PTA/SAC MEETING

Join us Monday, 2/10 for the November PTA and SAC Meeting. PTA meeting will be from 4:15-5:15pm. SAC Meeting is from 5:30-6:30pm. Dinner will be served in-between the meetings. If you can’t make it for both, no problem, just come to whichever you can! PTA and SAC are great ways to get involved in your school, come make your voice heard!

We would love for you to join PTA even if you can’t attend meetings or events. Contact a board member for more information.

WE NEED YOU!

Our current PTA board has been serving the school for the last 3 years and will be ending their terms. We need new volunteers to step up and serve as board members for the 2020-2021 school year. The time is minimal, but it makes maximum impact on our school. Come to the February meeting, or contact Erika to get more information. Elections are held in March.

COLORADO BALLET

We are excited to have the Colorado Ballet come to Namaqua for a school assembly. Part of our fall fundraising is to bring new and exciting assemblies to our kids.

Colorado Ballet Studio Company professional dancers perform excerpts from ballets based on folk tales and literary classics while moving through the timeline of ballet. From the fantastical love stories of the Romantic Era, to the grand costuming and music of the Classical Era, to the free movement of the Modern Era, students will watch as stories and history come to life through the world of ballet. Plus, each assembly will feature a brief excerpt from one of Colorado Ballet’s 2019-2020 productions: Don Quixote, The Nutcracker, or Peter Pan and a chance for select audience members to come on stage!

Topics discussed will include: how stories are translated into dance, a brief history of ballet, pointe shoe FAQ, male roles in dance and much more. The assembly will conclude with a Q & A in which the audience can interview the dancers!

CONFERENCE DINNER

Look for an upcoming email on how you can help feed our teachers during conferences. We will be serving them a taco bar along with other snacks to keep them fueled during the long hours they put in during conferences.
ATTENDANCE WINNERS!

The attendance winner for January was Mrs. Mandeville’s 5th grade class!

READING CHALLENGE

Congrats 2nd grade for winning the December monthly reading challenge. The winner for January will be announced next week. New log forms went home in Friday folders for February.

Namaqua is also looking for volunteers to help with small group reading. You can sign up at:

https://www.signupgenius.com/go/5080A4BA5A822A0F58-february

A NOTE FROM THE PRINCIPAL....

Dear Families,

It is hard to believe that it will be February next week. We have a lot of different activities planned for February.

New reading logs will be going home. Please send in your January logs next week. We will count up the logs and announce the highest percentage of participation next week. The grade level with the highest participation will receive a reward. Last month, 2nd grade won and Ms. Lewis and myself provided an extra recess and popcorn snack to the entire grade level.

February is Random Acts of Kindness month. Each day our PBiS team will announce a random act of kindness kids can quickly and easily participate in during the day. Please ask your child how they were kind to another student throughout the month.

Schools on the Move is during the month of February. Mr. Williams led a kickoff assembly promoting healthy choices. Schools on the Move is sponsored by the 5210 program. 5 fruits and vegetables a day, 2 hours or less of screen time a day, 1 hour of physical activity a day, 0 sugary drinks a day. Please support your child as they work on making healthy choices.

At the end of February we will have parent teacher conferences again. A Sign-up Genius will be going out to sign up for conferences. This is a great time to meet with your child’s teacher to discuss the progress your child has made so far this year and how you can continue to partner together to support your child.

Have a great month!

Mrs. Geraghty

HEALTH OFFICE NEWS

We monitor for illness in the building as an ongoing process from the health office. If you are calling in for your student for illness, please report symptoms of the illness to the attendance line. It is also appreciated if you have had any testing for flu or strep that these results be shared in the call in information. Thank you for your support in helping to keep our school population healthy.
# How Sick is Too Sick?

When Children and Staff Should Stay Home from School or Child Care there are three main reasons to keep sick children and adults at home:

1. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy or will not stop crying.
2. A child needs more care than teachers and staff can give while still caring for the other children.
3. The symptom or illness is on this list, and staying home is required.

Remember, the best ways to stop the spread of infection is through good hand washing and staying home when sick.

## Symptoms Child must stay home?

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<th>Symptom</th>
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| **Diarrhea**       | Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.  
Yes - if there are other symptoms along with the diarrhea (such as vomiting, fever, abdominal pain, jaundice, etc.), the diarrhea cannot be contained in the toilet, there is blood or mucous in the stool, the child is in diapers or the staff member handles food or bottles. Children and staff may return 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer. |
| **Fever**          | Fever with behavior change or other illness. Babies who are 4 months or younger need to see doctor right away for a fever of 100°F or higher. A child should not be excluded if they have a fever with no other symptoms unless they are 4 months old or younger.  
Yes - if there is also a rash, sore throat, throwing up, diarrhea, behavior changes, stiff neck, or difficulty breathing. |
| **Flu-Like Symptoms** | Fever over 100°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, throwing up, and diarrhea.  
Yes - for at least 24 hours after the fever is gone. The fever needs to be gone, without using medicine that reduces the fever (acetaminophen or ibuprofen). |
| **Coughing**       | Yes - if the coughing is severe, uncontrolled, or the child has wheezing, rapid or trouble breathing. Medical attention is needed for wheezing, rapid or trouble breathing.  
Note: Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment. |
| **Mild Respiratory or Cold** | Symptoms Stuffy nose with clear drainage, sneezing, and mild cough.  
No – children and staff may go to school if they able to take part in usual activities. Children and staff should stay home if the symptoms are severe. This includes fever and if a child is not acting normally and/or has trouble breathing. |
| **Vomiting/Throwing Up** | Throwing up two or more times in the past 24 hours, there are other symptoms in addition to the vomiting (such as fever, diarrhea, etc.).  
Yes – until 24 hours after throwing up stops or a doctor says it is not contagious. If a child has a recent head injury, watch for other signs of illness and for dehydration. Adults who handle food and bottles must be excluded. |
| **Chicken Pox**    | Yes - until the blisters have dried and crusted (usually 6 days). |
| **Conjunctivitis (pink eye)** | Pink color of eye and thick yellow/green discharge  
No – children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment. |
Croup (see Coughing) Call your doctor for advice. Note: Children and staff may be able to go to school unless they are not well enough to take part in usual activities.

Fifth’s Disease
No – the illness is no longer contagious once the rash appears.

Hand Foot and Mouth Disease (Coxsackie virus)
No - unless the child or adult has mouth sores, is drooling and is not able to take part in usual activities.

Head Lice or Scabies
Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.

Hepatitis A
Yes - until 1 week after the illness starts and when the child or staff is able to take part in normal activities. Children and staff should not go to another facility during the period of exclusion.

Herpes
No - unless there are open sores that cannot be covered or there is nonstop drooling.

Impetigo
Yes – children and adults needs to stay home until antibiotic treatment has started.

Ringworm
Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.

Roseola
No - unless there is a fever or behavior changes.

RSV (Respiratory Syncytial Virus)
No – children and staff can go to school unless they are not well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice.

Strep Throat
Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children and staff also need to be able to take part in usual activities.

Vaccine Preventable Diseases Measles, Mumps, Rubella(German Measles), Pertussis (Whooping Cough)
Yes – Children and staff can return to school once the doctor says they are no longer contagious.

Yeast Infections-Thrush or Candida diaper rash
No - follow good hand washing and hygiene practices.

Other
Symptoms or illnesses not listed. Contact the child care center director or school health staff to see if the child or staff member needs to stay home.

This was developed in collaboration with the Children’s Hospital of Colorado School Health Program.
The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor’s advice and is not intended to diagnose, treat, cure or prevent any disease.
SHEILA PERRY - 1ST GRADE TEACHER

What do you do for NES?
I teach first grade.

How long at NES?
I have been at Namaqua for 13 years. I have worked as a special education teacher, kindergarten teacher and second grade teacher.

If you could learn to do anything, what would it be?
I would love to learn how to speak Spanish fluently.

What fictional character would be?
I would be Junie B. Jones. She sure seems to enjoy life!

What did you learn in the last week?
I learned that first graders will always surprise you.

What is your favorite activity?
I enjoy hiking and camping. I like the peace that can be found in the mountains.

What three traits define you?
Loyal, compassionate and adventurous.

What would you do if you weren’t doing this?
If I were not a teacher, I would like to be a chef.

What is your favorite part of your job?
I enjoy watching the students learn and grow each year. It is incredible what they learn in the first grade!

STAFF SPOTLIGHT

Don’t forget to log your 5210+ everyday in February. It’s a great family challenge as well! Thanks to the TVHS cheerleaders for kicking off this fun challenge!