



WOW! That was no fun...no fun at all! I rarely get sick and that bug totally knocked me out! And sadly I am not alone in the winter illness joy that is going around. We have MANY students with fevers, sore throats, stomach aches, and the full on flu like I had.

Sometimes when you have a child that is complaining of ailments it is hard to know when to keep them home. Here are a few simple guidelines (taken from Yakima Public Schools Health Services):

Send me to school if...

- I have a runny nose (clear discharge) or just a little cough, but no other symptoms.
- I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 24 hours and didn't need medication.

Keep me home if...

- I have a temperature higher than 100 decrees.
- I have been throwing up or have had diarrhea in the last 24 hours.
- My eyes are red and painful with discharge that keeps coming back during the day.
- I have been having body aches, fatigue or frequent headaches.
- I have a sore throat and a fever.
- I have an undiagnosed rash.
- I have a bad cough or cold.

Call the doctor if...

- I have a temperature higher than 100 degrees for more than two days.
- I've had a cough for more than a week, and it isn't getting better.
- I have had a fever and now have a rash.

On those days when you are just not sure about sending them to school, go with the side of caution and just keep them home. They will recover from whatever symptoms they have more quickly and keep the rest of the classroom/school from getting exposed.

~Denise Carey~

Promise of the Week- Isaiah 26:3

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Tuition for Paradise: Help the families of Paradise Adventist Academy this Christmas season by joining us in raising \$2500 towards the UCC Education Department's goal of \$50,000 to help with student tuition. Your small donation can help these families in a HUGE way by enabling them to keep their children in Adventist Education. Drop off your donations in the school office.

School Doors: In an effort to further heighten our security, we are now keeping the front doors locked before and after school.

NEEDED: Our Home and School Team needs y-o-u! They are looking for more members to complete this amazing team. Being part of H&S is a GREAT way to take an active part in making YACS the best school it can be, support your children's education, and a just plain fun, rewarding experience. Join today! You will not regret it!

More volunteer hours available! Miss Atwood needs some help setting up trees for the Christmas Program. Go to https://www.signupgenius.com/go/5080f4ca5a92da6f58-trees and sign up now (or let us know in the office). Thank you!

Christmas Program: This year's program is Wed., Dec 12th at 7pm. Be sure to invite all of your family and friends!

- Students need to be in their classrooms by 6:30 pm to prepare to perform.
- PK-6th wears black and white and 7-10th wears their new performance uniforms.

Christmas Break: School dismisses Friday, December 14, at 12:15 for the holidays. Have a blessed Christmas with your family and friends!

Spirit Week: Spirit Week is coming shortly after break! Woohoo!

- Monday, Jan. 14 **Hat Day** (wear a fun or wacky hat)
- Tuesday, Jan. 15 Career Day (dress-up for your dream job)
- Wednesday, Jan 16 Favorite Color Day (wear your favorite color from head to toe)
- Thursday, Jan. 17 80's Day (be retro and show your 80's style)
- Friday, Jan. 18 **Pajama Day** (wear your comfiest pajamas)

Calendar Change: Due to a scheduling conflict, YACS will be at the Wapato Spanish Church on March 9th instead of Feb. 9th. Grades 5/6 and the choir will be participating.

HOT LUNCH: Mon-Thurs <u>\$4.</u> Pizza \$1.50/slice Hot lunch tickets are available in the office for \$20 and pizza tickets for \$15.

Monday — Burritos

Thursday — Mac-n-cheese

Tuesday — Vegan Tamales

Friday — Pizza

<u>Wednesday</u> — Veggie Burgers

What's Coming Up

December 13: Christmas Program

December 14 – Jan. 1: Christmas Vacation





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