



December 16, 2009 | Issue No. 15

the Mustang News

Wade Thomas School | 150 Ross Avenue, San Anselmo, CA 94960 | (415) 454-4603 | www.rossvalleyschools.org/wadethomas

Important Dates

| | |
|-----------------------|--|
| Dec. 17th | Wade Thomas Winter Sing-Along, 11:00am |
| Dec. 21st –Jan 1st | Winter Recess |
| Jan. 6th | Parent Chat |
| Jan. 20th | Kindergarten Orientation |
| Jan. 21st | WTPA meeting, 7:00pm - 9pm |
| Jan. 25th | Staff Development Day, (no school) |
| Jan. 26th | Kindergarten Registration Begins |
| Jan. 30th | Mustang Mixer |

MUSTANG MIXER

(dinner, dancing and frivolity)

January 30th, 2010

6:30 pm 'til 11:00pm

Rafael Racquet Club

(Adults only, so make sure to get those babysitters lined up right away)

Emergency Hotline (415) 721-4751

The Mustang News is published weekly on Wednesday. Please submit newsletter articles by Monday (2 days prior), 3pm to winfo@rossvalleyschools.org. All submissions will be approved by the Ross Valley School District office prior to inclusion.

Dear Parents and Guardians,

Happy Holidays! Can you believe that it is December already? It is that time of the year when we fly around making parties, food, gifts, and vacation plans for ourselves and our families. Remember to take a minute to appreciate your unique and irreplaceable children. They are truly the treasure of this school and of all of our lives. Childhood does fly by, and just when you think that you can't get enough of their toothless smiles, they are driving the car, and then waving as they go off to college or into their adult lives.

On another note, we have been busy here at Wade Thomas, working on the continuation of the work that Dave Nettle and Ellen Dodge started in character education. We plan to introduce each character skill listed below at the Wednesday Assemblies with small skits performed by staff and then students. We will continue the skill building in the classroom with individual lessons geared to the grade level of the students. The items listed below are generalized titles for skills that take years to internalize and develop. By identify-

ing them, we are hoping to revisit them every year, hone them, and vary our approach to teaching and re-enforcing them.

- **Taking responsibility** and making good choices
- **Using people's names** and clearly naming behavior
- **Using eye contact** and appropriate tone of voice
- **Listening to one another** using active listening, and stopping an action when asked before an adult is involved
- **Learning to apologize** and mean it

After the first of the year, I am planning a **Parent Chat** for the first **Wednesday, January 6**, directly after the assembly. The Parent Chat will include bagels and coffee, and begin at approximately 9:00 a.m. Please bring your questions, comments, and "Happy New Year" cheer to share with other Mustang parents.

My sincere wishes for a joyful holiday season and a healthy new year,
Nancy

There are several small “lost” items in the office. If any of the following belong to you, please come by the office before **Friday, December 18th** at 3:00pm to claim them. Otherwise they will be donated or thrown away.

Thank you!

- Car key
- Cell phone
- Black Hills Gold necklace (describe the charm and it’s yours)
- Miss Kitty bracelet
- Necklace with a constellation charm
- Daisy bracelet
- Flip Flop ring
- Barrel lock key
- Silver and lapis necklace
- Two scooters
- iQuest
- Head lamp
- Wallet (checked print)
- Several pairs of children’s sunglasses
- Really cute beret (houndstooth)

thanks!

On behalf of the ENTIRE staff at Wade Thomas, we would like to **thank all the families in the 3rd, 4th and 5th grades** for providing us with delicious and heartfelt monthly luncheons.

Your generosity is greatly appreciated!



School Lunch Program News

We’d like to hear from you! Please take a moment to complete our short lunch program survey at <http://rossvalleyschools.org/> and share with us your thoughts on what’s working and what’s not. It will only take a minute and we really appreciate all of your feedback!

It’s time to place your milk order for next year. If you’d like your child to receive milk at lunch every day, please complete the attached order form and return to your school by Wednesday, December 16th.

Student Council News

Unicef!

By Olivia Biegel & Bico Pompili

Dear Mustangs,
Thank you for raising money for Unicef. **You collected \$1011.31.** Many children around the world will have food to eat, clean water to drink, and a place to sleep. Thanks for all of your support!

Food Drive!

By Caitlin Fitzpatrick & Gianni Pompili

Thank you Wade Thomas students for donating all of your canned food items to the people in need. **The two big tubs for the food drive are overflowing!** Thank you for your consideration.

Our January menu is online and ready for ordering with new lunch specials: Chicken Tenders, Beef and Broccoli, and Black Eyed Peas with Smoked Turkey. Kids are eating up our new hits—Jambalaya, Chicken Caesar Wrap, and Italian White Bean Salad—as well as old favorites—Beef Hot Dogs, Cheeseburger, and Sesame Chicken Salad!

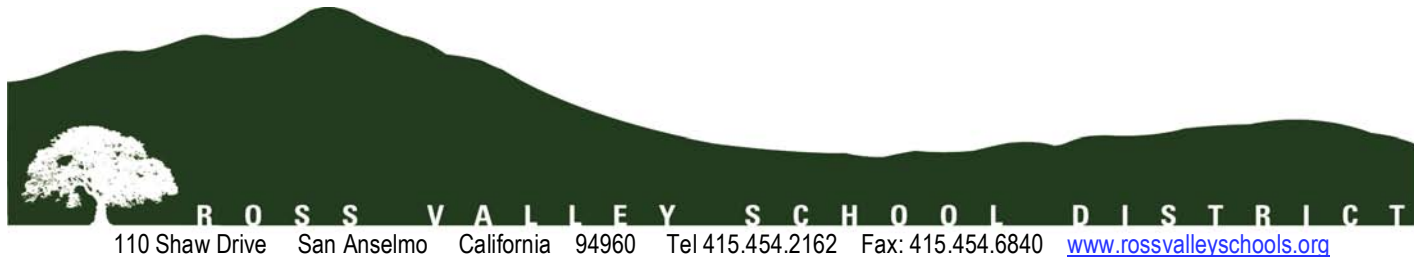
Place your order today at <https://order.revfoods.com/>. If you’re trying the lunch program for the first time, you can **register using the school code s24 K5Q for Wade Thomas**. The deadline is always **Wednesday** for placing orders for the following week.

Questions? Contact Susan Reed at 415-451-4074 or food@rossvalleyschools.org.

Popsicles!

By Jordan Holman & Ben Fries

The Student Council wants to let you know that we will be selling popsicles in February. Hopefully the weather will be warmer by then. **Keep your eyes out for our popsicle stand!**



December 2009

Dear Parents/Guardians:

I'm writing to remind you that we are still in flu season and another "wave" of flu activity may be coming. The H1N1 flu is particularly dangerous for young children; please watch your children carefully for signs of flu-like illness. Following are tips from the Centers for Disease Control (CDC) about how you can protect your child from the flu and how to tell if they are sick and need medical attention. If we all follow this advice, we have a better chance of returning to school in good health in 2010.

How to Protect Your Child and Family from the Flu

WASH YOUR HANDS - wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

COVER COUGHS AND SNEEZES - cough or sneeze into your elbow or shoulder, not into your hands. (If you use a tissue, throw it away and wash your hands.)

STAY HOME IF YOU'RE SICK – stay home for at least 24 hours after there no longer are signs of a fever (without the use of Tylenol or Advil). *** PLEASE NOTE that aspirin should NOT be given to children or teenagers who have flu; this can cause a rare but serious illness called Reye's syndrome. ***

GET VACCINATED – It's not too late! Children are considered "high risk" for infection; get vaccinated for the H1N1 flu as soon as possible. (Children 9 and under need a second dose of the vaccine; wait at least 21 days from the first shot.) There is a separate vaccination for the seasonal flu. Contact your healthcare provider for more information.

How to Tell if Your Child is Sick with the Flu

Symptoms of flu include **fever and a cough or sore throat, runny or stuffy nose, body aches, and fatigue** (tiredness). A fever is a temperature taken with a thermometer that is equal to or **greater than 100 degrees** Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering. Contact your medical provider if you have any questions.

How to Tell if a Child Needs Urgent Medical Attention

- * Fast breathing or trouble breathing
- * Not drinking enough fluids
- * Severe or persistent vomiting
- * Being so irritable that the child doesn't want to be held
- * Sudden dizziness
- * Flu-like symptoms improve but then return with fever and worse cough
- * Bluish or gray skin color
- * Not urinating or no tears when crying
- * Not waking up or not interacting
- * Pain or pressure in the chest or abdomen
- * Confusion

For more information, please visit Marin County Department of Health and Human Services' flu website: www.marinflu.org or call the Marin **H1N1 Hotline at 473-6823** (answered 24 hours a day; 7 days a week). Additionally, information specific to schools can be obtained at the Marin County Office of Education website, "H1N1 Influenza Update" <http://www.marinschools.org/SwineFlu/swinefluupdate.htm>. Here's to a healthy and happy New Year!

Sincerely,
MARY JANE BURKE
Marin County Superintendent of Schools

BRYCE SUMNICK
Superintendent, Ross Valley School District

PLEASE DO NOT SEND CHILDREN TO SCHOOL IF THEY ARE SICK!

Diciembre 2009

Estimados padres o tutores:

Les escribo para recordarles que aún estamos en la estación de la gripe y otra “ola” de actividad gripal se aproxima. La gripe *H1N1* es particularmente peligrosa para los niños; por favor observen cuidadosamente los síntomas de la enfermedad. A continuación les damos consejos de los Centros de Control de las Enfermedades (CDC) sobre como pueden proteger a sus niños de la gripe y como saber si sus niños están enfermos y necesitan atención médica. Si todos seguimos estos consejos, tendremos una mayor probabilidad de regresar a la escuela con buena salud en el 2010.

Como proteger a sus niños y a su familia de la gripe:

LAVE SUS MANOS – lávese las manos con agua y jabón, especialmente después de toser o estornudar. Los desinfectantes de manos a base de alcohol también son efectivos.

CÚBRA LA TOS Y LOS ESTORNUDOS – cúbrase la cara con el brazo o el hombro, no con sus manos, al toser o estornudar. (Si usted usa un pañuelo desechable, tírelo y lave sus manos).

QUÉDESE EN SU CASA SI ESTÁ ENFERMO – quédese en su casa durante al menos 24 horas después de que se hayan retirado los signos de fiebre (sin el uso de *Tylenol* o *Advil*). *****POR FAVOR TENGA EN CUENTA que no se les debe dar aspirina a los niños o adolescentes que tienen gripe; esto puede causar una rara pero seria enfermedad llamada Síndrome Reye*****

VACÚNESE – No es muy tarde. Los niños son considerados de “alto riesgo” para infectarse; vacúnelos contra la gripe *H1N1* tan pronto como sea posible. (Los niños menores de 9 años necesitan una segunda dosis de la vacuna; espere al menos 21 días desde la primera dosis). Hay una vacuna separada para la gripe de estación. Para más información llame a su proveedor de salud.

Como saber si su niño está enfermo de gripe:

Los síntomas de la gripe incluyen fiebre y tos o dolor de garganta, nariz congestionada o con goteo, dolores de cuerpo y fatiga (cansancio). La fiebre es una temperatura tomada con un termómetro que es igual o mayor a 100 grados *Fahrenheit* (37.8 grados *Centígrados*). Si usted no puede medir la temperatura, su niño podría tener fiebre si se siente caliente, tiene la cara enrojecida, o está transpirando o temblando. Si tiene alguna pregunta llame a su proveedor de salud.

Como saber si su niño necesita atención médica urgente:

- * Respiración rápida o dificultad para respirar
- * No toma suficientes líquidos
- * Vómitos severos o persistentes
- * Irritabilidad tal que no permite que lo carguen
- * Mareos repentinos
- * Los síntomas de la gripe mejoran pero regresan con fiebre y peor tos.
- * Color de la piel gris o azulado
- * No orina o no tiene lágrimas cuando llora
- * No se despierta o no interactúa
- * Dolor o presión en el pecho o el estómago
- * Confusión

Para mas información, por favor visite el sitio en Internet del Departamento de Salud y Servicios Humanos del Condado de Marin: www.marinflu.org o llame a la línea de ayuda del H1N1 en Marin **473-6823** (responde las 24 horas del día, 7 días de la semana). Además, la información específica de cada escuela se puede obtener en el sitio de Internet de la Oficina de Educación del Condado de Marin, “*H1N1* Influenza Up date” <http://www.marinschools.org/SwineFlu/swinefluupdate.htm>. ¡Por un saludable y feliz Año Nuevo!

Atentamente,

MARY JANE BURKE, MCOE Superintendent

BRYCE SUMNICK, RVSD Superintendent

H1N1 Flu Vaccination Clinics

By Appointment Only

Tuesday, December 15th, 8 am - 12 pm
Thursday, December 17th, 8 am - 12 pm & 1 pm - 5 pm

Tuesday, December 22nd, 8 am - 12 pm
Thursday, December 24th, 8 am - 12 pm

Tuesday, December 29th, 8 am - 12 pm
Thursday, December 31st, 8 am - 12 pm

Marin Health and Wellness Campus
3260 Kerner Blvd., San Rafael, CA 94915

To schedule an appointment only, call (415)473-6007

For other advice or questions about H1N1 Flu

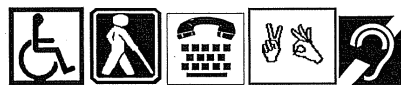
Call the H1N1 Flu Hotline at (415)473-6823 or visit our website at www.marinflu.org

These clinics are for **HIGH RISK** Marin County residents ONLY:

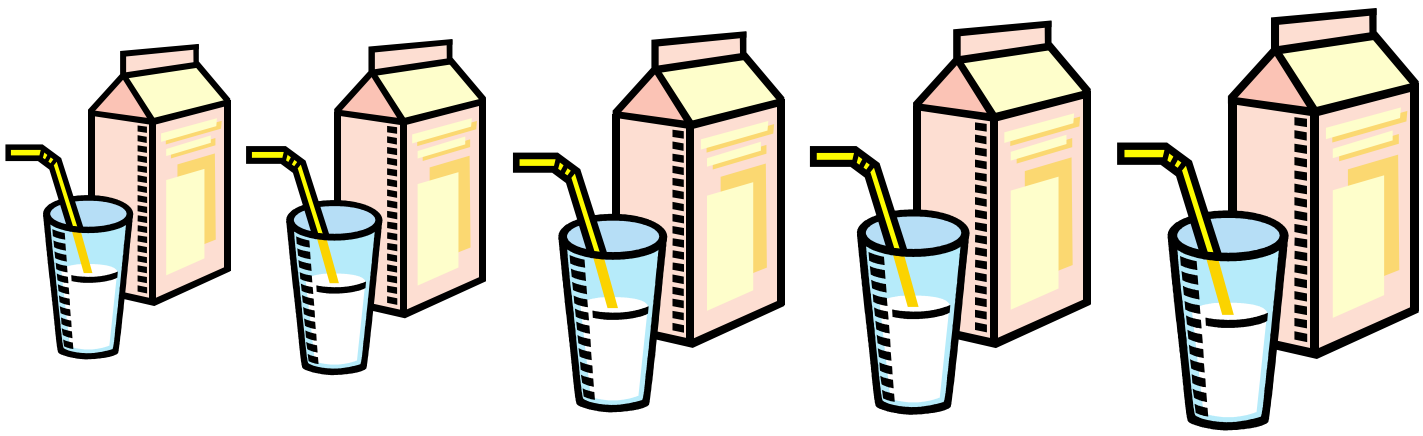
- ♦ pregnant women
- ♦ those who live with or care for infants (under six months of age)
- ♦ healthcare and emergency medical services personnel
- ♦ children and young adults (age six months through 24 years)
- ♦ adults (age 25 to 64) with medical conditions that might increase risk
(such as asthma, heart disease, diabetes, or immunosuppression)

Please Note: Adults age 65 and over do **NOT** qualify as high risk; public health experts have determined that adults 65 and over—even with medical conditions--- are less likely to become infected with the H1N1 flu. Adults 65 and over may receive the vaccine in the future.

***** Only H1N1 vaccinations will be available at these clinics; no seasonal flu shots. *****



If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling (415) 473-4381 (voice/TTY) , the California Relay Service at 711, or by e-mail at disabilityaccess@co.marin.ca.us.



ROSS VALLEY ELEMENTARY SCHOOL MILK NOTICE

Students attending elementary school in the Ross Valley School District may participate in our Milk Program, which is separate from the district's lunch program. This program will **only** be available for **elementary school**. White Hill students will be able to purchase milk from the student store on a daily basis. Please be aware that if you order a hot lunch, milk is included, your student will be receiving 2 milks that day.

Half Year January 4 - June 10 100 days @ \$.60 = \$ 60.00

If you want your child to receive milk at school, please complete form and return to your school or the District Office no later than Wednesday, December 16.

REMEMBER, THE CLOSING DATE IS December 16, 2009



nvtech

| PUPIL'S NAME | SCHOOL | GRADE/TEACHER |
|--------------|--------|---------------|
| | | |
| | | |
| | | |

AMOUNT ENCLOSED
CHECK #