



November



From the Desk of Mrs. Herrick

BMS has been a busy place this past month! Students across the district came together to celebrate homecoming. Seventh and eighth grade band students spent an awesome day together at Camp Manitou. Our seventh and eighth grade volleyball teams wrapped up exciting seasons and we even had a student head to state with our local Equestrian Club! The month ended with a Halloween party and an exciting visit from our daycare friends across the street. Students are now preparing for the end of the trimester on November 22nd and looking forward to Thanksgiving break, November 22nd – 28th.

If you know your child is going to be absent, please send a note to pre-excuse the absence. A reminder to do so if your child plans to be gone for deer hunting.

Updated Student Handbook

Information:

BMS students may carry a water bottle throughout the school day. Students who wish to do so should use clear water bottles with no-spill covers (straw, flip top, etc.) We ask that students not carry plastic throw-away bottles and that bottles be used only for drinking water. In order to stay hydrated, we strongly discourage students from packing soda in their lunches.



Seventh and eighth grade basketball players and wrestlers are reminded that trimester grades do impact athletic eligibility.

*Did you know.....
Water is essential for optimal brain health and function. In fact, when a brain is slightly dehydrated it performs 10 to 15 percent more slowly.*

NURSE'S NOTE

Cold, Flu and other illnesses

Please remember that we are heading into cold and flu season.

Here are some guidelines to help you decide if you have the cold or flu.

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (100-102 degrees) Lasting 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 Weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough, Hacking cough	Mild to Moderate;	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life threatening
Prevention	Good Hygiene	Annual flu shot or FluMist
Treatment	Medication only temporarily relives symptoms	Antiviral drugs (Tamiflu or Relenza) within 24-48 hours of onset

It is recommended that if you suspect that your child has the flu s/he should stay home from school. You may also wish to contact your health care provider and ask about an antiviral medication (which needs to be within the first 24-48 hours of onset of symptoms). Questions about the flu shot or diagnosis, contact your health care provider.

If your child is running a fever they should stay home until they are free of the fever for 24 hours. Please remind your child to cover their nose and mouth when coughing or sneezing. No sharing of drinks, silverware, hats, or anything that you would rub directly onto the skin (ie. deodorant, chap stick or lip gloss). Please wash hands or use hand sanitizer after coughing, sneezing, picking the nose, bathroom, and playing or working with animals (wash them if they are soiled).

If you have questions or concerns, the CDC (Center for Disease Control) has good information on all these illnesses and many more at <http://www.cdc.gov> or you can contact your health provider or the School Nurse.

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