



News from the Nest

Shannon Diodene - Principal
Jennifer Gonzales, Matthew Chauvin—Assistant Principals

September 2023

The school year is off to a great start and seems to be flying by! It is evident that our Norco Elementary School Eagles are working hard to start this school year soaring high! At school, our students have begun to internalize the school days routines and procedures; as well as, our School Wide Expectations to SOAR. These expectations can be observed daily as you walk through our halls and visit our classrooms. The school-wide expectations challenge our students to continuously SOAR to new heights.

S- Safety (Safety first)
O- Ownership (accept ownership of your actions)
A- Acceptance (Show acceptance of those around you)
R- Respect (Respect yourself, your peers and adults, and your materials and supplies)

Please discuss our school-wide expectations with your child and how each applies to both their school and home settings. A child's elementary school is paramount in providing the foundation for academic and social development. During this time, we want to make sure that all of our students are provided with the tools to be successful, the paths in which to take, and the support needed to accomplish all goals. As a result, we have developed our mission and vision statement to reflect our goals. Our mission is to create a safe, loving environment in which there are high levels of learning. The vision at NES is to ensure a culture and climate where all students SOAR to reach Mastery of life-long skills.

Our faculty has been working hard to provide our students with not only high quality academic experiences but also opportunities for our students to have an overall positive school experience where they love coming to school. Many of our students have enjoyed having visitors at lunch and we are looking forward to our 4th and 5th grade visitors at the Breakfast with a Buddy event on Friday, September 8. Our Eagles have shown excitement as our School Resource Officer, Deputy Gonzalez, and many visiting police officers walk our hallways creating a safe environment for our students. We are doing our best to highlight daily events at Norco Elementary School on our Facebook, Instagram, and Twitter pages. Please follow us at @SCPPS_NES to see many of the great activities occurring at NES. Finally, parental involvement is critical for the success of each student at Norco Elementary School. We invite you to enjoy our school functions throughout the year, which represent the hard work and dedication of our students and faculty members. Please consider joining our Parent Teacher Organization and attending our first PTO meeting on Tuesday, September 19 at 6:00 pm. If you have a concern, which may affect your child's success, or if you have a question, please communicate with your child's teacher, counselor or any administrator.

We are extremely proud of our school and look forward to our continuous partnership with our parents, students, and community.

Thank you for your constant support!

Shannon Diodene, Principal





4	Labor Day Holiday/No School
8	Early Release (students dismissed at 12:45 pm)
	Breakfast with a Buddy- 4 th and 5 th grade
11-15	1 st Quarter Progress Reports going home this week
13	School Pictures
19	PTO Meeting (6:00)
21	Box Top Dress Down Day

Parents/Guardians/Visitors

Each time you enter the school, you will be asked to present a valid state-issued ID.

Everyone needs to check in to the main office once you are on campus. At Car Rider pickup you will be asked for a picture ID as well.

4	Student of the Month Breakfast--September
10	End of 1 st Quarter
11	2 nd Quarter Begins
13	Early Dismissal (12:45)
16-17	Fall Break/Weather Make-Up Days
19	Box Top Dress Down Day
20	Grandparent's Day
23	Quarter 1 Report Cards sent home with students
25	1 st Quarter Eagles Excellence Awards
26-27	Parent/Teacher Conferences
	Early Dismissal (12:45)
31	Trunk or Treat (students may wear Halloween costumes or shirts- no masks and must be school appropriate)

Attendance Requirements:

ELEMENTARY students shall be in attendance a minimum of 167 days a school year. Students may only be absent 10 days. ELEMENTARY students who accrue more than 10 absences will NOT be eligible for promotion. Extenuating circumstances may apply as well as excused absences for COVID-19 related absences. For more information, please refer to the 2023-2024 Student Code of Conduct District Handbook.

Transportation

All notes must be given in writing, brought in with the student or emailed to:

norcobus@stcharles.k12.la.us before 2:30 p.m. each day and by 11:30 a.m. on half days. All notes should be on a full sheet of paper, written with a dark color ink and include your child's full name, the teacher's name, and dates of the changes with clear instructions and your signature. If you email a transportation change, please expect a confirmation. A transportation request form can be obtained from your child's teacher, the office or can be downloaded from our website: (www.stcharles.k12.la.us/norco) *Please note at this time bus changes are not allowed*



@norcoelementaryschool



@norcoelementaryschool



@SCPPS_NES



AHERA Management Plan

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.



NORCO ELEMENTARY SCHOOL

www.stcharles.k12.la.us





Hooray for Pre-K! Our first month was a great success! Our classes have done a great job of adjusting to our daily routine. We continue to review classroom expectations and procedures. Students have been learning about their school and the people who work there.

Robert Fulghum, author of the book, *All I Really Need To Know I Learned in Kindergarten*, created a list we can all use in our daily lives beginning with preschool children. The list is basic and it follows the Golden Rule, "Do Unto Others As You

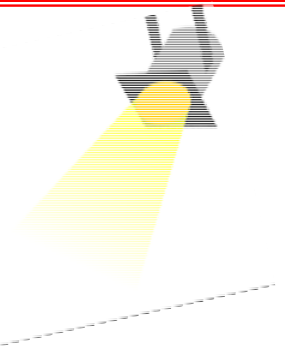
Would Have Them Do Unto You." Take the time to read the abbreviated list below to your child daily and talk about how it applies to school.

"Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush."

This list continues, but this is a great starting point!



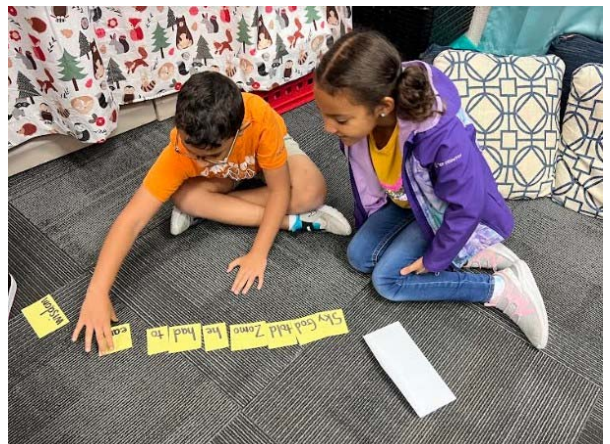
Grade Level Spotlight!



We are off to a great start in third grade! It is essential that third graders listen carefully and follow directions to be successful in completing the tasks that are given each day. In ELA, students are learning about story elements. We have discussed characters, setting, problem, solution, and theme (lesson or moral). We have practiced using the R.A.P. strategy to answer questions in order to show full comprehension of what we've read. In this strategy, it is crucial to use the text to cite text evidence when responding to a question. Our unit Cajun Folktales focuses on the elements of a folktale. Ask your child what elements they remember from their favorite folktale! We have enjoyed reading about trickster characters who are always trying to teach us a lesson!

In science, our focus for module 1 is weather and climate. The classes have been analyzing weather data and graphs to look for seasonal patterns. Later in the module third grade will examine types of severe weather and the hazards associated with them.

Mathematicians are continuing module 1 with the last two topics - interpreting two types of division and application of multiplication and division concepts. Please continue to review skip-counting by 2, 3, 4, 5, and 10 and/or using flashcards to promote fluency. When Chromebooks come home, students can access Zearn and the Math Google classwork tab to practice skills.





HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



CSOE1212

ENFERMEDADES RELACIONADAS CON EL CALOR

EN QUÉ SE DEBE FIJAR

QUÉ HACER

GOLPE DE CALOR

- Alta temperatura corporal (103 °F o más)
- Piel caliente, enrojecida, seca o húmeda
- Pulso acelerado y fuerte
- Dolor de cabeza
- Mareos
- Náuseas
- Confusión
- Pérdida del conocimiento (desmayos)

- Llame al 911 de inmediato, el golpe de calor es una emergencia médica
- Lleve a la persona a un sitio más fresco.
- Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.
- No le dé a la persona nada para beber

AGOTAMIENTO POR CALOR

- Sudor abundante
- Piel fría, pálida, húmeda y pegajosa
- Pulso rápido y débil
- Náuseas o vómitos
- Calambres musculares
- Cansancio o debilidad
- Mareos
- Dolor de cabeza
- Desmayos

- Vaya a un sitio fresco
- Aflojese la ropa
- Aplíquese paños húmedos en el cuerpo o dese un baño con agua fría
- Tome sorbos de agua

Busque atención médica de inmediato si:

- Tiene vómitos
- Sus síntomas empeoran
- Sus síntomas duran más de 1 hora

CALAMBRES POR CALOR

- Sudor abundante durante ejercicios físicos intensos
- Dolor o espasmos musculares

- Suspenda todo tipo de actividad física y vaya a un lugar fresco.
- Beba agua o una bebida deportiva
- Espere que los calambres desaparezcan antes de realizar más actividades físicas

Busque atención médica de inmediato si:

- Los calambres duran más de 1 hora
- Usted sigue una dieta baja en sodio
- Usted tiene problemas cardíacos

QUEMADURAS SOLARES

- Piel dolorida, enrojecida y tibia
- Ampollas en la piel

- Evite el sol hasta que se le cure la quemadura
- Aplíquese paños fríos en las áreas quemadas por el sol o dese un baño con agua fría
- Aplique loción humectante a las áreas quemadas
- No rompa las ampollas

SARPULLIDO POR CALOR

- Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)

- Quédese en un lugar fresco y seco
- Mantenga el sarpullido seco
- Use talco (como talco para bebés) para calmar el sarpullido



CDC/10241



The Norco Elementary School Mental Health Professional Team would like to welcome everyone back for the 2023-2024 school year! We know that the beginning of the school year can be an exciting and anxious time for both students and parents/guardians. Our counseling department is here to support your children with their social-emotional wellness as well as their academic success. Please know that we are here to help with any problems or concerns that may arise this school year. Please see below for contact information. We have added a couple new members to our team.

3rd-5th School Counselor: Stacey Noel, LPC, NCC – snoel@stcharles.k12.la.us

K-2nd Sub School Counselor: Nancy Mangold, M.Ed. - nmangold@stcharles.k12.la.us

K-2nd School Counselor: Jennie Hermann, LPC, NCSC, NCC – *returning in Oct. from maternity leave*

Mental Health Professional: Erin Robert, LMSW - erobert@stcharles.k12.la.us

School Counselor Graduate Level Intern: Lindsay Pfister – lindsay.pfister@selu.edu



Our 2nd grade students enjoying our new playground equipment!



Thank you ❤️

A special thank you to **Guarantee Restoration Services** for donating school supplies to NES! We appreciate this company helping our students soar high.



Our 4th graders starting the school year with a "Book Tasting" in the library!





Flu Information

Flu:

A Guide for Parents



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that 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:

- 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

Norco Elementary Family Center Together We Can Make a Difference

Annie Francioni: afrancioni@stcharles.k12.la.us

Phone: (985) 764-8933

Hours: 8:30am – 3:00pm Wednesday-Friday



Welcome back to a new year of fun and learning in the Title 1 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. Highlights of the Family Center include **weekly playgroups** for children not enrolled in school, **educational resources**, **workshops**, **volunteer days**, and much more. We hope you are able to join us throughout the year so that we 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 6th. The Family Center provides many resources that can be checked out to help your child learn. So please do not hesitate to come visit Wednesdays through Fridays between the hours of 8:30 and 3:00. I will be very happy to help you. You can also contact Annie Francioni at 985-764-8933.

We are 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 incluye grupos de juego semanales para niños que todavía no van a la escuela, recursos educativos, cursos de aprendizaje para adultos, días voluntarios, y mucho mas. 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 miercoles a las 10:00 a.m. en el Centro Familiar empezando el 18 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 las horas de 8:30 and 3:00 los miercoles y viernes. Estaremos felices en ayudar. Nos puede contactar a Mrs. Annie Francioni al número 985-764-8933.

Anticipamos verlos en el centro!