



BMS NEWSLETTER

November

from the Desk of Mrs. Herrick

And, just like that, it's winter in Wisconsin!
Please remind your child to dress for the weather.
Warms coats, hats and mittens will be needed for recess.

A Veteran's Day Program will be held at BMS on Friday, November 10th at 9:15am. Family members are welcome to attend.

Our first all school celebration will be on Tuesday, November 21st. Students will have the opportunity to hear from motivational speaker, Tasha Schuh. After a tragic theater accident left her paralyzed from the chest down, Tasha has discovered invaluable lessons that resonate with audiences of all ages. Since 2007, she has been traveling across the country inspiring and challenging others to overcome and persevere, no matter what life throws at them.

Student Handbook Update:

Students may bring cellular phones or cellular watches to school. The cellular phones and/or cellular watches must be turned off and stored in the student's locker. No cellular phones and/or cellular watches may be used during the school day for any reason. No cell phone or camera may be taken into a locker room or bathroom for any reason.

Any cellular phone and/or cellular watch that is not stored in a locker, or that is being used during the school day, will be confiscated and left in the office until the end of the school day. Any subsequent violations of this policy will result in detention. The number of detentions to be served will be determined by the principal.

If you know your child is going to be absent, please send a note to pre-excuse the absence.

If your child plans to be absent to deer hunt, please send a note prior to the absence.

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

Cold and Flu Season is here

Do you or your child feel under the weather? Can you tell if it is a cold or the flu? Here are some guidelines that might help you to figure it out.

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (100-102 degrees) Last 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	Mild to Moderate; Hacking cough	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

Information compiled from WebMD

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, talk with your health care provider.

Julia Fossum RN
School Nurse

Tis the Season for cough, sneezes, sore throats and runny noses.

As you may be aware of, we here in Bloomer have seen a large number of cases of Hand, Foot and Mouth Disease HFMD is moderately contagious viral infection. It is spread from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons. A person is most contagious during the first week of the illness. HFMD is transmitted similar to a cold or flu virus. The best prevention is to do **good hand washing** and covering nose and mouth with sneezing and coughing. This behavior is taught and encouraged here at school and we hope that your family continues it at home and when out in the community. Adults don't usually show the symptoms of HFMD, but could still transmit it to others. Always **wash hands** before eating, avoid rubbing your eyes, picking your nose or otherwise putting anything in your mouth. This is a good habit to help prevent the spread of any viral or bacterial infection.

Symptoms of HFMD are fever, sores in the mouth and a skin rash. HFMD begins with a mild fever, poor appetite, malaise (feeling vaguely unwell), and often a sore throat. One or 2 days after the fever begins, painful sores can develop in the mouth. They begin as small red spots that blister and then often become ulcers. The sores are usually located on the tongue, gums, and inside of the cheeks. The skin rash develops over 1 to 2 days, with flat or raised red spots and sometimes with blisters. The skin rash usually does not itch and is usually on the palms of the hands and soles of the feet. It may also appear on the buttocks or genitalia and has also been seen on the legs, arms and torso. A person with HFMD may exhibit none to all of the symptoms.

As with any illness, please keep your child home during and for 24 hours after he or she has been running a fever, or if they have poor appetite, feeling ill, sore throat, pain or open sores.

Please be mindful of others as this and most infections are the most contagious during the initial onset and while they are running a fever or feeling sick. We have several children in or closely related to people in the district that do not have the immune system to battle even minor infections.

If you feel that you or your child is showing these symptoms please contact your health care provider and follow their advice on how to ease discomfort and how long they need to be out of school.

If you have questions or concerns, the CDC (Center for Disease Control) has good information on it at <http://www.cdc.gov/hand-foot-mouth/>.