



ST. ROSE
ELEMENTARY SCHOOL

Tobasko Times

Shonda H. Harris, Principal

Tricia Growl, Toni Nassar, & Tiffany Walsh
Assistant Principals

230 Pirate Dr.
St. Rose, LA 70087
Phone: 504-464-9254
Fax: 504-468-8064
School Office Hours: 8:15-4:30

December 2023



SRE Pledge

**As an SRE Dragon, I am
proud to say.
I'll be positive and safe
each and every day.
I'll be responsible,
cooperative, focused,
and kind.
SRE Dragons are the
best you'll find.**

January:

1/8-Classes Resume

1/8-Begin 3rd Quarter

1/11-PlayGroup

1/12-Report Cards Go home

1/15-Dr. Martin L. King
Holiday-No School

1/19-Early Dismissal 12:45

1/19-Spirit Day-Crazy Sock/
Mix Match Day

1/23-District Science Fair

1/25-PlayGroup

Principal's Message

Holiday Greetings, Dragon Families & Community!

"As we step into the festive month of December, we are filled with excitement and a sense of warmth. This is a time of reflection, gratitude, and spreading joy. It is hard to believe the first half of the school year is almost over. Our children have worked tirelessly this past few months to meet the rigorous standards put before them. I am ecstatic about the learning I am observing in the classroom everyday!

"As we reflect on the past five months, we are grateful for the unwavering support of our dedicated parents. Your involvement and commitment to your child's education make a significant difference. We also extend our gratitude to our exceptional teachers and staff for their hard work and passion in creating a nurturing learning environment.

"Parents, please encourage your child to read a book or magazine; they can also read the directions to assemble a new toy, over the Christmas Holidays. Always remember to ask them questions about what they are reading. Also, students can practice their math facts. Thanks for what you can do-every little bit helps.

"As the Christmas break approaches, we want to remind everyone to take this time to relax, rejuvenate, and spend quality moments with loved ones. School will be closed from Friday, December 22 to Friday, January 5, and classes will resume on Monday, January 8, 2024.

"Thank you for being valued members of the St. Rose Elementary community. We wish you a joyful and peaceful December, filled with love, laughter, and memorable moments.

"Have a Merry Christmas and a prosperous New Year!

"*Shonda Honor-Harris*
Principal

Be All You Can Be!

OUR SCHEDULE!

Arrival Window	Start Time	Dismissal Window	Bus Departure
8:30-8:40	8:40	3:35-3:50	3:50



Lunch Schedule

11:05-11:30	2nd
11:20-11:45	Pre-K
11:35-12:00	5th
11:50-12:15	4th
12:10-12:35	K
12:30-12:55	1st
12:40-1:05	3rd

art

Enrichment Schedule

10:00-10:50	3rd
10:50-11:40	K
11:40-12:30	1st
11:50-12:20	Pre-K
12:55-1:45	4th
1:50-2:40	2nd
2:40-3:30	5th



Important Dismissal Information

*The bus zone is closed to thru traffic between the following times: 8am-9:30am AND 3pm-4:15 PM

If a student is to be checked out of school, the parent must be in the office with ID by 3:30 pm (by 12:15 pm on early dismissal days) or the student will be dismissed according to his/her daily routine. Thank you for your co-operation.

FOLLOW US ON SOCIAL MEDIA St. Rose Elementary School



facebook.com/stroseelementaryschool



twitter.com/StRose_Dragons



instagram.com/strose

#DragonsStayConnected



.....i

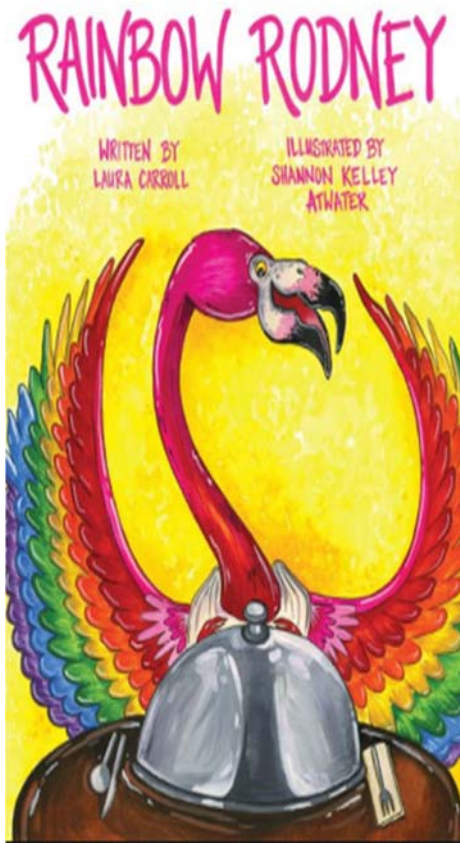
Good Character-Gratitude Students of the Month

K-2



3-5

Author Visit



Author Laura Carroll recently visited St .Rose Elementary kindergarten and Pre-K students to share the book she wrote *Rainbow Rodney*. She shared the story and talked about being special and it's okay to be different with the students. Pictured are St. Rose Elementary students, Ms. Macy Aucoin and Ms. Laura Carroll with Rainbow Rodney.

PTO NEWS

To all of our families and students, a HUGE and sincere THANK YOU for all of your donations toward our 2nd October Fest!! We could not have pulled off such a wonderful event for our school without your help. Thank you for your cooperation and understanding as we continue to grow our knowledge regarding school campus events and school district requirements. We enjoyed putting this together for you all and appreciate all of the support we received from our administrators, teachers, paras, faculty members, support staff, and volunteers!

We can't wait for next year!

Thank
you 

Approaching Next.....

SANTA'S WORKSHOP!

We are looking forward to Santa's Secret Workshop! It will be held December 4th - December 8th. Prices of items will range from \$.50 - \$6.00 so there will be something for everyone! Students love to shop for their families and friends for this event. We need MANY hands to make this event successful. We would appreciate ANY amount of time you can volunteer! Please email stroselementarypto@gmail.com if you can help us. Let's make this year's shop even more successful than last year! Be on the lookout for flyers and notifications for more information about Santa's Workshop!

SRE PTO



Mental Health Matters

Social Awareness

During the early elementary years, children are learning how to communicate their needs and emotions verbally, and how to identify what others are feeling based on their facial expressions and body language. During the early part of this phase, your child is expanding their social circle and they are beginning to realize how their feelings and behaviors affect others. They are also discovering that others have different points of view and that these differences may affect their interactions.

As children gain a better sense of other people's perspectives and behaviors, and start to understand that feelings play a major role in the nature of relationships, they are developing social awareness. At this early age, children are learning how to interact with others and how to recognize their feelings and needs, although they may not yet know how to apply empathy to all of their interactions. For instance, your child may not fully understand why a classmate gets upset when she takes a pencil away without asking for it. As your child grows and becomes more socially aware, he or she should be able to better identify how their actions make others feel.

Social awareness is the ability to understand and respect the perspective of others, and to apply this knowledge to social interactions with people from diverse backgrounds. During the late elementary years, your child is learning how to better manage and control his feelings when interacting with others. Although he may not yet apply empathy to all of his social interactions, his ability to monitor other people's perspectives is improving, and he should be better able to see how his behavior affects others. For example, you should notice that he is becoming a better teammate through this development period. That's a contrast to the "me first" attitude of early childhood. The changes brought on by puberty—especially in girls, who tend to enter this phase before boys—may affect how your child approaches relationships and interactions. This is a time of great physical and emotional development, and you can contribute to your child's social success by supporting him through this very important and influential phase in his life.

At this age, your child is becoming more independent, and their interest in friends and social activities is growing. By this time, your child should know how to communicate their needs and feelings verbally, and understand that emotions play a major role in the nature of relationships.

As your child makes friends and forges new relationships, they are developing their ability to respect and identify other people's perspectives and behaviors. As your child learns how to identify what others are feeling based on their facial expressions and body language, they are becoming better at understanding and evaluating social situations.

Mental Health Matters

How to help your child grow in this area

Play a game of "feelings charades"

A good way to teach your child about body language, emotions, and empathy is to have them play a game of "feelings charades." You can use flashcards with different faces, or even write emotions or behaviors that hurt others on pieces of paper and let your child pick one out of a hat. Take turns acting out the way a person would be feeling with either the emotion that's on the paper or the face that's on the card. This will help start discussions on topics that a child this age might be reluctant to talk about otherwise.

Teach your child about personal space

Be specific when you are talking about what's appropriate and what's not, and provide visual cues. For example, you can have them stretch out their arms and explain that this is their personal space and that your child should provide other children with that much space when interacting with them. Remind your child that when she gets too close to another person or touches them, they might react negatively. You can also use stuffed animals or action figures to act out what's appropriate and what is not.

Model good behavior

A child's social behavior is best reinforced when parents are kind, sincere, and non-judgmental. Remember that your child is looking to you to set an example of how to interact with others, and that taking a moment to consider how you interact with others is an important part of nurturing your child's social skills.

Share your family values with your child

To help your child learn about the need for respectful behavior, help him create a family credo, coat of arms or crest. Talk with him about your beliefs and expectations, and work with him to come up with a list of your family's values, like trust, respect, kindness, and generosity. After you have this list, ask your child to identify three different ways that your child can apply these values in social situations. You may also want to write out all of this information on a poster board and hang it in a central area in your home as a reminder of your family's values and expectations.

Discuss different perspectives

To help your child understand and respect the perspectives of others, talk with him about a book that he's reading or a television show or movie that your child watched recently, and ask him what would happen if the story were written from another perspective. For example, a book about King Arthur and Merlin the sorcerer can be told from Merlin's sister Morgana's perspective. Or *Charlie and the Chocolate Factory* can be told from Charlie's grandfather's point of view. By doing this, you are not only teaching your child how to see life through different lenses, but also building their capacity for empathy and understanding.

Discuss current events

Talk to your child about social issues like immigration and racial and gender inequality. When you're watching the evening newscast or reading the morning paper, ask your child to give you their opinion on these issues and talk to him about the people involved on both sides. These types of stories make children aware of historical events and allow them to relate to the hardships and joys of others. They also help children to learn more about conflict resolution and the importance of respecting others and their opinions.

PARENT INVOLVEMENT



5 Ways to Help with Reading at Home

1. Read Together

Choose a book and take turns reading. Let your child read one page, and you read the next!

2. Read in Real Life

Highlight ways you use reading in everyday life! Think about how you use reading for recipes, communicating with others, and more!

3. Cozy Up

Part of making reading fun is being comfy while you do it. Cuddle up with some blankets, get cozy in a fort, or read in bed.

4. Wonder About Words

Reading is a wonderful way to learn new words. Stop and talk about the meaning of new words you find while you read.

5. Ask Questions

Ask questions about characters, setting, problem, and solution when reading fiction texts. For nonfiction texts, talk about text features, cause and effect, and main idea.



Flu Information

Flu:

A Guide for Parents



Influenza (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 causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. 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 old and children of any age with certain long-term health problems are at increased 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 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 most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing 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.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. 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 risk of getting sick with flu by about 40 to 60%.
- Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- Flu vaccine can be life saving in children.

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher 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 long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor 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 two 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 higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven 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 or call 800-CDC-INFO



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Información sobre la influenza

La influenza:

una guía para los padres



¿Qué es la influenza?

La influenza (también conocida como gripe) es una enfermedad respiratoria contagiosa causada por los virus de la influenza, que infectan la nariz, la garganta y los pulmones. La influenza es diferente a un resfriado y generalmente se presenta de manera repentina. Cada año, los virus de la influenza hacen que millones de personas se enfermen y cientos de miles sean hospitalizadas, y causan miles —o decenas de miles— de muertes en los Estados Unidos.

La influenza puede ser muy peligrosa para los niños. Los CDC estiman que se ha hospitalizado a entre 6000 y 26 000 niños menores de 5 años por la influenza cada año en los Estados Unidos. La vacuna contra la influenza es segura y ayuda a proteger a los niños contra la enfermedad.

Lo que deben saber los padres

¿Qué tan grave es la influenza?

Aunque la enfermedad de la influenza puede variar entre leve y grave, es frecuente que los niños necesiten atención médica. Los niños menores de 5 años y los de cualquier edad con ciertos problemas de salud de largo plazo tienen alto riesgo de presentar complicaciones por la influenza como neumonía, bronquitis e infecciones de oído o infecciones sinusales. Algunos de los problemas de salud que se sabe que hacen que los niños sean más vulnerables a la influenza incluyen el asma, la diabetes y los trastornos del cerebro o del sistema nervioso.

¿Cómo se propaga la influenza?

Se cree que los virus de la influenza se propagan principalmente a través de las gotitas que se forman cuando una persona con la enfermedad tose, estornuda o habla. Estas gotitas pueden llegar a la boca o la nariz de las personas que están cerca. Una persona también puede contraer la influenza al tocar algo que tenga el virus y luego tocarse los ojos, la nariz o la boca.

¿Cuáles son los síntomas de la influenza?

Los síntomas de la influenza pueden incluir fiebre, tos, dolor de garganta, moqueo o congestión nasal, dolores en el cuerpo, dolor de cabeza, escalofríos, cansancio y, en algunos casos, vómitos y diarrea (más frecuentes en los niños que en los adultos). Algunas personas con influenza no presentan fiebre.



Proteja a su hijo

¿Cómo puedo proteger a mi hijo de la influenza?

La primera y mejor manera de protegerse contra la influenza es ponerse la vacuna anual contra la influenza y ponérsela a su hijo.

- La vacunación contra la influenza se recomienda para todas las personas de 6 meses en adelante todos los años. Tanto la vacuna

inyectable como la vacuna en atomizador nasal existen como opción para la vacunación contra la influenza.

- Es particularmente importante que se vacunen los niños pequeños y los que tengan ciertos problemas de salud de largo plazo.
- También se deben vacunar las personas que cuiden a niños que estén en alto riesgo de presentar complicaciones por esta enfermedad. (Los bebés con menos de 6 meses de edad tienen un alto riesgo de presentar complicaciones graves, pero son demasiado pequeños para ser vacunados contra la influenza).
- Las mujeres embarazadas también deben vacunarse para protegerse y proteger al bebé. Las investigaciones han mostrado que la vacunación contra la influenza protege al bebé durante varios meses después de que nace.
- Los virus de la influenza cambian constantemente, por lo tanto, las vacunas son actualizadas para que protejan contra los virus que, según indiquen las investigaciones, tengan mayores probabilidades de causar la enfermedad durante la siguiente temporada de influenza.

¿Son seguras las vacunas contra la influenza?

Las vacunas contra la influenza se hacen usando estrictas medidas de seguridad y producción. Millones de personas las han recibido de forma segura durante décadas. Tanto la vacuna inyectable como la vacuna en atomizador nasal existen como opción para la vacunación. Diferentes tipos de vacunas contra la influenza están autorizadas para diferentes edades. Cada persona debe ponerse la vacuna que sea adecuada para su edad. Los CDC y la Academia Estadounidense de Pediatría recomiendan que todos los niños de 6 meses de edad en adelante reciban una vacuna anual contra la influenza.

¿Cuáles son los beneficios de recibir una vacuna contra la influenza?

- La vacunación contra la influenza puede prevenir que usted y su hijo se enfermen. Cuando los virus de la vacuna coinciden con los que están circulando, la vacunación ha mostrado reducir en aproximadamente la mitad el riesgo de enfermarse.
- Las vacunas contra la influenza pueden prevenir que su hijo sea hospitalizado por esta enfermedad. Un estudio reciente mostró que la vacunación redujo en un 74 % el riesgo de hospitalizaciones de niños en la unidad de cuidados intensivos pediátricos relacionadas con la influenza.
- La vacunación contra la influenza puede prevenir que su hijo muera por esta enfermedad. En un estudio en el que se usaron los datos de temporadas de influenza recientes se halló que en los niños con afecciones de alto riesgo la vacuna redujo en la mitad el riesgo de muerte asociada a la influenza y que en aquellos sin afecciones lo redujo en casi dos tercios.
- En caso de contraer la influenza, la vacunación también puede hacer que la enfermedad sea más leve.



- Si usted y su hijo se vacunan, también pueden proteger a otras personas que quizás sean más vulnerables a enfermarse gravemente, como los bebés y niños pequeños, las personas mayores y las personas que tengan ciertos problemas de salud de largo plazo.

¿De qué otras maneras puedo proteger a mi hijo contra la influenza?

Además de ponerse una vacuna contra la influenza, usted y su hijo deben tomar medidas cotidianas para ayudar a prevenir la propagación de los microbios.

Dentro de lo posible, manténganse alejados de las personas que estén enfermas para evitar enfermarse. Si usted o su hijo están enfermos, eviten estar con otras personas lo más posible para no contagiarlos. Además, recuerden cubrirse la nariz y la boca cuando tosan o estornuden, laven las manos frecuentemente, limpiar las superficies que puedan estar contaminadas con virus de la influenza y evitar tocarse los ojos, la nariz y la boca. Estas medidas cotidianas pueden ayudar a reducir sus probabilidades de enfermarse y prevenir la propagación de microbios a otras personas. Sin embargo, la vacunación anual contra la influenza es la mejor forma de prevenir esta enfermedad.

Si su hijo está enfermo

¿Qué puedo hacer si mi hijo se enferma?

Hable con el médico pronto si le preocupa la enfermedad de su hijo.

Asegúrese de que descansa mucho y tome suficientes líquidos. Si su hijo tiene 5 años o más y no tiene problemas de salud de largo plazo, pero presenta síntomas de influenza (como fiebre o tos) consulte con su médico según sea necesario.

Los niños menores de 5 —especialmente los que tienen menos de 2 años— y los que tienen ciertos problemas de salud de largo plazo (como asma, diabetes, o trastornos del cerebro o del sistema nervioso) están en alto riesgo de presentar complicaciones graves relacionadas con la influenza. Llame o lleve a su hijo al médico de inmediato si el niño tiene síntomas de influenza.

¿Qué debo hacer si mi hijo parece estar muy enfermo?

Incluso los niños sanos pueden enfermarse gravemente por la influenza. Si su hijo tiene alguna de las siguientes señales de advertencia que indiquen que se trata de una emergencia debe llevarlo a la sala de emergencias:

- Respiración rápida o dificultad para respirar
- Coloración azulada o grisácea de la piel
- No tomar suficientes líquidos (no ir al baño o no orinar en cantidades normales)
- Vómitos intensos o persistentes
- No despertar o no interactuar
- Estar tan molesto que no quiere que lo tengan en brazos
- Síntomas de influenza que mejoraron, pero que luego regresaron con fiebre y una tos peor
- Fiebre con sarpullido

¿Hay algún medicamento para tratar la influenza?

Sí. Los antivirales son medicamentos recetados que se pueden usar para tratar la influenza. Pueden reducir la duración de la enfermedad y hacerla más leve. También pueden prevenir las complicaciones graves que podrían llevar a una hospitalización. Los medicamentos antivirales son más eficaces si se comienza a tomarlos en los primeros 2 días de la enfermedad. Los medicamentos antivirales se recomiendan para tratar la influenza en las personas muy enfermas (por ejemplo, las personas que están en el hospital) o que tengan alto riesgo de presentar complicaciones graves. Los medicamentos antivirales pueden darse a los niños y a las mujeres embarazadas.



¿Por cuánto tiempo puede una persona enferma transmitir la influenza a otras personas?

Las personas que tengan influenza pueden infectar a los demás desde 1 día antes de enfermarse hasta 5 a 7 días después. Las personas que estén muy enfermas y los niños pequeños podrían transmitirla durante más tiempo, especialmente si todavía tienen síntomas.

¿Mi hijo puede ir a la escuela, la guardería o el campamento si está enfermo?

No. Su hijo debe quedarse en casa para descansar y evitar contagiar la influenza a los otros niños y a las personas que lo cuiden.

¿Cuándo puede regresar mi hijo a la escuela después de haber tenido la influenza?

Mantenga a su hijo en casa y espere al menos 24 horas después de que ya no tenga fiebre para llevarlo a la escuela, la guardería o el campamento. (La fiebre debe haber desaparecido sola, sin el uso de medicamentos que reduzcan la fiebre). La fiebre se define como una temperatura de 100 °F (37.8 °C) o mayor.

Para obtener más información, visite
espanol.cdc.gov/enes/flu
 o llame al 800-CDC-INFO



U.S. Department of
 Health and Human Services
 Centers for Disease
 Control and Prevention



Counselors' Corner



Hello Families and Friends,

How to Help Kids Develop Positive Self Talk

As much as we try, we cannot protect our children from all of the ups and downs in life. And while we want to stop our children from experiencing pain for them to feel happy, unfortunately, that isn't realistic. We can however, encourage our kids to be resilient and help them learn how to bounce back from challenges and adversity. A key strategy for this is developing positive self-talk.

Positive self-talk is critical in developing positive mental health and well-being. A positive internal voice is often linked to higher self-esteem and well-being because that person sees themselves in a positive and capable light. These children are aware of all they can do and are able to overcome struggles easier than children who resort to negative talk or statements of "I can't."

How can parents encourage positive self-talk in children?

Model positive behavior. Do your children hear you compliment yourself? Children learn best by example; set a good one.

Notice your child's strengths and verbalize them. Tell your children what you notice they do well.

Help them succeed. If you notice your child has a negative self-voice, set them up in an activity where you know they will experience success.

Focus on the effort, not just the outcome. If children only focus on the win, they will overlook all they have accomplished on the journey.

While it is impossible to think negative thoughts will never happen, we can reframe them as opportunities to learn and grow.

Katie Gabriel (3-5) kgabriel@stcharles.k12.la.us

Denise Peinado (Prek-2) dpeinado@stcharles.k12.la.us



Dear Families,

Thank you for coming to our ESL lunch at Saint Rose! We really enjoyed having you among us! We will let you know when our next ESL lunch will be.

Our EL students are learning how to speak and write in complete and correct sentences. We are working on asking and answering questions using the present tense. Kindergarten students are practicing their speaking and listening skills. They are also learning letters and sounds and how to read CVC words.

Have a wonderful Christmas! Enjoy your December holidays!

Gracias por llegar al almuerzo de Saint Rose. Fue un placer de ver a ustedes. Les voy a avisar cuando el próximo almuerzo tendrá lugar.

Los estudiantes están aprendiendo a hablar e a escribir en oraciones completas y correctas en inglés. Están aprendiendo a hacer y contestar preguntas en el presente. Los estudiantes de Kindergarten están usando sus habilidades al hablar y al escuchar. Están aprendiendo también las letras y los sonidos y a leer palabras de tres letras.

Feliz Navidad! Disfruten sus vacaciones de fin de año!



Library Nook

READ –Be All You Can Be

Librarian- C. Whittaker
Assistant- L. Benedic



****Listed below are Four GREAT online resources which can be accessed through the Google Virtual Library Classroom.**

We now have over **525 eBooks(electronic books)** in our library catalog which can be found on the virtual library in the Library Google Classroom.

The Virtual Library also has digital ebooks.

EPIC A database which has Hundreds of digital e-books on all genres and subjects. (Students can log in with the code: **kww3935**)

Mackin Via- UN- strose
PW- dragons

Pebble –Go/Pebble Go Next have interesting subjects and facts for K-5 students.

Username: Stre
Password: Dragons

Brain Pop –Great videos that align with our curriculum. Students get in through the virtual library.

****Turn in Reading Logs in order to get your monthly prize.**

Grade Level Library Spotlights:

Kindergarten students have begun checking out .Please make sure books are kept in school bags after home reading.

First Graders have been reading Non Fiction texts and discussing / facts learned.

Third Graders use multiple resources about Survival/ adaptations to build knowledge prior to this unit in Science.

Second Graders have been working on Keyboarding skills and discussing literature read.

Fourth, and Fifth Graders are working on Non-Fiction Research preparatory work, by utilizing and analyzing multiple sources of information as well as keyboarding lessons.

****Please remind students to keep library books in their school bag and to return them on their library day!**

“Be All You Can Be-READ”



Library-Technology Connection

***Accessing Online Resources from Home/ School**

Ebooks/Research can be found by accessing the **Student Library Classroom** then to **Classwork** at the top of the page, then Click on our **Virtual Library** . (Passwords are also here.)

To access the following Ebooks (Books students can read online):

1.**SRE Library Catalog** (Click computers in virtual classroom)- Search ebooks (no password needed.)

2. **Mackin Via ebooks** (type exactly as is)
School: St. Rose Elementary
username: strose
password: dragons

3. **Epic ebooks-** Use login
code kww3935

4. **Worldbook Online-** (click ebooks)
(*Also great research site)
username: sre
password: dragons

To access Research Sites (Student friendly Articles, Videos, Games)

Pebble Go or Pebble Go Next
Username: Stre
Password: Dragons

Brain Pop Jr- Student access through their virtual library in the library classroom.

Gale Databases username: sre
password: dragons

Homework Louisiana

****The state of Louisiana offers a wonderful free online after -school tutoring programs, which is available to all students regardless of education level. Online professional tutoring is available COMPLETELY FREE OF CHARGE through Home-work Louisiana www.homeworkLA.org.**

December

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1st & 2nd Grade Artsperience Great Kids Graduation 12:55
4	5	6 1st Grade Christmas Program-SRE 6:30	7	8 SRE Social Studies/ Science Fair
PTO Holiday Shop				
11 	12 	13	14 ELL Family & Friends Day @ ACM 9:30	15 3rd Grade-Nutcracker 
18 Polar Express Day -Pajama Day 	19	20 SRE Christmas Program 7pm LPAC	21 12:45 Early Dismissal -Spirit Day Pajama Day	22 Christmas Break ~ No School ~
25 	26	27	28	29
Christmas Break-01/08/24				

Tobasko's Corner

Tobasko the Dragon is our school mascot. He would love to hear from our SRE parents. If you have any suggestions for school improvement, concerns or input, please write them below and return them with your child. We will print a follow-up in our next newsletter.

Student: _____ Grade: _____ Parent Signature: _____

Suggestions/Ideas/Input/Concerns:

ELEMENTARY MENUS DECEMBER 2023



This institution is an equal opportunity provider. Menus are subject to change.

★ OUR NATION'S HISTORY ★

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest -- and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!

★ WITH LIBERTY & JUSTICE FOR ALL ★



Every complete meal we serve comes with your choice of milk!

Available Daily

With all meals
Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Chef Salad
Wednesday: Deli Turkey
or Ham Sandwich
Thursday: **Charley Box**
Friday: Sunbutter Sandwich

Brain Ticklers



What do you call a snowman in the summer time?

(Hold the page upside down and read it in a mirror for the answer!)

by boogie

Friday, December 1

Breakfast

Fresh Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fresh Hot Pizza
Marinara Sauce
Garden Salad
Fruit of the Month
Brownie w/Icing

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



Monday, December 4

Breakfast

Parfait Bowl or
Breakfast Burrito
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Applesauce

Tuesday, December 5

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Broccoli Florets
Asian Chopped Salad
Tropical Fruit

Wednesday, December 6

Breakfast

St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken/Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Banana

Thursday, December 7

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Italian Beef & Cheese Mac
Peas
Italian Salad
Garlic Bread
Pineapples

Friday, December 8

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mini Corn Dogs
Baked Beans
Celery & Carrot w/Ranch Dip
Orange Wedges
Jello w/Whipped Topping

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



EAT BETTER. FEEL BETTER. LIVE HEALTHIER. IT'S EASIER. WELLNESS IS A WAY OF LIFE!

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



Here's wishing you a bright and happy holiday season!



What's on YOUR plate?

HALF FRUITS AND VEGETABLES
GRAIN, POTATO, WHOLE
PROTEIN FOODS
DAIRY

Get crackin'!

There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you -- for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/dietary/healthyfoodpyramid.html>



Monday, December 11

Breakfast

Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Dill Chicken Chunks
Mashed Potatoes
Broccoli Florets
Garlic Knot
Peach Slices

Tuesday, December 12

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fish Sticks
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Apple Wedges

Wednesday, December 13

Breakfast

St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chili
Fritos
Shredded Cheese
Corn, Garden Salad
Banana

Thursday, December 14

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken/Sausage Jambalaya
White Beans
Steamed Carrots
WW Roll
Pineapple

Friday, December 15

Breakfast

Muffin Choice w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crisp/Cut Fries
Lettuce/Tomato/Pickle
Orange Wedges
Cookie

Monday, December 18

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce

Tuesday, December 19

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Roasted Chicken
Mashed Potatoes
Corn
WW Roll
Pear Halves

Wednesday, December 20

Breakfast

St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Christmas Brunch

Scrambled Eggs
Sausage Patties, Grits
Biscuit, Potato Coins
Fruit Juice

Thursday, December 21

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Pineapple Tidbits

See You Next Year!

Last day of school:
Thursday, December 21
Classes Resume
Monday, January 8

Happy New Year!