie Sticks
Applesauce
Cinnamon Rolls
Milk

Chicken Drumsticks
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Apples
Milk

Chicken Strips
Chicken Rice
Egg Rolls
Stir Fry Veggies
Pineapple
Milk

Chicken Fried Steak
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Apples
Milk

Hot Dogs
French Fries
Capri Veggies
Mandarin Oranges
Milk

Tacos in a Bag
Lettuce Salad
Refried Beans
Peaches
Milk

Sausage Biscuits
Hashbrowns
Veggie Sticks
Cottage Cheese
Pineapple
Milk

Chicken Chip Casserole
Munchkin Muffins
Peas
Cottage Cheese
Pineapple
Milk

Chef Salad
Ham, Turkey, Egg,
Cheese, Tomatoes
Bread Sticks
Cottage Cheese
Pineapple & Milk

Salisbury Steak
Mashed Potatoes/Gravy
Broccoli Normandy
Hot Rolls
Pears
Milk

Turkey Wraps
Potato Chips
Baked Beans
Country Trio Veggies
Grapes
Milk

Hot Dogs
French Fries
Capri Veggies
Mandarin Oranges
Milk

Chili
Hot Rolls
Apples
Milk

Teacher Inservice
No School

Corn Dogs
Mac 'n' Cheese
Peas
Peaches
Milk

Baked Potato Bar
Ham & Cheese
Broccoli & Cheese
Chili
Mixed Fruit
Milk

Hamburger Deluxe
French Fries
Corn
Grapes
Milk

Sausage Biscuits
Hashbrowns
Veggie Sticks
Cottage Cheese
Pineapple
Milk

Chicken Drumsticks
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Apples
Milk

Chicken Drumsticks
Mashed Potatoes/Gravy
Green Beans
Hot Rolls
Apples
Milk

Ham or Turkey
Croissant Sandwich
Potato Chips
Baked Beans
Apples
Milk

Beefy Nachos
Refried Beans
Lettuce Salad
Mixed Fruit
Milk

Hamburger Deluxe
French Fries
Corn
Grapes
Milk

Chicken Chip Casserole
Munchkin Muffins
Peas
Cottage Cheese
Pineapple
Milk

Teacher Inservice
No School

Teacher Inservice
No School

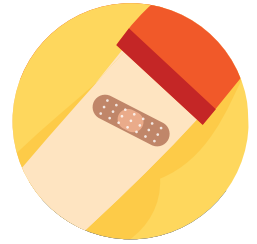
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The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

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

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



PARADE OF LIGHTS

"TIS THE SEASON TO BE FREEZIN"

DEC. 14, 2019 @ 6:00 PM

LINE UP AT 5:30 PM AT THE RODEO GROUNDS

You can sign up by calling Becky Cooper @ 366-2748. The judges will be on the North side of 2nd Street.

Santa will be at **DIRTY SALLY'S** following the parade. They will be serving chili.

Parade Sponsored by: Ten Sleep/Hyattville Lions Club



Ten Sleep Class of *2023*

Snowman Sale

Tabletop Snowman-\$15.00

Two log Snowman- \$20.00

Three Log Snowman -\$25.00

Included: Log Hat, Scarf, & Painted on buttons and face



Tabletop



2&3 Log

To pre-order please talk to a Freshman or Mrs.
Arnett.