



February 2019

- 4-8 Book Fair
- 5 9:15 Grandparents
Day and Pictures for
PK and 2nd
- 6 9:15 Grandparents
Day and Pictures for
1st
- 7 Progress Reports
- 8 PK Playgroup
Pelicans Game- Cajun
Dancers
- 13 10:00 Playgroup
- 14 Red Shirt Day
- 20 10:00 Playgroup
- 21 PTA Cookie Dough
Fundraiser begins
- 22 Community Morning
Meeting 9:15
12:35 dismissal
- 27 10:00 Playgroup

Mission

Allemands Elementary School is committed to building the foundation of life-long learning for all students in a safe, respectful environment.

Principal's Message

February is the perfect time to see how far you've moved to achieve the goals you set in January. Revisit them and be sure to encourage your child to continue to focus on accomplishing these goals. They may need to persevere to achieve them, but this is a great trait to develop in life. Working through struggles will make our students better learners and people!

Thank you to all of the parents and guardians who attended parent teacher conferences. The meetings were very productive, and we appreciate your involvement in our school. If you feel that you need an additional conference later in the year, please call your child's teacher to schedule it. We always look forward to working with you!

Our faculty and staff are continuing to work hard to address students' needs and support them. Our commitment to excellence is evident in all that we do! We continue to make sure our students strive for more and work hard to be the best they can be. We welcome your support in encouraging our students to put forth their best effort in all that they do. Quality work is part of putting forth their best effort. Let's continue to help our students recognize what quality work looks like and how to produce quality work at all times. By having perseverance, hard work, goals, and quality work, we can reach new heights while focusing on our core business of teaching and learning.

Lisa Perrin

Principal

Vision

The faculty of Allemands Elementary School embraces the education of all students as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing society of the 21st century while preserving our historical culture. There is a profound commitment from stakeholders to help all students to become college and career ready, creating life-long learners. Our school provides a safe, stimulating atmosphere that is created through respect for self, others, and our environment. Actively engaged students aspire to reach their full potential, reflecting the high expectations among our faculty, families, and community.

Values/Beliefs

At Allemands Elementary School we believe...

-A physically and psychologically safe environment is essential to promote student learning.

-A student's self-esteem is enhanced by positive relationships, open and honest communication, and mutual respect among peers, families, community members and school personnel.

-All students and staff meet high expectations for achievement and success by engaging in challenging and relevant work.

-All children can learn at higher levels when supported daily by a variety of instructional strategies and resources within their school, families, and community.

-Student achievement and teacher effectiveness increase when teachers and students use a variety of questions and/or prompts to advance high level thinking.

-We are...One School, One Team, Making a Difference!

-Excellence is worth the cost.

Kindergarten News

Kindergarteners are moving towards independence and taking responsibility for our learning. We are motivated to read, discuss, and write stories of our own. It is an exciting time of showing everything we have learned the first half of the year. During word study, we have gained an understanding of how sounds create words. We can use this strategy to read decodable text and write words phonetically. Reading for meaning is an important part of learning how stories work. Reading a variety of genres have assisted us in this skill. We have started our comprehension unit with nonfiction text. This has given us an opportunity to discuss topics familiar to us and add to that knowledge. During math instruction, we are learning about composing and decomposing numbers to 10. This is the introduction to adding and subtracting numbers. Looking forward to seeing all of our grandparents on Grandparent's Day in February!

First Grade News

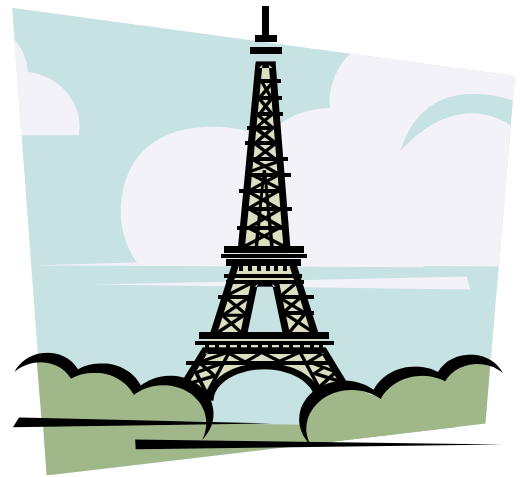
Our first graders have been working really hard. In math, we have started learning about place value, adding two digit numbers to a multiple of ten, as well as a two digit number and a one digit number. Please continue to practice basic addition and subtraction facts at home. As we are well in the third quarter, it is crucial that your child is reading nightly as well as completing all homework assignments. When reading, they should be able to identify the characters, setting, and events of the story. They should also be able to ask and answer questions about the story. We have been very busy writing narratives as well as continuing our informative writing from the second quarter. Please go over C.A.R.E.S. as well as the Essential 11 with your child. Please help your child realize the importance of these rules. Mardi Gras will be here before we know it. A parent meeting will be held soon for any parent interested in helping decorate your child's class float. It is never too early to begin collecting beads for your child. Each child must bring at least 50 snack sized plastic bags with two or three beads in each bag. Please send them to school. If you have extra beads or bags, please send them to school. The parade is Friday, March 1. We would like to thank you in advance for your help. It is with your help that our parade is a success every year.

Second Grade News

Because we "LOVE" reading, it's a great time to warm your heart reading a good Valentine's Day book with your child. Check out the *Day It Rained Hearts* by Felicia Bond or a nonfiction book, *Saint Valentine* by Robert Sabuda. In reading, second graders are using reading strategies to help them apply phonics, comprehension, and fluency skills. When readers read fluently, comprehension increases. When your child reads, the reading should sound like natural speech. Encourage them to practice reading carefully and with expression. Have them retell what was read in sequential order. Second graders will be reading nonfiction books to locate information and to explain a topic, so have conversations with your child about all the new facts and information they are learning. In writing, students are writing friendly letters and persuasive writings. By the end of the year, second graders must know all basic facts to 20. Remember to continue using flashcards that were made and completing math fact 2-minute drills nightly. You can also study facts with math games and various activities. Visit the 2nd grade team website for more ideas. Ask your child to try applying one of the math strategies taught (Make a Ten and Take from Ten) when solving basic facts. Students will participate in inquiries about our community and its economy in social studies while exploring states of matter in science. Working together, we'll have a fabulous February of teaching and learning!

French News

Happy February! All students have been working hard practicing our French song that we will perform at the Community Morning Meeting in March. We will also be learning some French Valentine's day vocabulary and making a Valentine card. Lastly, students are learning the history behind the king cake.



Winter Wear

Please remember to label your children's coats, hats and gloves.



Please donate your gently used school uniforms.



E-Newsletter

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will transition from paper to electronic newsletter delivery. Beginning in October, Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at Lbutler@stcharles.k12.la.us and a copy will be sent home each month with your child. Thank you.

C.A.R.E.S

Cooperation

I can work with others.

Assertion

I can speak up for myself and others.

Responsibility

I can make smart choices.

Empathy

I can understand others' feelings.

Self-Control

I can think before I speak and act.



Share With FINLEY

Finley would like to hear from parents that might have suggestions for school improvement or have an example of their child showing CARES at home or in the community. Each month we will feature this section. Finley is interested in hearing your input. Please write suggestions, positive comments or concerns and return it with your child. Finley will print a follow up letter in our next monthly issue.

Questions or Suggestions for School Improvement or example of student showing CARES:

Your name (optional) _____

Allemands Elementary School

Kindergarten Registration

March 11-15, 2019

Who: Children who will be 5 years old by September 30, 2019

When: Monday, March 14, through Friday, March 18, 2019

9:00 a.m. until 12:00 p.m. each day

Additional Information:

- Parents or guardians should bring the following documents:
- Certified birth certificate for the child
- Proof of residency (Two utility bills showing physical address. Only gas, water, and/or electricity bills accepted.)
- Social Security card for the child
- Immunization record for the child
- Driver's license for at least one parent that the child resides with

It is not necessary that the child be present at registration.

For more information, call the school at 985-758-7427.

***You can now complete your new student registration paperwork online!**

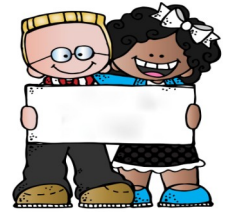
Use the online registration form *if your child will begin attending our schools in August 2019* and does not currently attend St. Charles Parish Public Schools.

This form can be filled out on either a computer or mobile device. It can also be partially completed and saved for later! Begin the online registration process by following this link: <https://goo.gl/pbmq7m> or by scanning the QR code at the bottom of this flyer. *Please always remember to logout before leaving the New Student Registration portal!*



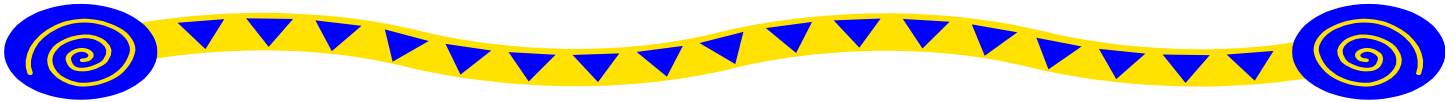
Allemands Elementary Family Center

Together We Can Make a Difference



Dunia Kennedy: dkennedy@stcharles.k12.la.us
Mondays, Wednesdays, and Fridays

Phone: 985-758-7427
Hours: 8:30a.m. – 3:30p.m.



If your child is having a hard time at school or at home, it may be difficult to know how to get help. Some challenges may look similar and you may wonder how to tell the difference between different kinds of issues. Learn what you can and pay attention to your child's behavior and emotional / physical health. Keep a record of important changes to health, diet, medication, or school situations.

Before taking big steps such as paying for extra services, changing your child's school, or starting medication, be sure to consult with professionals you trust: your child's teacher, doctor, and school counselor are an important place to start. If you need interpretation services, ask the school for an interpreter or bring along a trusted friend or relative. (Your child should never interpret for you at school.)

STAKEHOLDER ACTION GROUP

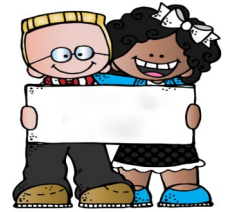
The January meeting of the Stakeholder Action group was held on January 4th. Attendees discussed ways to work with the community organizations to boost attendance. We also reflected on fall semester activities and discussed spring semester activities. Our next meeting has been scheduled for May 2nd at 10:00. All parents and community members are invited to attend.

Parent Portal

Reminder: You may monitor your child's progress on a regular basis through PowerSchool. Please contact the office if you have not yet created an account. The portal is unavailable each Wednesday evening beginning at approximately 8:30pm due to scheduled maintenance.

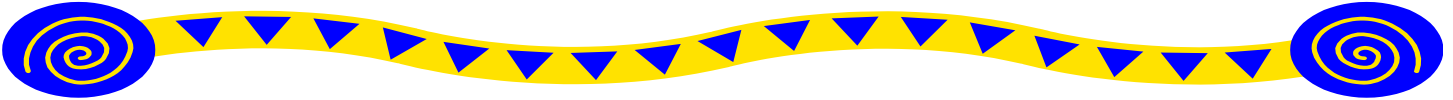
Allemands Elementary Family Center

Together We Can Make a Difference



Dunia Kennedy: dkennedy@stcharles.k12.la.us
Mondays, Wednesdays, and Fridays

Phone: 985-758-7427
Hours: 8:30a.m. – 3:30p.m.



Si su niño está pasando por un momento difícil en la escuela o en casa, puede ser difícil para usted saber cómo obtener ayuda. Algunos retos pueden parecer sencillos y es posible que usted mismo se pregunte cómo puede saber la diferencia entre diversas clases de problemas. Entérese de lo que puede hacer y preste atención al comportamiento y salud física / emocional de su hijo. Mantenga un registro de los cambios importantes en la salud, dieta, medicación o situaciones en la escuela.

Antes de dar grandes pasos como sería el pagar por servicios adicionales, cambiar de escuela a su hijo o empezar a medicarlo, asegúrese de consultar a los profesionales de confianza: el maestro, el médico y el consejero escolar de su hijo son un importante punto de partida. Si usted necesita servicios de interpretación, pida un intérprete en la escuela o traiga consigo a un amigo de confianza o pariente. (El niño nunca debe ser su intérprete en la escuela.)

Counselor's Corner

The Power of Positive Self-Talk

"It is no secret that thinking can be powerful-especially positive thinking about ourselves and our abilities to solve problems, reach goals, cope with hard times, and accomplish what we set out to do. Positive self-talk creates positive beliefs. Positive beliefs lead to positive attitudes and feelings about oneself and others. Positive attitudes and feelings promote positive behaviors."

"Successful, capable, competent people tend to be self affirmers. They don't get carried away, but they do give themselves frequent pep talks."

Here are some statements that children can use in their positive self-talk:

- "I'm a good person."
- "Everyone makes mistakes."
- "I can do this."
- "I believe in myself."
- "I can get through this."



Asbestos Hazard Emergency Response Act (AHERA)

Notice: In 1986 all asbestos materials were identified in all school buildings. A management plan was developed for each school as per the Asbestos Hazard Emergency Response Act (AHERA). The management plan is located in a binder in the main office of each school. The binders are available for review upon request. Since the plan was developed, most of the asbestos has been removed. In a few buildings, some floor tile still remains that contains asbestos. All of the schools meet the health requirements that pertain to the regulation. If you have any questions concerning this topic, please contact Kevin Barney, Director of Physical Plant Maintenance at 985-331-3600 between the hours of 7:00 a.m. and 4:30 p.m.

Master Meter Gas System—Public Awareness Notice

St Charles Parish Public Schools owns and operates master meter natural gas distribution systems on several school properties. The purpose of the gas system is to provide a reliable and safe economical source of energy for heating purposes to the buildings adjacent to the underground gas pipelines. The pipeline system has the capacity to reliably deliver natural gas to the building on the campus.

The hazards of natural gas are that it is odorless, colorless, tasteless, lighter than air and can ignite and/ or explode with tremendous force when mixed with the right amount of air. Prevention measures taken include testing the odorant level each calendar quarter and performing annual gas leakage surveys. Odorant is added to the gas by the gas supplier to give it that distinctive smell, similar to rotten eggs, to warn us of its presence. Anyone who may smell this odor on school properties or notice any unusual conditions on or near gas mains, vents, service lines, meter sets, or especially inside of a building should call the Physical Plant Maintenance Department immediately at (985) 331-3600. If you smell a strong gas odor inside a building, notify everyone in the building to leave. Do not create any ignition sources such as operating the fire alarm system, electrical switches, or using the phone. Go a safe distance away upwind of the gas smell and call the Physical Plant Maintenance Department at (985) 331-3600. With any gas leak, protect life first then property, then notify the Physical Plant Maintenance Department.

State and federal laws require excavators to notify the state LA One-Call-Center (811 or 1-800-272- 3020) 48 hours before digging. To obtain information concerning the pipeline location call the Physical Plant Maintenance Department. If any excavation is planned, you must notify the LA One-Call-Center which will notify the Physical Plant Maintenance to locate any gas lines. Call 48 before digging.

To obtain additional information, report gas leaks, or report other gas related information please contact the Physical Plant Maintenance Department at (985) 331-3600. This information is provided as a public awareness notice.

Be AWARE that...

- **Act 581** prohibits smoking within **200 feet** of public or private K-12 school grounds. Violators of the law will be **fined \$25 on a first offense, \$50 on a second offense and \$100 on a third or subsequent violation.**
- **School Zone Cell Phone Ban**-Motorists can no longer use any type of hand held wireless communications device while traveling through school zones during posted hours. The law includes use of a cellular/wireless device for engaging in a voice call, accessing, reading, or posting to a social networking site, and/or writing, sending, or reading a text-based communication. However, while in school zones, the following exceptions can be made. You can use your handheld cell phone (without penalty) ...

to report an emergency

if you are using the cell phone in a hands-free manner

if your vehicle is legally parked

Upon the **first violation** of the school zone ban, the fine is **\$175. Subsequent violations can be up to \$500**, and if a crash occurs during the time of the violation, fines can be increased.

- **LA Litter Law**-Cigarettes and cigarette butts cannot be tossed out of car windows. The fine for a **first offense** increases to **\$300 with 8 hours of community service** in a litter abatement program, **second offense** to **\$700 with 16 hours of litter abatement**, and a **third and subsequent offense** to **\$1500 with 80 hours of service** in a litter abatement program.

Library News

Coca-Cola Fundraiser



We're excited to share that our school is part of the Coca-Cola Give program. This opens up Allemands to new funding opportunities to help purchase more library books.

The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you simply enter the product codes here: <https://us.coca-cola.com/give/schools/> and our school receives a donation.

Allemands Elementary make the most of this program and learn more at Coke.com/give.

Monthly Reading Program

"Reading is Where it's Hat" reading logs are beginning to trickle in. Any books, whether from school or home, can be written on the logs. Students that turn in completed logs will have their names announced during morning announcements and receive a reading certificate and a pencil. Be sure to turn your logs in to get credit for all of the reading I know you are doing!

"The more that you read, the more things you will know. The more you learn, the more places you'll go." — Dr. Seuss

The Scholastic Book Fair will be at our school February 4 - 8, 2019.

Our Book Fair theme for spring 2019 is **Dino-Mite Book Fair: Stomp, Chomp and Read**. A prehistoric land full of irresistible new books kids can't wait to track down. We'd like your help to make this Book Fair experience for our students a stomping, chomping, reading good time!

Please complete the form below by circling the dates that you are interested in volunteering. Thank you so much! Return the form to the library.

Sincerely,

Tonya Turgeon
Book Fair Chairperson

This year our Grandparent's Day will be held during the week of February 4-6. Students can wear their "Sunday Best" clothes on their grade level's assigned visitation day. Allemands will be providing a breakfast snack, and there will be an opportunity for you to purchase professional pictures. The activities will finish at 10:15. At this time we will return to teaching and learning. We look forward to your participation with this event!



Arrival Time 9:00 a.m.-9:15 a.m.

Activities 9:15a.m.-10:15 a.m.

Monday, February 4th Kindergarten

Tuesday, February 5th PreK and Second Grade

Wednesday, February 6th First Grade

Principal for the Day

Principal- Lisa Perrin/Kindergartener Caleb Dunn

Assistant Principal- April Gomez/ First Grader
Drew Zeringue



Allemands Elementary yearbooks are on sale!
Please place your pre-paid yearbook order by
April 10th.



This January, Allemands Elementary students learned about the famous artist Henri Matisse. Students cut out geometric and organic shapes in Mrs. Shelly Herbert's art class. Students enjoyed cutting and placing their shapes to assemble a masterpiece.

Pictured are second grade student, Coralyn Young, Dylan Pervan, Lexi Luquette and Alyssa Fonseca

Dismissal/Transportation



All bus changes / car rider request need to be submitted in writing by 2:30 on a full day and 10:30 on an early dismissal day to aesbus@stcharles.k12.la.us. Bus changes need to include the student's name, teacher's name, bus number or animal (if known) and the physical address of where the student will be dropped off. Car rider request need to include the name of the student, teacher name, and the person who will be picking him/her up. Please try to keep your child's schedule as consistent as possible.

DRESS CODE



The following guidelines have been established and are included in the Code of Conduct Handbook. Any apparel for males or females should be worn as designed, i.e. belts, pants at waist, shoestrings tied, etc. All students must conform to the official dress code guidelines below:

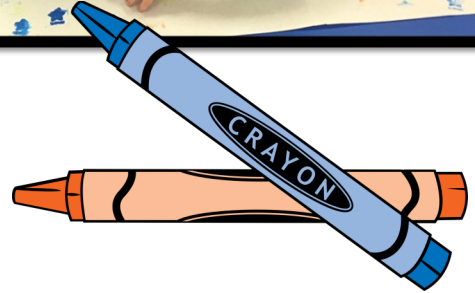
Shirt - Collared white or navy blue dress/oxford or polo-type shirt. The official PTA school spirit shirt is allowed every day of the week. If a child has another AES school event or spirit shirt, they may wear it on Fridays only if it is white or navy blue. Please contact Mrs. Perrin if you have questions.

Pants/Shorts/Skirt/Skort/Jumper - Navy or Khaki (no shorter than 2' above the center of the kneecap).

We encourage all students to show their school pride by wearing spirit shirts with jeans on Fridays; however, the jeans must be solid blue, without tears and decorations.

Ms. Janel's Class

Ms. Janel's friends have been learning to share and take turns during art activities and other centers in the classroom. Ms. Terri is helping us as we learn our colors and words as well as sign language. We are learning lots of new things about classic tales and important people in our daily language lessons. Preschool Rocks!!!!



NURSE'S NOTES

Germs can enter the body through the eyes, nose and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Make sure your child knows the importance of handwashing at home and school. I have included steps that you can review with your child.

Have A Happy February ❤️


Melissa Schexnaydre, R.N.

*Centers for Disease Control and Prevention





February

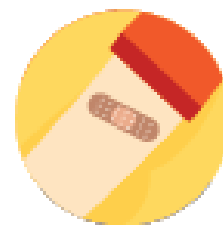
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 9:15 Grandparents Day and Pictures for Kindergarten	5 9:15 Grandparents Day and Pictures for PK and 2nd	6 9:15 Grandparents Day and Pictures for 1st	7 Progress Reports	8 Cajun Dancers perform @Pelicans game	9
BOOK FAIR WEEK FEB. 4-8						
10	11	12	13 Playgroup 10:00	14 Red Shirt Day 	15	16
17	18	19	20 Playgroup 10:00	21 PTA cookie dough fundraiser begins	22 9:15 Community Morning Meeting 12:35 Early Dismissal	23
24	25	26	27 Playgroup 10:00	28		



Flu Information

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 long-term 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 or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



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.

For more information, visit
www.cdc.gov/flu
 or call 800-CDC-INFO



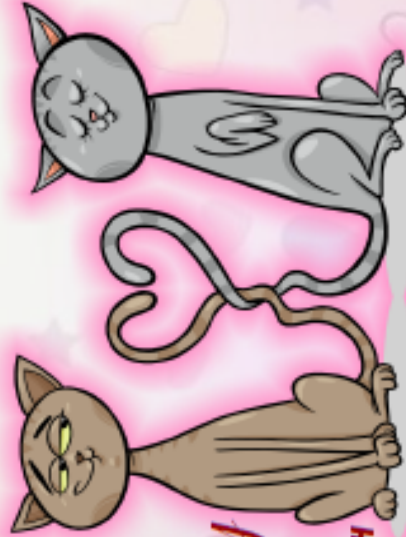
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Elementary Menus for

February 2019

**ST. CHARLES PARISH
PUBLIC SCHOOLS**

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



YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



Available Daily
With all meals:
Low Fat White Milk
At Lunch:
Sandwich Choice

Monday, February 4

Breakfast

Grits & Sausage
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Tenders & Fettuccini
w/Alfredo Sauce
Green Beans
Steamed Baby Carrots
Tropical Fruit

Tuesday, February 5

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Shepherd's Pie
Fresh Steamed Veggie Medley
Wheat Roll
Apple Wedges

Wednesday, February 6

Breakfast

St. Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Fish Sticks
Macaroni & Cheese
Cucumber & Tomato Salad
Baked Beans
Banana

Thursday, February 7

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Turkey Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Pineapple Tidbits w/Cherries

Friday, February 8

Breakfast

Muffin w/Cheese Stick
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crispy Cut French Fries
Lettuce/Tomato/Pickle
Orange Wedges
Sugar Cookie

Monday, February 11

Breakfast

Dutch Waffle
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans & Rice w/Sausage
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Applesauce

Tuesday, February 12

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Crunchy Tacos
Pinto Beans
Taco Salad Cup
Salsa & Shredded Cheese
Apple Wedges

Wednesday, February 13

Breakfast

St. Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken & Sausage
Jambalaya
Steamed Broccoli
Garden Salad
Garlic Bread
Banana

Thursday, February 14

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Baked Chicken
Mashed Potatoes
Green Beans
WW Roll
Pineapple Tidbits w/Cherries

Friday, February 15

Breakfast

Maple Pancake Sandwich
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Carmita Sliders (2)
Tangy Coleslaw
Southwest Corn
Orange Wedges

AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a mustache. Happy Valentine's Day!



WHAT OTHER PRESIDENT HAS A B-DAY THIS MONTH?

Other than

George Washington and Abraham Lincoln only one other U.S.

President has a birthday this month – President Ronald Reagan who was born February 6, 1911. **Happy Presidents Day!**



What's on **YOUR** plate?



Q. Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.ChooseMyPlate.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Friday, February 22

Breakfast

French Toast Sticks
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Bosco Sticks (2)
Marinara Sauce Cup
Fresh Veggies w/Ranch Dip
Orange Wedges

Thursday, February 21

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Orange Tangerine Chicken
Steamed Rice
Stir Fry Veggies
Asian Chopped Salad
Pineapples w/Cherries

Wednesday, February 20

Breakfast

St Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Baked Potato Soup
Garlic Bread
Garden Salad
Banana

Tuesday, February 19

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Nachos w/Chicken Taco Meat
Pinto Beans, Salsa
Taco Salad Cup
Apple Wedges

Monday, February 18

Breakfast

Grits & Eggs
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Beef Pot Roast
Mashed Potatoes
Steamed Broccoli Florets
WW Roll
Tropical Fruit

Thursday, February 28

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Parmesan w/Pasta
Seasoned Green Beans
Italian Salad
Garlic Bread
Pineapples w/Cherries

Wednesday, February 27

Breakfast

St Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Pork Stew w/Rice
Candied Sweet Potatoes
Steamed Cabbage
Brownie
Banana

Tuesday, February 26

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

St. Charley's Chili
Tortilla Chips
Shredded Cheese, Salsa
Garden Salad
Apple Wedges

Monday, February 25

Breakfast

Confetti Pancakes
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans & Rice w/Sausage
Seasoned Mustard Greens
Steamed Baby Carrots
Cornbread
Applesauce

STRANGE

BUT TRUE!



DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!