



## PRINCIPAL'S MESSAGE

Welcome to a new school year! This year at Allemands Elementary School we will be "Standing BAYOU!" The faculty, staff and administration worked very hard this summer to prepare for the school year, and we are thrilled to focus on our core business of teaching and learning. Thank you to the families who attended our first event of the year, Meet and Greet/Open House. Developing relationships with our families is a great way to begin our year and continues to be one of our priorities; by working together, we will be able to celebrate your child's success.

Our dedicated teachers and staff met over the summer to develop a strong School Improvement Plan focusing on academic and social growth and success. Please review this plan on our school's website. An action step in our School Improvement Plan is holding Stakeholder Action Group meetings. Please contact me if you are interested in being part of this group. We are always looking for new ways to include parents and family members in our school. If you would like to learn about other ways to support your child and our school, please contact Valerie Chiasson, Family Center Teacher.

Please make sure that you have downloaded the "Where's the Bus" app on your phone to track your child on the bus. It helps to know when they have left school and their location during their route. We appreciate your patience as we work through this new program.

Please read the student handbook carefully. We have made changes to some procedures at our school. If you have any questions, please call us at 758-7427.

Lisa Perrin  
Principal

## MISSION

Allemands Elementary School is committed to providing high-quality educational opportunities to build the foundation for children to become enthusiastic life-long learners who are equitable, safe, empathetic, and respectful.

## VISION

All stakeholders of Allemands Elementary School embrace the education of every student as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing global society while preserving our historical culture. There is a profound commitment from stakeholders to help all students become college and career ready, creating life-long learners. Our school provides a safe and inclusive atmosphere 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.

# UPCOMING EVENTS

## September

2nd	Volunteer Day
5th	Labor Day Holiday
7th	Playgroup @ 10:00 PTA Board Meeting, virtual @ 1:00 Zoom Meeting Link: <a href="https://us06web.zoom.us/j/93824317679?pwd=M3lONdICdXZaYTd3L3VXcGhvV2NUQT09">https://us06web.zoom.us/j/93824317679?pwd=M3lONdICdXZaYTd3L3VXcGhvV2NUQT09</a> Wetlands Night & Report Card Presentation @ 5:30 pm in library
9th	Early Dismissal @ 12:45
10th	Child Search
14th	Playgroup @ 10:00
15th	Progress Reports Sent Home
16th	Saints shirt day
20th	PTA Pizza and Paint Night @ 6pm
21st	Playgroup @ 10:00 School Board Meeting @ 6:30
23rd	Purple & Gold Day
26th	Parent Visitation 2nd grade 9:00-9:45
27th	Parent Visitation 1st grade 9:00-9:45
28th	Playgroup @ 10:00 SIP Stakeholder Meeting @ 2:00
29th	Fall Pictures Parent Visitation Kindergarten 9:00-9:45
30th	Parent Visitation Prekindergarten 9:00-9:30



# We'll Stand **BAYOU** at AES!



## **Migrant Education Services Available!**

Any child, ages 3 through 21, who moves with parents or guardians to seek or obtain temporary or seasonal employment in agriculture, or fishing-related activities is eligible for the Migrant Education Program. Families qualify if they have moved to work in traditional crops such as: vegetables, dairy, poultry, livestock, fishing and shrimping, and/or timber.

Migrant Education provides student advocacy within the school district's educational program as well as supplemental educational and supportive services.

If you believe that your child might qualify for this program and are interested please call the school secretary or stop by the office to complete the Migrant Survey.

*St. Charles Parish Public Schools does not discriminate on the basis of race, color, national origin, sex, or disability.*

## **Servicios disponibles para la Educación de Migrantes**

Cualquier niño entre las edades de 3 a 21 años, cuyos padres o representantes legales buscan obtener un empleo temporal o de estación en agricultura o en actividades relacionadas con la pesca, es elegible para el Programa de Educación del Migrante.

Las familias califican si se han movido al área para trabajar en las cosechas tradicionales como las siguientes: vegetales, lecherías, aves de corral, ganado, pesca, camarones y madera.

La Educación del Migrante provee ayuda dentro del programa educacional del distrito, como también servicios educacionales suplementarios y servicios de apoyo.

Si usted cree que su hijo/a puede calificar para este programa y usted está interesado, por favor llame a la secretaria de la escuela o visite la oficina para completar la Encuesta del Migrante.

*Las Escuelas Públicas de la Parroquia de St. Charles no discriminan por raza, color de piel, nacionalidad, orientación sexual y/o discapacidad.*

## **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 4:00 p.m.





## Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. 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](mailto:lbutler@stcharles.k12.la.us) and a copy will be sent home each month with your child. Thank you.

## Early Dismissal

When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to [gesbus@stcharles.k12.la.us](mailto:gesbus@stcharles.k12.la.us). Please call school if you have any questions about our Early Dismissal procedures. Our first Early Dismissal is on September 9, 2022.

## SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Improvement Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives. These meetings will be in-person and will last 30-45 minutes. Our first meeting was on August 24th; our next meeting is on September 28th at 2:00pm. If you are interested in being a part of this group, please contact Chellie Killian at [ckillian@stcharles.k12.la.us](mailto:ckillian@stcharles.k12.la.us).

## Family Engagement is Important to Us!

Allemands Elementary's goal is to have in-person activities that will allow families to have fun while supporting our students in their academic growth. Please make sure to check your child's folder each night to see which activities you can attend. If you have any suggestions, please join our PTA or the SIP Stakeholder Group.

*We'll stand*  
**BAYOU**



# Let's welcome our students, faculty, and staff!

Please help us welcome our new faculty and staff to  
**Allemands Elementary.**

Erika Montelaro, 2nd grade  
Destiny Travis, 2nd grade  
Caroline Monroe, 1st grade  
Kayci Wagner, 1st grade  
Kimberly Arable, Kindergarten  
Donald Morgan, III PE teacher  
Jennifer Webb, Paraprofessional  
Bethany Burns, Paraprofessional  
Karen Madere, Cafeteria Technician  
Darnell Gaubert, Interventionist  
Lanie Harrell, Kindergarten Monitor

## Our first days:







# OUR LEARNING



## pre-k

We have been so excited to start school, meet our teachers and make new friends. We have been touring our school, learning our way around, and meeting teachers and other important people.

We have been learning how to be a student in the classroom and all around school. We are also learning about our bodies, our senses, and our feelings.

Here we are with some of the important people that will stand BAYOU :



## kindergarten

Kindergarteners have been working hard to learn classroom routines and procedures. We are learning CARES (Cooperation, Assertion, Responsibility, Empathy, and Self Control) to make friends and take care of each other. We are practicing phonemic awareness by listening for rhyming words, counting the words in sentences, and clapping syllables in words. In math, we are sorting objects into groups and counting how many. We have worked with numbers up to 5, but by the end of kindergarten, we will count up to 20! We are so excited to learn and grow this year!







# OUR LEARNING



## first grade

Welcome back to school, first grade families! Your student has started the year learning about CARES and classroom rules. We discuss the importance of taking care of ourselves, taking care of others, and taking care of Allemands. Our daily morning meetings allow us to get to know the friends in our class. Your child has been working hard reviewing short vowel sounds in words and stories. In Knowledge, we have enjoyed listening to Fables that teach us a lesson. We will begin to learn about the incredible, Human Body. You can help your child learn more about these topics by checking out books at our local library! You will be so surprised at how much they will learn about our amazing, human body. Your student is learning more about solving problems in math. We are focusing on parts of a whole, solving word problems within 10, and counting on. If a Sprint worksheet is sent home, please work with your child to complete for extra practice. We look forward to a year where dreams come true at AES!



## second grade

We're standing BAYOU! Our second graders joyfully participated in many activities in order to build a classroom community. Each student developed Hopes and Goals for this exciting school year. In order for everyone to reach their Hopes and Goals, students have been busy practicing classroom expectations, routines, and procedures. Students along with their teachers have created classroom rules. Adding and subtracting within 100, reading fiction, and listening to fairy tales and tall tales, was our August learning. This month students will measure length with centimeters, read fiction, and learn about ancient Asia through our listening domain. Home support is essential to a successful school year. Please remember to discuss your child's day with him or her and complete homework. Working together, we can have a successful year.



# ENRICHMENT

## Librarian's

## Letter

September will be a busy month for us in the library! Students will learn about book care before bringing a library book home this month. We are also launching our school wide reading program: Finley's Fin-tastic Fishies! Please read the letter on the back of the reading log to learn how the reading program works.

Pre-K and Kindergarten students who read 100 books will be recognized on a bulletin board, as well as all 1st graders who read 200 books, and 2nd graders who read 300 books.

Happy Reading!  
Love, Ms. Lacey, librarian

## COUNSELOR'S corner

Welcome to a new school year!

Did you know that elementary school counselors...

- ...teach classroom lessons on a variety of topics.
- ...counsel students as needed.
- ...consult with teachers/parents to assist students in meeting their needs.
- ...help coordinate the School Building Level Committee (SBLC).
- ...help teach students how to cope with life issues and be their best selves.
- ...care.

I am here to support all of the students at AES. Please feel free to call if you have a concern or a question (758-7427).

Lori Hogan, School Counselor

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou

## French FUN

Bonjour and Bienvenuel  
Welcome Back to school!

This month all grade levels will be choosing French names and learning each others' new names! Did you know that up until 1993, France had rather strict laws on what a child could be named - a statute first created by Napoleon Bonaparte? Parents had to choose their child's first name from a pre approved list. Very interesting!

We are also reviewing calendar and conversation words and learning new ones. I'm looking forward to a great year of French!

# Allemands Elementary Family Center

## Together We Can Make a Difference

Valerie Chlasson

[vchiasson@stcharles.k12.la.us](mailto:vchiasson@stcharles.k12.la.us) 985-758-7427

Wednesdays, Thursdays, and Fridays



Welcome back to the Title I Family Center! At the Family Center, families are invited to join other parents and children for activities, information and resources. All programs and activities are free of charge. Highlights of the Family Center include weekly playgroups for children not enrolled in school, educational resources, workshops, volunteer days, and much more. I hope you are able to join me throughout the year so that I can be of service to you and your family.

Playgroups will meet every Wednesday at 10:00 a.m. in the Family Center beginning on September 14th. The Family Center provides many resources that can be checked out to help your child learn. So please do not hesitate to come visit on Wednesdays, Thursdays or Fridays between the hours of 9:00 and 3:00. I will be very happy to help you. You can also contact me by phone or email.

I am looking forward to seeing you!!!!

Bienvenidos de regreso a un nuevo año de diversión y aprendizaje en el Centro Familiar Título 1. En el Centro Familiar, las familias están invitadas a unirse con otros padres e hijos en actividades, información y recursos. Todos los programas y actividades son gratis. En el Centro Familiar se incluyen grupos de juego semanales para niños que todavía no van a la escuela, recursos educacionales, cursos de aprendizaje para adultos, días voluntarios, y mucho más. Esperamos que ustedes puedan compartir con nosotros durante el año o que podamos ser de servicio a usted y su familia.

Los grupos de juego se reunirán cada miércoles a las 10:00 a.m. en el Centro Familiar empezando el 14 de septiembre. El Centro Familiar también brinda muchos recursos que se pueden prestar para que usted pueda ayudar en el aprendizaje de sus hijos. Por favor no dejen de venir a visitarnos dentro de las horas de 9:00 y 3:00 los miércoles, jueves o viernes. Estaremos felices en ayudar. Nos puede contactar a [vchiasson@stcharles.k12.la.us](mailto:vchiasson@stcharles.k12.la.us) o 985-758.7427. Se habla español.

¡Anticipamos verlos en el centro!



# ABC



St. Charles Parish  
Early Childhood  
Community  
Network

Children:  
Birth to Five

*It's Playgroup  
Time!!!*

**10:00 am  
Saturday,**

September 10, 2022

October 15, 2022

November 12, 2022

January 21, 2023

March 11, 2023

April 29, 2023

Scan to  
pre-register:



Location: St. Charles Parish  
School Board Office  
13855 River Road  
Luling, LA 70070

Contact Information:

Tamanika Odinga  
Director of Early Intervention  
(985)785-3173  
Stephanie Dunmiles  
Director of Ready Start Programs  
(985)785-7221





Allemands Elementary would like to thank  
Tramaine Robinson, Founder and CEO  
of the United 1st Steps Nonprofit, Inc  
for their generous donation to our first graders.  
This organization provided most of the  
school supplies for our first grade students  
this year. Thank you!



## *Fall Pictures*

*September 29, 2022*

*Students must wear school uniforms*





# 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 since 2010, between 6,000 and 26,000 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 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 during pregnancy 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.

#### Are flu vaccines 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 risk of getting sick with flu by about 40 to 60%.
- **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 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 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 old – 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



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





# 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 estén 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, lavarse 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 descanse 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 contagiarles 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.

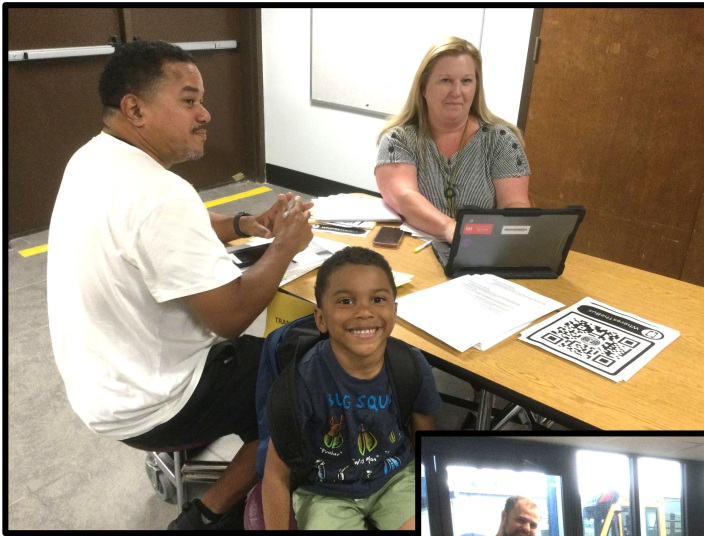
Para obtener más información, visite  
[espanol.cdc.gov/enes/flu](http://espanol.cdc.gov/enes/flu)  
 o llame al 800-CDC-INFO



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



# Meet and Greet Fun



As required by law, information regarding Parental Access to Instructional Materials and the Louisiana Parents' Bill of Rights can be found at [www.stcharles.k12.la.us](http://www.stcharles.k12.la.us) under the FOR COMMUNITY-Legislative compliance page.

## Parent Access to Instructional Materials



# PTA News

Dear Catfish Families,

Welcome back to AES! My name is Erica Dufrene and I am your PTA President for the 2022-2023 school year.

Our elected PTA Board has been hard at work over the summer, planning for this year and coming up with new ways to support our students, faculty and staff!

I know that we cannot do this alone. We need YOU! I would like to encourage you to join our PTA and get involved (if you can - a PTA membership does NOT mean you have to volunteer or serve as a board member). By joining and supporting AES PTA, you have a voice/vote in the decisions that PTA makes. Our goal is to have at least one PTA member per child in our school. We are currently only at 35% of that goal so grab your family and friends and join us!

Thank you for your support, and please reach out if you need anything - [allemandspta@gmail.com](mailto:allemandspta@gmail.com). Together we will make this another memorable year for our students, faculty and staff!

Erica Dufrene  
AES PTA President

Please welcome our new PTA Board. We meet once a month and would love to have you join us! Our next meeting is Sept. 7 at 1:00PM in the Family Center.

President: Erica Dufrene  
Vice President: Amanda Martin  
Secretary: Celeste Matherne  
Treasurer: Laura Brown  
School Liaison: Valerie Chiasson & Vanessa Camarata  
Faculty/Staff Morale, Social Media & Student Appreciation Week Chair: Jodie Matherne  
Faculty/Staff Appreciation Week Chair: Kelly Madere  
Pizza & Paint Chair: Latoya White-Paul  
Grade Representative: Tongia Turner

We still have spaces to fill. Email us at [allemandspta@gmail.com](mailto:allemandspta@gmail.com) if you would like more information or are interested in the following opportunities: Fall Fest Committee Member, 2nd Grade Sendoff Chair



**Scan QR Code for:**  
PTA Membership,  
Spirit Shirts, Magnets  
and/or Winter Wear

## Catfish Character Traits

Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In September, we will focus on responsibility. Our teachers will read a grade-specific book and review the trait during the month. Please help us to reinforce these character traits at home and in the community.

- Week of 9/12 Be a good listener
- Week of 9/19 Pick it up
- Week of 9/26 Responsible decision making

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: \_\_\_\_\_

What did he/she do to show responsibility in your home or the community?

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# Say *Yes!* to ESS

## **NOW HIRING SUBSTITUTE TEACHERS, SUBSTITUTE PARAPROFESSIONALS & SUBSTITUTE CLERICAL STAFF FOR ST. CHARLES PARISH PUBLIC SCHOOLS!**

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(EOE)



# Elementary Menu September 2022

**ST. CHARLES PARISH PUBLIC SCHOOLS**

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

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about **Summer's end** -  
enjoy the last sweet  
days of the season  
**BERRY** much!

## MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget - the **SIZE** of the plate and the **AMOUNT** of food you put on it matters, too. Enjoy what you eat, but try no to over-do it!



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

**Tuesday, September 6**

### Breakfast

Large Muffin  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

3 Bean Chili w/Cheese Fritos  
Salsa  
Pear Halves w/Cherry

**Wed., September 7**

### Breakfast

St Charley Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Turkey Stew  
Steamed Rice  
Sweet Potatoes  
Steamed Cabbage  
Banana

**Thursday, September 8**

### Breakfast

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

### Lunch

Spaghetti & Meatsauce  
Peas & Carrots  
Italian Salad  
Garlic Dinner Roll  
Pineapples w/Cherries

**Friday, September 9**

### Breakfast

Chicken Waffle Bites  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Bosco Sticks  
Marinara Sauce Cup  
Baked Beans  
Fresh Orange Wedges

**Tuesday, September 13**

### Breakfast

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

### Lunch

Orange Chicken  
Fried Rice  
Broccoli Florets  
Asian Chopped Salad  
Tropical Fruit

**Wed., September 14**

### Breakfast

St Charley Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

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

**Thursday, September 15**

### Breakfast

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

### Lunch

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

**Friday, September 16**

### Breakfast

Donut Holes  
Cereal w/Graham Crackers  
Yogurt w/Gripz  
Fruit or Juice Choice

### Lunch

Hamburger/Cheesburger  
Crinkle Cut Fries  
Lettuce/Tomato/Pickle  
Orange Wedges  
Cookie

**Thursday, September 1**

### Breakfast

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

### Lunch

Sweet Chili Thai  
Soba Noodles  
Stir Fry Veggies  
Asian Chopped Salad  
Mandarin Oranges

**Friday, September 2**

### Breakfast

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

### Lunch

Fresh Hot Pizza  
Marinara Sauce  
Green Beans  
Fresh Orange Wedges  
Brownie w/Icing

**September 11, 2001**



*In eternal remembrance of the victims,  
in continued support of their families,  
and in undying gratitude to the heroes.*

**AVAILABLE DAILY**

**With all meals:**

**Low Fat White Milk**

**Fat Free Flavored Milk**

**At Lunch:**

**Sandwich Choice**



# What's on Q: YOUR plate?

How is a strawberry like the flag of Italy?



As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

A:



## NOSE FOR FOOD

In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture.

They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey

Vultures are rare birds, in that they use a highly developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!



Vultures to a food source!

## ANIMAL APPETITES

## NUTRITION 101

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

## A QUICK BITE FOR PARENTS

<b>Monday, September 19</b>	<b>Breakfast</b> Waffle Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Red Beans w/Ham Steamed Rice Seasoned Mustard Greens Steamed Carrots Cornbread Poppers Applesauce
<b>Tuesday, September 20</b>	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Tacos w/Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Peaches
<b>Wed., September 21</b>	<b>Breakfast</b> St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Chicken & Sausage Jambalaya Broccoli Florets Garden Salad Dinner Roll, Banana
<b>Thursday, September 22</b>	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Baked Chicken Mashed Potatoes Cal Blend Veggies WW Roll Pineapple Tidbits w/Cherries
<b>Friday, September 23</b>	<b>Breakfast</b> Pancake/Sausage on Stick Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Mini Corn Dogs Green Beans Celery & Carrot w/Ranch Dip Orange Wedges

<b>Monday, September 26</b>	<b>Breakfast</b> Grits & Canadian Bacon Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Chicken Alfredo Casserole Broccoli Florets Carrots Mixed Fruit
<b>Tuesday, September 27</b>	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Roasted BBQ Chicken Baked Beans Potato Salad WW Roll Pear Half w/Cherry
<b>Wed., September 28</b>	<b>Breakfast</b> St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Potato Soup Garden Salad Biscuit Stick Banana
<b>Thursday, September 29</b>	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Sweet Chili Thai Soba Noodles Stir Fry Veggies Asian Chopped Salad Mandarin Oranges
<b>Friday, September 30</b>	<b>Breakfast</b> Fresh Donut Cereal w/Graham Crackers Yogurt w/Gripz Fruit or Juice Choice	<b>Lunch</b> Fresh Hot Pizza Marinara Sauce Green Beans Fresh Orange Wedges Brownie w/Icing