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# Newfield School District Newsletter

October 2020

First and foremost, it is so nice to say that school is **open!** It is hard to summarize all of the reopening plans, goals and tasks, but it has been well worth all of the work to see our students and staff in person! Whether students are in the buildings or are virtual, seeing everyone again reminds us that we are **NEWFIELD STRONG!**

The website will continue to be the fastest way that we share information, and I appreciate your understanding as you have received many phone and email updates! When needing clarification about your student, please remember that their teacher will be the first step in answering your questions. If they are unable to provide you with specifics, they will meet with their administrator to get the needed answers.

We are incredibly proud of our students who have been excellent about all of the social distancing guidelines that have been put in place! Thank you caregivers for making sure students are ready for school each day!

I have shared time and time again with the Board of Education what an amazing job teachers and staff are doing in keeping our students educated, taken care of emotionally and physically, and how they are supporting each other throughout all of the transitions of the start of school. I am thankful for each and every one of you!

*Eric Hartz, Acting Superintendent*

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Want to see what our wonderful employees have been doing? Check out our Most Influential Employees for September 2020 [HERE](#)



## From The Cafe

Newfield CSD has been approved for an extension to the Summer Food Service Program. This means that all enrolled Newfield CSD students, as well as students who would have enrolled in Pre-K are eligible to receive a free breakfast and lunch every school day! Many thanks to Robin Wood for working on this for our students and families. This program expires at the end of December for our middle and high school students. Virtual families, are included in this program and can pick up a weeks worth of free meals every Wednesday from 12:30-1:30. Notify Robin Wood in advance so she is prepared. [rwood@newfieldschools.org](mailto:rwood@newfieldschools.org) or 564-9955 ext. 4024

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## High School Highlights

### High School Absences, Doctor Appointments, and Excuses

Many high school parents ask if his/her child needs a note for being late, absent, or excused for an appointment. The answer is, yes. Please send notes in with your child for absences, late arrival to school, or early release for doctor appointments. All notes need to have a parent/custodian signature on them. If you plan to have your child picked up, please let us know the name of the person who will be picking up. We cannot release students to adults without the parent's permission.

**During the Fall COVID 2020, our pick-up procedure is:** inform the office via a handwritten note (preferably), phone call, or email noting the date and time and purpose of absence / dismissal (dr. appt, funeral, etc.). Use the call button on the outside of the high school building to let the office know that you are on campus to pick up the student. Be prepared to show your ID to the camera for identity. The office will call the student down and will sign the student out for the family.

### End of the Marking Period

The end of the first six-week marking period is Friday, October 16. High school report cards will be mailed home on Friday, October 23. Parents can see the grades on parental portal.

# Nurse's Notes:

## The Flu: A Guide for Parents

Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

### What parents should know

#### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

#### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

#### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

§ Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.

§ It's especially important that young children and children with certain

long-term health problems get vaccinated.

§ Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)

§ Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.

§ Flu viruses are constantly changing and so flu vaccines are updated

often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

## Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

## What are the benefits of getting a flu vaccine?

§ **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.

§ **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

§ **Flu vaccine can prevent your child from dying from flu.** A study using data from recent flu seasons found that flu vaccine reduced the risk of

flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

§ **Flu vaccination also may make your illness milder if you do get sick.**

§ **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs. Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## **If your child is sick**

### **What can I do if my child gets sick?**

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a longterm health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### **What if my child seems very sick?**

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

§ Fast breathing or trouble breathing

§ Bluish lips or face

§ Ribs pulling in with each breath

§ Chest pain § Severe muscle pain

(child refuses to walk) § Dehydration

(no urine for 8 hours, dry mouth, no

tears when crying) § Not alert or

interacting when awake

§ Seizures

§ Fever above 104°F § In children less than 12 weeks, any fever

§ Fever or cough that improve but then return or worsen

§ Worsening of chronic medical conditions

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### **Is there a medicine to treat flu?**

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

### **How long can a sick person spread flu to others?**

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### **Can my child go to school, day care, or camp if he or she is sick?**

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

## When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

For more information, visit [www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm) or call 800-CDC-INFO

# From the Library

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1-607-564-3594 [www.newfieldpubliclibrary.org](http://www.newfieldpubliclibrary.org) Follow us on Facebook [@newfieldlibrary](https://www.facebook.com/newfieldlibrary) or Instagram [@newfieldpubliclibrary](https://www.instagram.com/newfieldpubliclibrary)



Hello friends,

We hope you are well and enjoying the beautiful Fall colors! Our October newsletter is [here](#). We will post it monthly going forward but will send updates via email throughout the month. Our website is also updated regularly including our Calendar under the Events tab. Check it out!

We are excited to be able to expand our hours! You can now make an appointment to come into the library or pick up your order curbside at the following times:

- Monday 2 pm to 5 pm
- Tuesday, Wednesday, Thursday 10 am to Noon; 2 pm to 6:30 pm.
- Friday and Saturday 10 am to Noon

We can also make special arrangements so please call if you need anything.

If you missed the Community Cares kickoff please check out the details [on our website](#). One of the benefits of the project is that, for the month of October, the entire Newfield community will have free access to videos, podcasts, and more provided by the School of Radiant Living at Yoga Farm in Lansing through their Online Academy! There is a lot happening at your library and we hope to see you soon!

Take care, Your friends at NPL