

## January Dates to Remember

Jan. 7- Monday... PTO Meeting 6:00pm

Jan. 9- Wednesday... Early Release -Students - K-4 are dismissed after lunch - **12:15pm**

**McDonald's Fundraiser 5-7pm**

Jan. 21- Monday... No School-Civil Rights Day

Jan. 23- Wednesday... Family Fun Night 5:30-6:30pm

Jan. 28- Monday... Teacher Workshop Day

No school for students

Jan. 31- Thursday... Monthly Assembly



## January Birthdays

Kindergarten - Joseph T. 18...Adeline P. 25...

Ellie B. 31

Grade 3- Gracelyn B. 1

Grade 4 - Richard S. 9



## PARENT REMINDERS

*No school days or delayed openings* due to bad weather are announced on local radio stations (see handbook) as well as the districts website-[www.rochesterschools.com](http://www.rochesterschools.com)

- Don't forget, you also can be notified with the Honeywell Instant Alert System. If your phone number has recently changed, stop in the office and **we can help you access your account.**
- To access Instant Alert; you may go to <http://rochesterschools.com> and click on the Instant Alert link.
- **If you child receives morning tutoring, it will be cancelled when we have a delay.**
- **Do you know where your Blizzard Bag is?**

## Is It the Flu or a Cold?

Is it a cold or flu?		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

The Rochester School District follows the recommendations of the CDC (Centers for Disease Control and Infections) regarding cold and flu season.

## Is It the Flu or a Cold?

Keep your child home if he or she is sick:

- ✓ **Child must remain at home for a fever of 100.4° or higher.**
- ✓ **Child must remain home for at least 24 hours after the fever is gone without the use of fever reducing medication such as Tylenol or Motrin.**

*Always seek the advice of your personal physician.*

**Please reinforce good health habits with your children such as covering coughs and sneezes with a tissue or elbow (shirt sleeve) followed by good hand washing with soap and water for at least 20 seconds. Let's all do our best to prevent the spread of illness to others! Your child's health greatly affects their education.**

**Please do not hesitate to contact your child's school nurse whenever school is in session.**

<https://www.cdc.gov/flu/about/ga/coldflu.htm> for more information

## Principal's Corner

Greetings,

Let me start by wishing all of our families well in 2019! It is a pleasure to serve the families, students and staff of this community. I *appreciate* how parents are quick to share good news, observations and concerns with me. Keep it up! We will be all the stronger as a school community for it. Please feel free to join us at our January 7th PTO meeting; we have a regular group of friendly parents who share an interest in knowing more about the school & supporting the school in different ways.

Did you know that we know how well we are supporting kids by reviewing trends? We have teams that meet twice a month to determine how best to support kids with skills, like, perseverance and managing feelings. Most kids respond to school-wide agreed upon and practiced expectations of kindness, safety and responsibility around the school. We emphasize these expectations with roll-outs to provide a chance to practice expectations, have fun and receive feedback. A few kids benefit from small group coaching and/or additional supports to meet building expectations. Some kids at this level benefit from individual counseling at school or within the community. Our goal is to be only as special as necessary for kids to be successful as friends, community members and students.

We will continue to reach out to you when kids are late, absent or repeatedly picked up early. We wouldn't be worthy of your kids if we didn't care when they were missing valuable school time. We want our kids to have every option possible as they begin their journey to high school and graduation. Attendance matters! Please keep the doctor/dental notes flowing into our office as well as the phone calls when kids are legitimately ill. *We worry* when we do not hear from you in the morning by phone & your child is not present at school.

Be well, our school community is awesome & the sky is the limit.

**My Best,**  
Jen H