Hello! I’d like to thank all who came to parent teacher conferences last week. Parents and teachers together make a powerful team. We appreciate the opportunity to share your child’s progress, and to learn more about your child from your perspective. You are an important part of your child’s success in school. Thanks for your support! Thanks, also, to all the parents who brought food for the staff on Conference Day. It was such a wonderful spread! Thanks to all of you, and to GLSP and Ashley Nadeau for organizing it. It was much appreciated!

The official beginning of winter is right around the corner on December 21st, but the snow days have already begun! As in previous years the Goffstown School District is using School Messenger, the automated calling system that will be activated any time there is a school delay or closing. Also, WMUR does a timely job of reporting school closings and delayed openings. Just a reminder, if the district has a delayed opening, Glen Lake School does not have a morning program or skills group that day. Hopefully this will be a mild winter, and we will miss few days due to snow and ice.

Next Thursday will be our Winter Wonderland Theme Day for kindergarten. Winter Wonderland is a school wide event that focuses on the joys of the winter season. Preschool students stay in their own classrooms and enjoy a variety of seasonal activities while kindergarten students rotate through the classrooms. Again this year, preschool classes will spread winter-themed activities throughout the week, to make it easier for our youngest ones to enjoy these activities without getting overwhelmed. Mrs. Quinones will be providing fun activities in the motor room, as well, which is always a big hit. The school will supply “winter snack mix” and juice for snack for all classes on Thursday. Our School Nurse, Olivia Winkfield, will be sending home a list of the ingredients to parents of children with food allergies. If you don’t want your child to eat the school-supplied snack, please let Mrs. Winkfield and your child’s teacher know. Winter Wonderland is a busy day with hands on activities and active play. Pants and sneakers are most appropriate. Thanks to Ashley Nadeau for organizing our volunteers, and to those volunteers who help make it a great day for all.

I hope this finds you enjoying a happy December filled with fun family times. As we talk with parents, we are often asked about toys for young children that would reinforce their learning and provide enjoyment. In response to your inquiries, I offer the following. As educators and parents, we value simple toys... inexpensive board games (like Candy Land or Chutes and Ladders, which reinforce matching, counting, and turn-taking skills), a deck of cards, play dough, crayons and paper (to practice fine motor skills), or even an empty box and other items for creating that spark thinking and imagination. Technology is no substitute for the back and forth of human interaction, and experience that comes when you interact with real toys and things with your child. The classic building toys are still valuable and help children learn real-life math and engineering skills, and help them learn to problem-solve, as well. Reading a real book together is a richer experience, by far, than “watching” a book on a device. (The Goffstown Public Library is a great source for free reading material.) There is a time, place and purpose for technology. It offers us ways to connect with loved ones far away, great portability, and new tools for learning. Children need social and physical interaction ... technology is not, and cannot be, a substitute for that. So many rich childhood experiences can be had for very little expense. In the classroom, we purposefully balance real materials with technology for instruction and we never substitute technology for human interactions. As with so many things in life, we find we get the best results when everything is in balance.

I wish you happy days with your little one! ~ Kathy Stoyle, Principal
Calendar of Events:

DECEMBER
Thursday 12/19 - Winter Wonderland Theme Day
Friday 12/20 - Pajama Day
Monday 12/23 through Wednesday 1/1 - No School

JANUARY
Thursday 1/2 - Welcome Back!
Wednesday 1/8 7:00-8:30 pm - School Family Partnership for Special Education meeting at

Nurse’s Corner by Olivia Winkfield, RN BSN CPN
Glen Lake School Nurse
Phone: 603-660-5952 Fax: 603-497-3660

Friday, 12/20 will be Pajama Day in kindergarten! Students are invited to wear school appropriate pajamas to school. This is a choice and is not required. Some students prefer their regular clothes and that is fine! Please make sure your student has appropriate school footwear.

It’s not too late to get the flu shot! Protect yourselves, your children, and others against the flu by getting vaccinated. Please take a moment to read through the enclosed article for parents from the CDC about the flu vaccine. Remember, we are not only protecting ourselves when we get vaccinated, but others in vulnerable populations such as the elderly, the very young, and those with chronic health conditions such as asthma and diabetes. For these people especially, the flu can be followed by serious complications and can be deadly. Please think of others and help to keep us all healthier!

A friendly reminder - if your child wears boots to school, please send in another pair of sturdy shoes or sneakers in their backpacks for them to wear at school. Especially on Mondays (preschool) and Wednesdays (Kindergarten) for motor group! Also, if you have any clothes at home that your student might have borrowed from the health office, please return. Thank you!

Happy Holidays to everyone!

Once again, Glen Lake School is proud to support the Goffstown Senior Holiday Lights Tour organized by School Resource Officer Jacqueline Pelletier of the Goffstown Police Department. Preschoolers created candy canes for delivery to the event participants. It was a great opportunity to work on patterning and the students were so happy to help with this event!

How many snowflakes can you find in this issue?
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.

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO
Positive Solutions for Families
For Parents and Guardians of children ages 2-6

Free 6-Week Workshop
January 13-February 17, 2020
Mondays, 5:30-7:30pm
Dinner included & Childcare available

Are you looking to understand your child’s challenging behaviors?

What strategies can you use to help your child learn appropriate behaviors?

How can you support your child’s social and emotional skills?

Facilitated by Jillian McPhail Purcell, M.Ed. & Kim Philibert, EIS

Glen Lake School
251 Elm St.
Goffstown, NH

Registration is required. Complete the attached form to register for this opportunity. Spaces are limited!

This is an evidence-based program from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL).
Positive Solutions for Families Registration Form

This 6-Week Workshop takes place on Mondays 5:30-7:30pm from January 13 to February 17, 2020 at Glen Lake School, 251 Elm St. Goffstown.

Please complete the following form and return it to Glen Lake School or email it to Jillian McPhail (Jillian.McPhail@sau19.org) by January 3rd. Forms can also be faxed to 497-3660.

Name of Attendee(s): ________________________________

Family Role: ______________________________________

Ages of children in household: ________________________

Home Address: _____________________________________

Phone number: _____________________________________

Email: _____________________________________________

Preferred Method of contact (circle): Phone Email

*You will hear from us to confirm your spot in the workshop.

If you need childcare to attend, please indicate the number of children and ages:

________________________________________

Will you commit to attend all 6 sessions (1/13, 1/20, 1/27, 2/3, 2/10, and 2/17/20)?

________________________________________

What do you hope to get out of this workshop?

________________________________________

________________________________________

________________________________________

Are there certain areas in which you feel the need for support?

________________________________________

________________________________________

________________________________________

Please contact Jillian McPhail (Jillian.McPhail@sau19.org) or Kim Philibert (Kim.Philibert@moorecenter.org) with any questions.