



PRINCIPAL'S MESSAGE

Welcome to a new school year! This year at Allemands Elementary School we will celebrate "Standing BAYOU" for 100 years. 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 Success Plan focusing on academic and social growth and success. Please review this plan on our school's website in the next month; it includes our new Literacy Plan. We appreciate our community and family feedback at our Stakeholder 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 the 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

VISION

Our students are engaged, well-rounded learners who accept others and work as a team.

MISSION

Allemands Elementary School is committed to all students obtaining the knowledge and skills to build a strong foundation and become productive citizens.

At Allemands Elementary School, we believe...

- all students can learn to their utmost potential.
- all students will engage in quality experiences.
- a student's success is a collaborative effort among school, students, family, and community.
- a physically and psychologically safe environment is essential to promote student learning.
- excellence is worth the cost.

UPCOMING EVENTS

September

1st	Theme Dress Down Day (either a decade or bayou)
4th	Labor Day- No School
6th	PTA Board Meeting, @ 1:00
7th	Stakeholder Meeting @ 9:00 In Family Center Volunteer Orientation and Day @ 10 In Family Center
8th	Saints Shirt Day Early Dismissal @ 12:45
11th	Community Storytime at Paradis Library @ 5:30pm
13th	Playgroup @ 10:00 In Family Center Fall Fest Volunteer Work Day 4:00pm-6:00pm
14th	Progress reports sent home
15th	Community Morning Meeting @ 9:15
20th	Playgroup @ 10:00 In Family Center
22nd	Purple & Gold Day
26th	PTA presents Pizza and Paint Night 6:00pm
27th	Playgroup @ 10:00 In Family Center Fall Pictures
28th	Family Center Session: Math Overview
29th	Saints shirt day



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 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 aesbus@stcharles.k12.la.us. Please call school if you have any questions about our Early Dismissal procedures. Our first Early Dismissal is on September 8, 2023.

Sensory Walk

Thank you, HHS Talented Art students! Mrs. K. Gough and her students helped created the first of a few sensory walks at AES this summer. We appreciate their help and the PTA for purchasing the paint for the project!

Family Engagement is Important to Us!

Allemands Elementary's goal is to have activities that will allow families to have fun while supporting our students in their academic growth. Our school visits will be structured differently to support our School Success Plan. 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 Stakeholder Group.

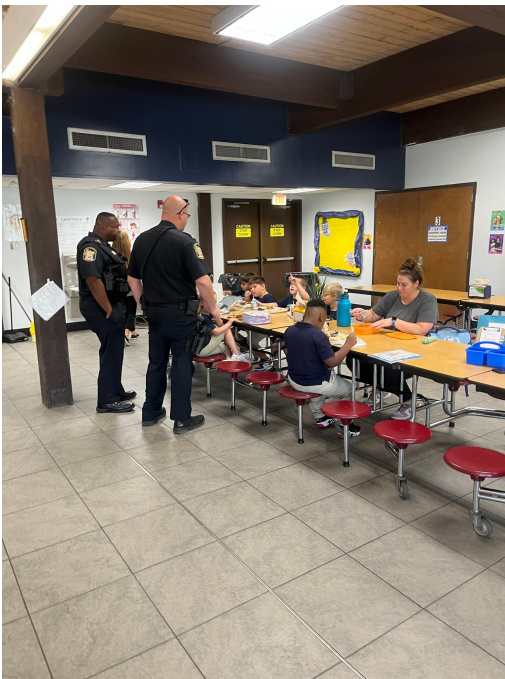
We'll stand
BAYOU

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

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

Allie Vega, Special Education Teacher
Paula Jascot, Curriculum & Instruction Coach
Carolyn Cox, custodian
Macy Ford, kindergarten & Lunch Monitor
Lacie Ober, Cafeteria Technician

Our first days: WELCOME BACK!





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.



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 are currently working with numbers up to 5, but by the end of kindergarten, we will be able to 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 and counting on. We look forward to celebrating 100 years standing BAYOU at AESI

second grade

We're standing BAYOU and celebrating 100 years of AESI. 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. Students learned more about each other while graphing data like birthdays, favorite sports, and foods. Measuring length with centimeters, reading fiction, and listening to fairy tales and tall tales, were our August learning. This month students will read fiction and learn about ancient Asia through our CKLA Knowledge 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 and 2nd graders who read 200 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



SEPTEMBER
2023

Allemands Elementary Family Center

Home & School: Together We Can Make a Difference

Valerie Chiasson vchiasson@stcharles.k12.la.us

Wednesdays, Thursdays, and Fridays

Phone: 985-758-7427

Hours: 8:30am - 3:30pm

Welcome back or welcome aboard as we begin our school year journey together. At the Family Center, families are invited to join other parents and children for activities, information and resources. All programs and activities are free. The activities are supported by funds from the Title 1 program and several other local grants. Highlights of the family center include playgroups every Wednesday from 10:00 till 11:00, FACT (Family And Child Time) sessions, literacy library, educational resources, workshops, volunteer days, and much more. We hope you are able to join us throughout the year or that we can be of service to you and your family. Please do not hesitate to contact us for additional support.

It's most important to assist your child as they journey through the school year. Equip, encourage and praise them as they journey along their path to success. Each child will travel toward their own unique destination. We know that the journey can often be frustrating and challenging. Guide them with love and wisdom and most of all encourage them to persevere as they travel through the school year. You just may witness amazing achievements!

Back to School: A Complete Checklist for Parents

Getting back into the swing of things just may be the most difficult part of returning to school. After having had months away from the rigid schedule of classes, homework and after school events, it's hard for children and parents to get back on schedule. The following are tips for getting back into the swing of things...

- ☐ **Put bedtime battles to rest.** To help adjust to the new schedule, put your children to bed 10 minutes earlier each night. This will help eliminate the shock from a late to early bed time.
- ☐ **Help get organized** when it comes to schedules. There are many free apps and online organizations sites such as *Got Family Get Organized*, *Evernote*, and *Remember the Milk*.
- ☐ **Prepare for lots of paperwork.** Help keep yourself and your student organized and current by checking school bags and folders daily. Make sure all important forms have been completed and returned on time.
- ☐ **Post your child's schedule** and school calendar somewhere you can see. This will help when scheduling appointments. You can also ask more specific questions of the day.
- ☐ **Volunteer your time or expertise.** Research shows that children whose parents are involved in their school do better academically and socially. Teachers appreciate parents who help.
- ☐ **After school, let your child run and play.** Instead of jumping straight to doing chores or homework, let your child have a much needed break. Spend 15 to 30 minutes connecting as a family: play a game, take a walk, talk about the day, eat a snack.

<http://abcnews.go.com/GMA/Parenting/back-to-school-complete-checklist>

Coming up in the Family Center:

September 7- 9:00 am Stakeholder meeting

10:00 am Volunteer Orientation- come help us help our teachers and students

September 11 - First Day of Playgroup for children birth to five (not enrolled in school)

** Please remember to bring your ID**

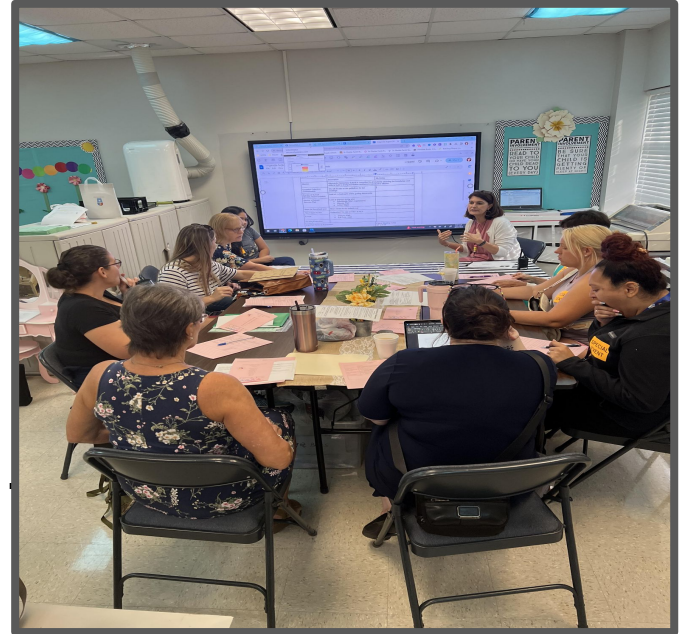
September 13- Fall Fest work day 4-6 pm

September 28- 9:00 am Math overview for parents

August Stakeholder Meeting

SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Success 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 7th at 9:00. If you are interested in being a part of this group, please contact Latanya Williams-Jenkins at lwilliamsjenkins@stcharles.k12.la.us.



Fall Pictures

September 7, 2023

Students must wear school uniforms



September is Attendance Awareness Month. Please make sure your child attends school everyday and is on time. Drawings for attendance prizes will be held this month. Please refer to flyer sent home.





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 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 contagiarlas. 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?

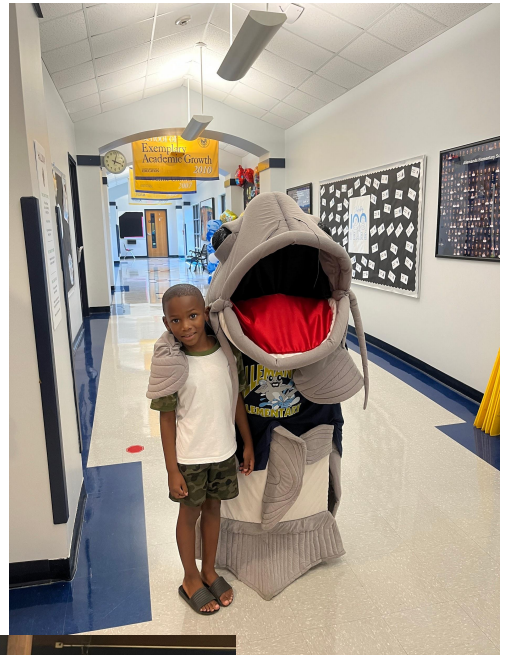
Mantenga a su hijo en casa y espere al menos 24 horas después de que ya no tenga fiebre para llevarlo a la escuela, la guardería o el campamento. (La fiebre debe haber desaparecido sola, sin el uso de medicamentos que reduzcan la fiebre). La fiebre se define como una temperatura de 100 °F (37.8 °C) o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

Para obtener más información, visite
espanol.cdc.gov/enes/flu
 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 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 2023-2024 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 25% 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 - president@allemandspta.org. 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. 6 at 1:00PM in the Family Center.

President: Erica Dufrene
Vice President: Jennifer Allen
Secretary: Celeste Matherne
Treasurer: Laura Brown
School Liaison: Valerie Chiasson & Vanessa Camarata
Student Morale Chair: Jodie Matherne
Faculty/Staff Morale Chair: Kelly Madere
Craft Night(s) Chair: Latoya White-Paul
Second Grade Sendoff Chair: Chelsea Sassin
Social Media Chair: Amanda Martin
Grade Representatives: Nelly Cortez & Tongia Turner

We still have spaces to fill such as Membership Chair, Communications Chair, Grade Representatives or Fall Fest Committee members! Email us at allemandspta@gmail.com if you would like more information!



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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(EOE)

ELEMENTARY MENUS

SEPTEMBER 2023

ST. CHARLES PARISH PUBLIC SCHOOLS

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



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

Friday, September 1

Breakfast

Waffle

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

Lunch

Breaded Chicken Sandwich
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Fresh Orange Wedges
Cake

AVAILABLE DAILY

With all meals

Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice

Monday: Sunbutter Sandwich
Tuesday: **Chef Salad**
Weds.: Turkey or Ham Sandwich
Thursday: **Charley Box**
Friday: Sunbutter Sandwich

Friday, September 8

Breakfast

Fresh Donut

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

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Watermelon
Brownie

Word of the Month gra·cious

- adj.* 1. characterized by kindness and warm courtesy
2. merciful, compassionate
3. elegant, charming

LABOR DAY



NO SCHOOL

MONDAY,

SEPTEMBER 4

Tuesday, September 5

Breakfast

Chicken Biscuit

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

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Apple Wedges

Wed., September 6

Breakfast

St Charley Cinnamon Roll

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

Lunch

Salisbury Steak w/Gravy
Mashed Potatoes
Peas and Carrots
Dinner Roll
Banana

Thursday, September 7

Breakfast

Sausage Biscuit

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

Lunch

Pork Stew
Steamed Rice
Sweet Potatoes
Steamed Cabbage
Pineapple Tidbits

Friday, September 8

Breakfast

Fresh Donut

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

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Watermelon
Brownie

Monday, September 11

Breakfast

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, September 12

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

Wed., September 13

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
Banana

Thursday, September 14

Breakfast

Sausage Biscuit

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

Lunch

Spaghetti & Meatsauce
Peas
Italian Salad
Garlic Bread
Pineapple

Friday, September 15

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

YOU'RE GOOD

ALL STUDENTS EAT

ALL MEALS @ NO COST

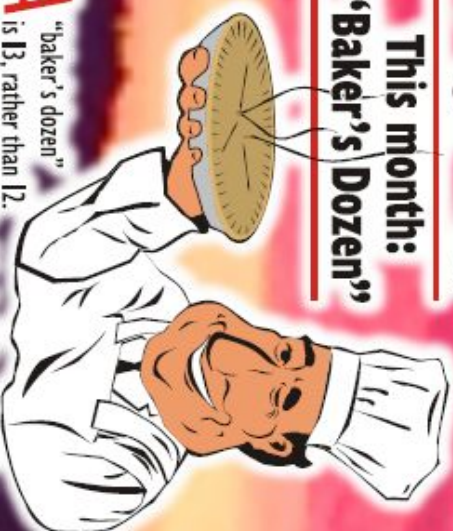
AGAIN THIS YEAR

ST. CHARLES PARISH PUBLIC SCHOOLS
CHILD NUTRITION DEPARTMENT

Where do all of our crazy names for food come from?



This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

Monday, September 18

Breakfast

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

Lunch

Popcorn Chicken
Mashed Potatoes
Broccoli Florets
Peach Slices

Tuesday, September 19

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

Wed., September 20

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, September 21

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
Strawberry Cup

Friday, September 22

Breakfast

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

Lunch

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

Monday, September 25

Breakfast

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

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce

Tuesday, September 26

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

Wed., September 27

Breakfast

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

Lunch

Potato Soup
Garlic Bread
Garden Salad
Banana

Thursday, September 28

Breakfast

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

Lunch

Beef Teriyaki Dippers
Steamed Rice
Edamame Beans
Broccoli Florets
Pineapple Tidbits w/Cherries

Friday, September 29

Breakfast

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

Lunch

Breaded Chicken Sandwich
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Fresh Orange Wedges
Cake

MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

ANIMAL APPETITES



NUTRITION TO GO

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