"Focus your minds on things above and not on things on earth." Col. 3:2

Protect yourself and your kids from the flu:
Getting a flu vaccine is the first and most important step in protecting yourself from the flu. Here are some other things you can do to help protect yourself and others from the flu:

- Stay away from people who are sick with the flu
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub (hand sanitizer)
- Try not to touch your nose, mouth or eyes
- Cover your mouth and nose with a tissue when you cough or sneeze—whether or not you have the flu. Throw the tissue in the trash
- Clean surfaces and objects that may have flu germs on them, like doorknobs. Use hot soapy water or a household cleaner.
- If you have the flu, stay home for at least 24 hours after your fever is gone. (your fever should be gone without using a fever-reducing medicine)

Remember, people with the flu can spread it to others even if they don’t feel sick. Usually, adults with the flu can spread the virus starting the day before they first feel sick and up to 5-7 days after they first feel sick. —healthfinder.gov

Multi-Cultural Fair program participants

Students in K-2nd grade will be singing
Student in 1st grade Spanish will be singing
Students in 7th & 8th grade French Class will be doing a presentation.

Student participants should arrive by 12:30 p.m. for the 1:00 p.m. program.

We welcome two new students this semester! Gustavo in Kindergarten and Nickel in 7th grade. We are glad you’re here!

Winter Recess: Please be sure your student comes to school prepared for winter outdoor recess. Winter coat, hat, gloves, boots, snow pants, etc.

Parent Teacher Conferences Jan 29-31

Online scheduling for K-2 and 7-8 will be available in a couple of weeks. Grade 3-6 conferences will be duel focused in interpreting the data of the Iowa Assessments and CoGAT testing that was done last fall, and answering any concerns of parents and teachers. C-wing teachers will hold 12 sessions in the C-wing computer lab where parents can come pick up their child’s test results and report card. No registration is required. The meeting schedules will be in next week’s newsletter.