Its Flu Season! Here are some tidbits about Influenza from the Tacoma Pierce County Health Department...

What are the symptoms of influenza?
Symptoms of influenza begin suddenly. They include fever, headache, chills, muscle aches, extreme tiredness, dry cough, and sore throat. Young children may also have nausea, vomiting, and diarrhea. Nausea and vomiting alone are caused by other germs, not influenza.

How is influenza spread?
Influenza is easily spread from person-to-person through the air by coughing or sneezing. Surfaces and hands contaminated by mucus and saliva can also spread influenza viruses. A person is infectious from the day before having symptoms to seven days after becoming ill.

How is influenza treated?
Getting enough rest and drinking plenty of fluids is important. Over-the-counter medications, when used as directed, may lessen fever, headache, and muscles aches. Your healthcare provider might prescribe an antiviral medication to reduce the length of illness.

How do you control the spread?
- Annual flu vaccines are recommended for everyone 6 months and older, unless you have medical reason to avoid the vaccine. Pregnant women should also receive a flu vaccine. Any person that wants to lower their risk of getting the flu should get a flu vaccine.
- Wash hands frequently and thoroughly with soap and warm water
- Teach children to cover their noses and mouths with a tissue or their arm when coughing or sneezing.
- When using a tissue, dispose into wastebasket and wash hands well afterwards
- Avoid touching the eyes, mouth, or nose
- Avoid close contact with people who are sick
- Clean and disinfect commonly touched surfaces
- Stay home during the first days of illness when symptoms are most severe and the infection is most contagious
- Staff and children should remain home until they have been fever free for at least 24 hours.

To protect your child's health and the health of the other students, please follow these recommendations:

- Keep this child, and any others who have symptoms, home until all symptoms are gone and he or she has no fever (less than 100°F without using fever-reducing medicine) for at least 24 hours.
- Make sure your child drinks plenty of fluids.
- Have your child get extra rest.
- Ask your healthcare provider or pharmacist about medications to reduce symptoms, such as acetaminophen to bring down the fever. (NOTE: Do not give aspirin to a child for a cold or flu.)
- Seek medical care from your healthcare provider or emergency medical assistance if your child has difficulty breathing or if the symptoms get worse.
- Call your child's medical provider if you have questions or other concerns.
Imaginations will soar in the all-new Camp Invention® program, Elevate! Campers in grades K-6 will collaborate in hands-on STEM activities exploring concepts of flight, Earth’s ecosystems and sports innovations! Camp will be from Monday, June 22 – Friday, June 26th.

Visit invent.org/camp or call 800-968-4332 to register. Use promo code SUM25 to save $25 (expires 3/31) or SUM15 to save $15 (expires 5/12.)

Mrs. Hazen will be the Director for Camp Invention this summer. If you have any questions, or if you would like to be a Camp Parent (includes a break on your child’s tuition!), she’d love your help with Camp Invention!

Lunch Accounts

- Load your child's meal account online. Lunch Money Now allows parents to pre-pay for meals, access meal card balances and check recent meal purchases. You can even receive email notification when the account falls below a specified balance.

You just need your students I.D. number to get started. Contact the school office.

Visit the district website at www.tacomaschools.org to access Lunch Money Now.

The nutcrackers soldiers stood on guard outside room 105 in December. Students inside our class are busy working on multiplication with arrays, other models, and improving their mathematical fluency. In English/Language Arts we are becoming stronger writers using hyperbole, idioms, and similes (just to name a few). This work is all being done to choose our writing voice carefully for our first ever Poetry Night. In Science we have been studying weather patterns and the different climate zones of our Earth. It’s great to be a third grader!