



PRINCIPAL'S MESSAGE

We are approaching the end of the first quarter. We are so proud of the growth that our students are showing. Please continue to make attending school each day and completing homework priorities! With a positive home-school relationship, our students will flourish!

Thank you to all of the parents who participated in the ELA and Math Overview sessions. We want you to be informed and able to support your child's home practice. If you were not able to make these sessions, please reach out to Valerie Chiasson who has a video of the sessions to share.

We appreciate our community and family feedback at our Stakeholder meetings. Please contact Valerie Chiasson 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.

As we enter fall and winter, we want to remind everyone about our dress code. All outerwear with hoods must open the entire length in the front. Girls are asked to wear leggings that are navy, black or white under skirts. Crocs are not allowed at school due to safety reasons. Notes will be sent home to inform you of special dress down days, including Saints shirts. The only consistent dress down is the ability for students to wear jeans on Friday with a spirit shirt.

Don't forget about our upcoming Fall Fest! We need lots of support. Please help our PTA with this huge fundraiser.

Lisa Perrin
Principal

MISSION

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

VISION

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

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

October

4th	Playgroup @ 10:00 PTA Board Meeting @ 1:00
5th	Stakeholder Mtg @ 9:00 Volunteer Day @ 10:00
6th	PK Artsperience @ LPAC
10th	End of Quarter 1
11th	Begin Quarter 2 Playgroup @ 10:00 Fall Fest Work Day @ 4-6
12th	United Way Dress Down Day \$1.00
13th	Early Dismissal @ 12:45
16th & 17th	Fall Break- No School
18th	Playgroup @ 10:00
19th	Saints Shirt day Family Center Session: New Report Card @ 9:00 in Family Center
20th	Community Morning Meeting @ 9:15
23rd-27th	Week of Book Fair Red Ribbon Week
24th	District Parent Learning Institute PLC 4:30-6:45
25th	Playgroup @ 10:00 School Board Meeting @ 6:30
26th	Early Dismissal @ 12:45 PT Conferences 1:15-6:30 Report Cards go home United Way Dress Down for \$1.00
27th	Early Dismissal PT Conferences 1:15-4:30
31st	Orange, white, black, or Halloween shirt day Trunk or Treat @1:30



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



Parent Teacher Conferences

Parent Teacher conferences will be held on October 26th from 1:15-6:15 and October 27th from 1:15-4:15. Please take time to schedule a meeting with your child's teacher. Report cards will be given at the conferences. Our teachers will also share updates at the conference on individual reading instructional plans if your child has a plan. These meetings will be 10 minutes long, and we would love for you to attend in-person, but you will also have the option of a virtual meeting if needed. Sign up information will be sent out at a later date. If you cannot meet on one of these days, contact your child's teacher and they will gladly assist you in finding a date and time that works within their working hours. Teachers can only meet with parents and legal guardians. Our goal is to have 100% participation.

September's Student Attendance Month

Thank you for focusing on sending your child to school! Let's continue to make sure that our students attend school every day from the beginning to the end of the day.

Congratulations to the students who won the raffle drawing for Perfect Attendance during the first two weeks of September.

Hector Aparicio Morale, Colton Baudoin, Evelyn Bordelon, Leighton Ford, Adeline Krall, Kason Meadors, Emma Naquin, Charles CJ Owcarz, and Ava Woods!

Congratulations to the students who won the raffle drawing for Perfect Attendance during the last two weeks of September.

Cullen Allen, Christina Bourque, Finn Brasher, Logan Gonzalez, Gabriela Medina, Ja'Kaiah Simmons, Demi Goodman, Suzanne Ortego, Autumn Ford



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 gesbus@stcharles.k12.la.us. Please call school if you have any questions about our Early Dismissal procedures. Our Early Dismissal days for this month are on October 13, 26, and 27.

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 last meeting was on September 7; our next meeting is on October 5 at 9:00. If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@stcharles.k12.la.us.

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



OUR LEARNING



pre-k

We are continuing to learn how to be students in the classroom and all around school. This month we are learning all about our families at home and how to be a part of a class family. In math we learned about attributes and how to describe things and shapes, as well as comparing sizes and measurements. In literacy we are working on making connections to stories, and phonemic awareness.



kindergarten

Kindergarteners are learning and growing every day! In math we are learning to count and write numbers to 10. We are learning phonemic awareness by blending sounds to say words. We are also working on phonics by learning letter sounds. We look at the shape that our mouths make when we say each sound. Each day, we are learning more letter sounds which is helping us to read and spell more words! We are so excited to be readers by the end of kindergarten!





OUR LEARNING



first grade

First graders have been working hard reviewing short vowel sounds, consonant clusters, and digraphs in words, phrases, and stories. We started a new reader, *Beth*. Have your child discuss the story read in class with you. You can help by asking your child about the characters, setting, and major events. In Knowledge, we are enjoying learning about our incredible human body. We will begin reading about similar fiction stories from different lands. In math, your student is learning more about solving problems within 10. We are focusing on understanding the equal sign, solving addition and subtraction word problems, and addition and subtraction strategies. Please complete nightly homework to support your child with these skills we are learning.

second grade

Happy Fall Y'all!

October will bring many exciting treats. Reading regularly at home is a very important step in becoming a good reader and thinker. The fall is a great time to welcome the cooler weather with a good book. You may want to **treat** your child to a visit to the library to checkout a fall book like: *Biscuit Visits the Pumpkin Patch*, *Why Do Leaves Change Color?*, or *How Many Seeds in a Pumpkin?* A student favorite is *The Ugly Pumpkin* by Dave Horowitz. Remember after reading, have your child retell what was read in sequential order. Students have practiced procedures and expectations during the first six weeks of school. Please encourage your child to continue to meet expectations listed in the blue conduct folder. Understanding place value, problem solving, adding and subtracting are math goals. In Knowledge, we wrapped up our Ancient Asia domain and now students will learn about Ancient Greece. Have conversations with them about their new learning. Parent conferences will be this month. Please make every effort to attend. We are striving for 100% participation. Your support is essential to your child's education. Together, we can make it a fabulous fall of teaching and learning!



ENRICHMENT

Librarian's

Letter

October is a busy month for us in the library! Students will start checking out library books this month. Our school wide reading program, Finley's Fin-tastic Fishies, is in full swing!

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.

BOOK FAIR DATES: October 23 - 27, 2023

A flyer will go home with more details.

Happy Reading!
Love, Ms. Lacey, librarian

COUNSELOR'S *corner*

The week of October 23-27 is **Red Ribbon week**. During this week we have theme days planned to remind the students about being drug free and the **importance of making good choices**.

During counseling enrichment we will be focusing on making good choices and having good character.

As parents/guardians, if we want our children to have happy and successful lives, we need to help them build their character.

Red Week Events



The week of October 23-27 is **Red Ribbon Week**.

Monday, October 23 Team up Against Drugs

Students can wear a T-shirt/jersey from their favorite team with jeans or uniform pants/shorts.

Tuesday, October 24 Voting For My Future To Be Drug Free

Students can wear red and white and blue with jeans or uniform pants/shorts.

Wednesday, October 25 Be a Hero, Don't do Drugs

Students can wear a Superhero shirt with jeans or uniform pants/shorts.

Thursday, October 26 Drugs Can't Find Me

Students can wear camo shirt and/or pants or uniform pants/shorts.

Friday, October 27 I'll Stand "Bayou" Drug Free

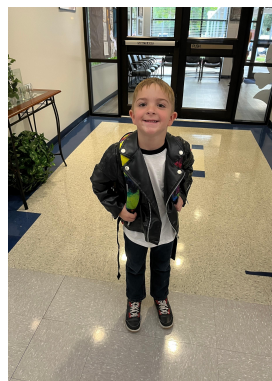
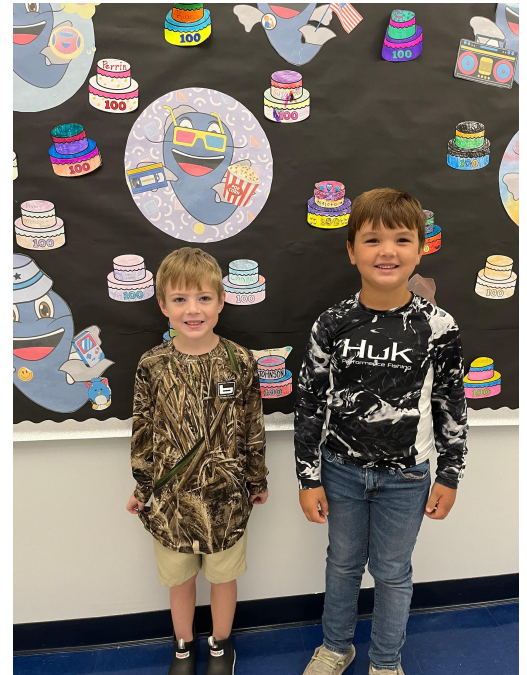
Students can wear bayou themed or bayou colored shirts with jeans or uniform pants/shorts.

Parent Access to Instructional Materials

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.

September Events

Good Citizen & Most Improved Theme Dress Down Day



September Events

Pizza & Paint



Allemands PTA

Presents

Oct
31

1:30
-
2:30

Trunk *or* Treat

**A fun and not-very-spooky event
for our AES students!**

More Information will be sent home soon!

For AES students only. Classroom teachers will accompany their students to Trunk or Treat. Parents/Guardians will NOT be allowed on campus unless they are participating in the event. Students may wear an orange, black, or Halloween-themed shirt and jeans. No costumes will be allowed.

Treat bag will be provided by AES PTA.

www.allemandspta.org



AES PTA PRESENTS **FALL FEST** 2023



**SAVE
THE
DATE**

Fall Fest is an annual fundraiser to help raise money to fund educational supplies and activities for our students, faculty and staff throughout the year. This event is open* to families and friends of Allemands students and includes a fun carnival-type event full of games and food to entertain all. Tickets will be sold prior to the event. Check your child's folder for updates in the coming weeks.

**NOVEMBER
17**

12:30PM - 2:30PM

*Due to new Safe Schools Procedures, entry will be limited.
More information to follow.



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

PTA News

Dear Catfish Families,

Our year is off to an incredible start! We are so thankful for each of you who have joined our PTA! Each membership marks your support of our students, faculty and staff!

We have lots of events coming up this school year and tons of information to share, which leads me to our next announcement... We are proud to introduce you to our BRAND NEW PTA Website

www.allemandspta.org

Please take a moment to visit and look around. On this website you can sign up for PTA and PTA hosted events, order spiritwear, find volunteer opportunities, learn more about PTA, our Board Members and available positions, find our faculty/staff information sheets and so much more!

As always, 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

Membership Reminder - PTA is a 100% volunteer organization and we cannot do this alone. We need YOU!

We 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 49% of that goal so grab your family and friends and join us by visiting the QR Code below!

Our PTA Board meets once a month and would love to have you join us! Our next meeting is Oct. 4 at 1:00PM in the Family Center.



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 October, we will focus on compassion. 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 10/2- Be Kind To All
Week of 10/9- Random Acts of Kindness
Week of 10/23- Be The Best
Week of 10/30- Empathy

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?



Say *Yes!* to ESS

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

Support student achievement today! As the nation's largest education personnel and management company, ESS provides qualified candidates like you a fulfilling career in education and the opportunity to support schools in your local community.



Why join ESS?

- Substitutes choose your schedule, work when and where you want
- Never work nights, weekends, or holidays
- Receive exciting incentives and benefits
- Ongoing training opportunities

Scan Here or Apply Today at [ESS.com](https://www.ess.com)

800.641.0140 | HRSouth@ESS.com

(EOE)

During the school year, teachers will invite you to come to parent-teacher meetings (also called conferences). You can also ask for a conference any time.

Before the conference

Ask your child if there is anything that he wants you to talk about with his teacher.

- Tell your child that you and the teacher are meeting to help her.
- Make a list of topics that you want to talk about with the teacher.
- Prepare a list of questions such as:
 1. What are my child's strongest and weakest subjects?
 2. Does my child participate in class?
 3. Does my child seem happy at school?

During the conference

- Be on time (or early) for the meeting.
- End the meeting on time. Other parents will probably have a conference after yours.
- Relax and be yourself.
- Stay calm during the conference.
- Ask the most important questions first.
- Ask for explanations of anything you don't understand
- Ask your child's teacher for ways that you can help your child at home.

After the conference

- Talk about the conference with your child.
- Talk about the positive points, and be direct about problems.
- Tell your child about any plans you and the teacher created.
- Keep in touch with the teacher during the school year.

Durante el año escolar los maestros le invitarán a participar en las reuniones de padres y maestros (también conocidas como conferencias).

Antes de la conferencia

- Pregúntele a su niño si hay algo sobre lo que él quisiera que usted le hable a su maestro.
- Haga una lista de los temas sobre los que desea hablar con el maestro.
- Prepare una lista de preguntas como las siguientes:
 1. ¿Cuáles son las materias en las que mi niño es más fuerte y más débil?
 2. ¿Participa mi niño en la clase?
 3. ¿Mi niño parece estar feliz en la escuela?

Durante la conferencia

- Llegue a tiempo (o temprano) a la reunión.
- Termine la reunión a tiempo. Otros padres probablemente tienen programada su conferencia después de la suya.
- Relájese y sea usted mismo.
- Mantenga la ecuanimidad durante la conferencia.
- Haga las preguntas más importantes primero.
- Pida que le expliquen lo que no entiende.
- Pídale al maestro que le indique cómo puede ayudar a su niño en casa.

Después de la conferencia

- Hable de la conferencia con su niño.
- Hable sobre los puntos positivos y sea directo acerca de los problemas.
- Comuníquese a su niño cualquiera de los planes que usted y el maestro hayan hecho.
- Manténgase en contacto con el maestro durante el año escolar.

OCTOBER 2023

ST. CHARLES PARISH
PUBLIC SCHOOLS

ELEMENTARY SCHOOL MENUS

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

AVAILABLE DAILY

With all meals

Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice

Monday: Sunbutter Sandwich

Tuesday: Chef Salad

Weds.: Deli Turkey or Ham
Sandwich

Thursday: **CHARLEY BOX**

Friday: Sunbutter Sandwich

STAY!!!!

Feeling sick as a dog?
If you think it's the flu,
please do yourself,
your teachers,
your classmates,
and their families a
favor and stay home
until your fever's been gone
for at least 24 hours. That's a good boy.

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

Many Moons

Native Americans had special names for
every full moon of the year. One name for
the October full moon is the "yellow
Leaf Moon," as the changing colors
of the leaves signal a
new season!

Monday, October 2

Breakfast

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

Lunch

Red Beans w/Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Peaches

Tuesday, October 3

Breakfast

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

Lunch

Nachos w/Golden Queso
Refried Beans
Steamed Corn
Taco Salad Cup, Salsa
Apple Wedges

Wednesday, October 4

Breakfast

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

Lunch

Salisbury Steak & Gravy
Mashed Potatoes
Peas and Carrots
Dinner Roll
Banana

Thursday, October 5

Breakfast

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

Lunch

Pork Stew
Steamed Rice
Carrot Souffle
Steamed Cabbage
Pineapple Tidbits

Friday, October 6

Breakfast

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

Lunch

Fresh Hot Pizza
Marinara Sauce
Garden Salad
Fresh Grapes
Brownie w/Icing

Monday, October 9

Breakfast

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

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Applesauce

Tuesday, October 10

Breakfast

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

Lunch

Orange Chicken
Fried Rice
Broccoli Florets
Asian Chopped Salad
Tropical Fruit

Wednesday, October 11

Breakfast

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

Lunch

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

Thursday, October 12

Breakfast

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

Lunch

Spaghetti & Meatsauce
Peas
Italian Salad
Garlic Bread
Pineapples

Friday, October 13

Breakfast

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

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Orange Wedges

TAKE YOUR HEALTH TO THE NEXT LEVEL

LEVEL UP

With School Lunch!

JOIN US FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 9-13, 2023

OCTOBER

The name "October" comes from the Latin word for "eight" — but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



The current record For the world's heaviest pumpkin is 2702 pounds!



YOU'RE ^{SKILLZ} GOOD™
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Monday, October 16



Tuesday, October 17

Wednesday, October 18

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

Lunch
 Fish Sticks
 Macaroni & Cheese
 Green Beans
 Buttered Carrots
 Strawberry Cup

Thursday, October 19

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

Lunch
 Chicken/Sausage Jambalaya
 White Beans
 Steamed Carrots
 WW Roll
 Pineapple Tidbits

Friday, October 20

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, October 23

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

Lunch
 Chicken Alfredo Pasta
 Green Beans
 Carrots
 Applesauce

Tuesday, October 24

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

Lunch
 Roasted Chicken
 Loaded Mashed Potatoes
 Corn
 WW Roll
 Pear Halves

Wednesday, October 25

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

Lunch

Sweet & Sour
Meatballs
 Macaroni & Cheese
 Steamed Broccoli
 Garden Salad
 Banana

Thursday, October 26

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

Lunch
 Bosco Sticks
 Marinara Sauce Cup
 Green Beans
 Pineapple

Friday, October 27

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

Monday, October 30

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

Lunch
 Red Beans w/Steamed Rice
 Seasoned Mustard Greens
 Steamed Carrots
 Cornbread
 Peaches

Tuesday, October 31

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
Halloween Side-Kicks

this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that you won't touch them. And no wonder -- they have a strong flavor and are also quite salty. But some grocery stores sell dozens of different kinds. **SOMEONE** must be eating all those olives. Guess who? **ADULTS!**

