



SEPTEMBER 2023

WHERE EVERY STUDENT EXCELS

The 2023-2024 school year is well underway! Students are practicing routines and procedures to help ensure a smooth school year. A big thank you goes out to our families who attended Open House and/or watched the video links from our teachers. As I have said before, communication between families and the school is critical for student success. Keep in touch throughout the year with our staff if you have any questions or concerns. Conflicts can best be addressed through effective and timely communication between the parties most involved. For example, a bus dispute should be addressed with the bus operator prior to an administrator. The same can be said for a concern about class discipline or testing procedures. Please speak with your child's teacher first regarding situations in which they are directly involved. If a resolution is not reached, please call the school office and ask for a school administrator. Please allow 24 hours for calls to be returned.

Celebrating our students' successes is an important part of our school culture. Beginning this month, we will recognize our Students of the Month with a t-shirt and ice cream sundae party during their regularly scheduled lunch time. Students earning this honor may wear their Student of the Month t-shirt any day of the week.

ESE promotes kindness and respect for all. There will be times when conflicts occur among students. Most often these are one time occurrences or minor in nature. They can be easily resolved through conversations. Through our counseling program we provide students strategies to address conflict resolution. We teach the students the difference between rude, mean and alleged bullying behavior.

RUDE - Someone inadvertently (not on purpose), or accidentally says or does something that hurts someone.

MEAN -- When someone purposefully says or does something to hurt someone.

To be considered BULLYING, the three Ps are present.

1. Power- imbalance of power
2. Purpose- intentionally aggressive behavior that is meant to hurt
3. Pattern-repeated over time

Please discuss with your child the differences in these behaviors and the importance of reporting student conflicts to an adult on campus as soon as a problem arises.

ESE Daily Bell Schedule

Arrival Window	Start Time
7:40 AM - 7:50 AM	7:50 AM*
Dismissal Window	Bus Departure
2:50 PM - 3:00 PM	3:00 PM

***Students are tardy anytime after the 7:50 AM bell and must be walked in and signed in by a parent/guardian**

**Dismissal Time for
ALL Early Dismissal Days:
11:55 AM - 12:05 PM**

Friday, September 8, 2023
Friday, October 13, 2023
Thursday & Friday, October 26 & 27, 2023*
Thursday, December 21, 2023
Friday, January 19, 2024
Thursday & Friday, February 1 & 2, 2024*
Friday, March 15, 2024
Thursday, May 23, 2024

**Parent/Teacher Conference Days*

School Mission Statement

The mission of Ethel Schoeffner Elementary School is to provide a high-quality education enabling all students to work independently and cooperatively as empathetic, respectful, and productive life-long learners.

School Vision Statement

While preparing students to be responsible citizens who inspire others to do their best, Ethel Schoeffner Elementary School provides a high quality education in a safe, equitable, and nurturing environment, allowing students to achieve academic, social, and emotional goals.

School Belief Statements**We believe...**

- educating a well-rounded child is our top priority.
- all students are valued as individuals with unique physical, social, cultural, emotional and intellectual needs.
- stakeholders have high expectations for student achievement.
- open and honest communication builds trust and fosters relationships among all stakeholders.
- safe and supportive environments, which provide inclusive and equitable opportunities for all, are the key to overall success.
- literacy proficiency is essential to be future ready.

Everyday Student Essentials

In an effort to help our students be empathetic, respectful citizens and productive life-long learners we have established our Everyday Student Essentials. We will hold our students accountable for following these Essentials.

Everyday Student Essentials

Essential 1: Respond to all with respectful words and body language.

Essential 2: All transitions will be swift, quiet, and orderly.

Essential 3: Keep yourself and the environment clean.

Essential 4: Actively listen when someone is speaking.

Essential 5: Learn from your mistakes and move on.

Essential 6: Always say thank you when given something.

Essential 7: If someone bumps into you, say excuse me, even if it was not your fault.

Essential 8: Greet others and make them feel welcome.

Essential 9: No matter the circumstances, always be honest.

Essential 10: Always strive for excellence.

Important Dates in September

9/4/23 – Labor Day Holiday

9/5/23 – Pep Squad Practice 3:05 – 4:30

9/8/23 – 11:55 Early Dismissal

9/13/23 - Progress Reports go home

9/19/23 – Pep Squad Practice 3:05 – 4:30

9/22/23 – Concession Sale

9/27/23 – 4H 3:05 – 4:05

9/27/23 – Family & Child Together Session – DIBELS Screener

9/29/23 – Student of the Month Luncheon

Congratulations to the following students who scored
Advanced on the Spring 2023 LEAP 2025

ELA

JULIA ENGLAND FINNLEY LEROUGE BENJAMIN BAILEY
CARTER ALBERT KAILYN JORDAN BENJAMIN MULLER ALONDRA RODRIGUEZ
MASON McVAY NOLAN BOWEN ZIVA CARMOUCHE RYLEIGH ADAMS
CALEB BORDES ALESSANDRO MATAMOROS AKIRA SUITT

MATH

JULIA ENGLAND FINNLEY LEROUGE GRAYSON ANDRY DALLAS BURTON
ARDEN PATERNOSTRO BENJAMIN BAILEY KAMERON LANDRY
TYLER LE CARTER ALBERT KAILYN JORDAN CYDNEY MIRE
HUDSON SIMON NOLAN BOWEN OWEN HAYNES ETHAN HUMMEL
LAYNIE LORIO CALEB BORDES JACOB BORDES
KAYLEE GONZALES ALESSANDRO MATAMOROS

SCIENCE

JACKSON ANDREWS YVETTE NICELEY FINNLEY LEROUGE KADE TIZZARD
DALLAS BURTON CARTER ALBERT KAILYN JORDAN FIONA OSHEA
ALONDRA RODRIGUEZ MASON McVAY CYDNEY MIRE LEAH SERIO
NOLAN BOWEN ZIVA CARMOUCHE KALEB AGBOBLI
JACO LIU CALEB BORDES JACOB BORDES ALESSANDRO MATAMOROS
AKIRA SUITT KAMRYN WILLIAMS MCKENZIE YATES TYLER LE JACE WILLIAMS

SOCIAL STUDIES

ANDREW SHINE JACKSON ANDREWS YVETTE NICELEY JULIA ENGLAND
HUDSON WARD DALLAS BURTON MEKAILA ORGERON ARDEN PATERNOSTRO
CARTER ALBERT KAILYN JORDAN FIONA O'SHEA MASON McVAY
CYDNEY MIRE LEAH SERIO NOLAN BOWEN LAYNIE LORIO
CALEB BORDES JACOB BORDES ALESSANDRO MATAMOROS
AKIRA SUITT MCKENZIE YATES

Ethel Schoeffner Elementary Dress Code - 2023-2024

Shirts/Sweatshirts/Hoodies
<ul style="list-style-type: none"> • Collared solid white or solid Navy shirt (can be worn any day) • Navy ESE spirit shirt or other ESE special event t-shirt (can be worn any day) • Jackets or hooded jackets that fully unzip may be any color <ul style="list-style-type: none"> ○ Non-ESE logos may be no bigger than the size of a fist • Pullovers and sweatshirts that do not open the length of the front must be Solid Navy, Solid White, Solid Gray, Solid Black. <ul style="list-style-type: none"> ○ Non-ESE logos may be no bigger than the size of a fist • Undershirts, tank tops, and halter tops are prohibited as outer garments. These items can be worn under school shirts if they are Solid Navy, Solid White, Solid Gray, or Solid Black and should be tucked into bottoms.
Pants/Shorts
<ul style="list-style-type: none"> • Pants/shorts must be Khaki or Navy • No cargo pockets are allowed • Shorts/Skirts/Jumpers shall not be shorter than mid-thigh or two inches above the top of knee cap. This is also expected on dress down days. • Solid Navy, Solid White, Solid Gray or Solid Black leggings/tights may only be worn under school-appropriate skirts or shorts. • Leggings/tights are not to be worn as school pants, even on dress down days.
Other Dress Code Information
<ul style="list-style-type: none"> • Socks shall be solid white, black, navy, or grey. Socks of other colors or patterns may be worn on "Crazy Sock Days" or dress down days. • Hats, caps, bandanas, head rags, etc. are prohibited except on designated spirit days. • Hoods are strictly prohibited inside the school building at all times. • Headbands are allowed but must not protrude more than one inch above the head. • No oversized or torn/frayed clothing can be worn. • Footwear must have soles and restraints for entire foot. Tennis shoes are preferred since students play outside for recess daily. • Crocs are not allowed. • Profane, obscene, sexually suggestive language, alcohol, tobacco, assorted drug slogans, and advertising is prohibited on apparel. • On Fridays, students are allowed to wear bottoms of any color/material as long as the length meets expectations above. <ul style="list-style-type: none"> ○ Leggings/tights are not to be worn as school pants, even on dress down days. • The principal or designee shall make the final decision as to what clothing is distracting, unsafe, and/or not allowed. • Any non-uniform clothing and or prohibited items will be taken by school officials and returned to the student at the end of the day. Alternative clothing will be provided if available. • Transfer students will be given ten school days to acquire proper uniforms

September Counselor Connection



WELCOME



Welcome to the 2023-2024 school year! My name is Karen Pethe and this is my fifth year working as the school counselor at ESE. I hope that your student has transitioned well to the beginning of a new year. It is normal to experience some apprehension, but that usually dissipates as they adjust. Please feel free to contact me if your child is struggling to acclimate to the new year.



Over the course of the year, I will support your child through three different methods. I will provide full class lessons through enrichment, small groups for interested students, and individual support as needed. Topics addressed may include managing emotions, managing stress, resolving conflict and fostering healthy friendships.

Mrs. Christie Jackson, Mental Health Professional, will also provide support to our students. She is at ESE on Monday, Tuesday, and Wednesday. Please feel free to contact us at any time with any questions or concerns.



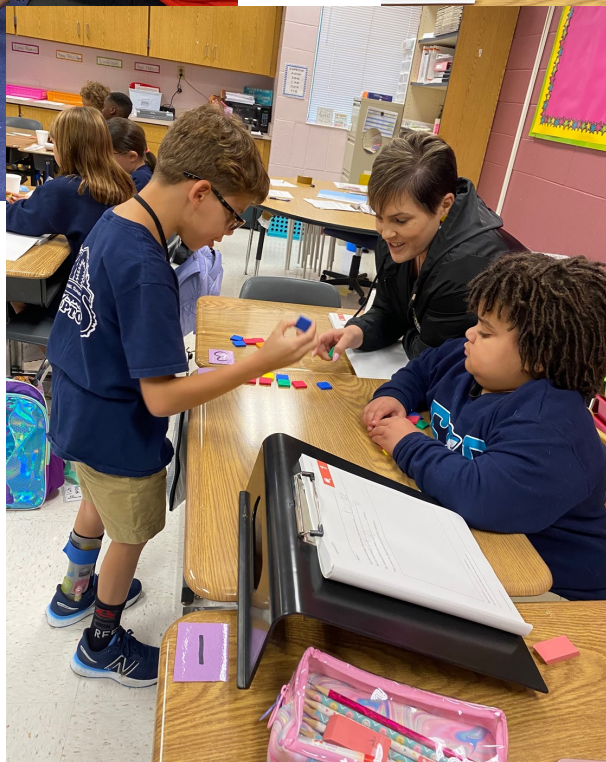
Karen Pethe
kpethe@stcharles.k12.la.us

Christie Jackson
cjackson1@stcharles.k12.la.us



3rd Grade

We are so excited to welcome our Terrific Third Graders to ESE! In ELA, we have begun our new unit of Cajun Folktales. The students are reading folktales from various cultures and identifying folktale elements. They will be gathering information for their culminating task to determine "What makes the rabbit a good character to play a trickster?" In math students are learning multiplication and division. We have been practicing with manipulatives and models to demonstrate our understanding of multiplication and division. In 3rd grade, we are currently not teaching social studies for the first semester. We are currently doing reading interventions to best support and enrich our students. Science is all about weather and climate. We are recording our observations and wonderings of storms and the hurricane in Galveston in the 1900's. We look forward to a successful school year!



4th Grade

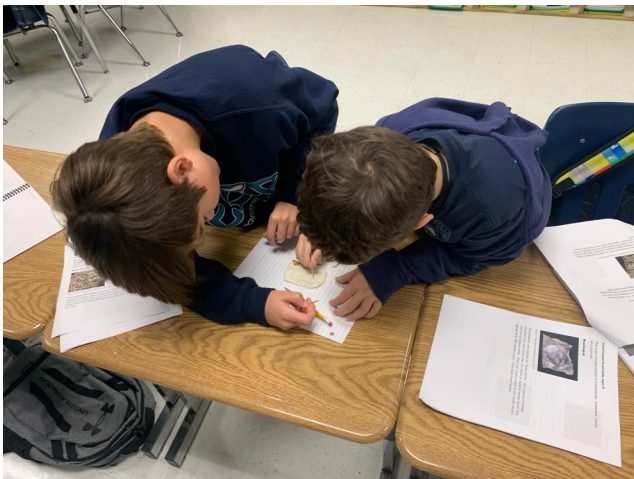
Fourth grade scholars are off to a fabulous beginning to the 2023 – 2024 school year. Scholars are settling in nicely and are already learning lots of new concepts.

In English Language Arts, scholars are well in to the first unit, The Whipping Boy. This unit helps scholars learn about life during the Middle Ages. Scholars are currently reading the anchor text of the unit, The Whipping Boy. It focuses on the adventure of two main characters, Prince Brat and Jemmy. These characters are on complete opposite ends of the feudal system with Prince Brat being royalty and Jemmy being a serf. The scholars are focusing on how the relationship of the two main characters is changing over the course of the text.

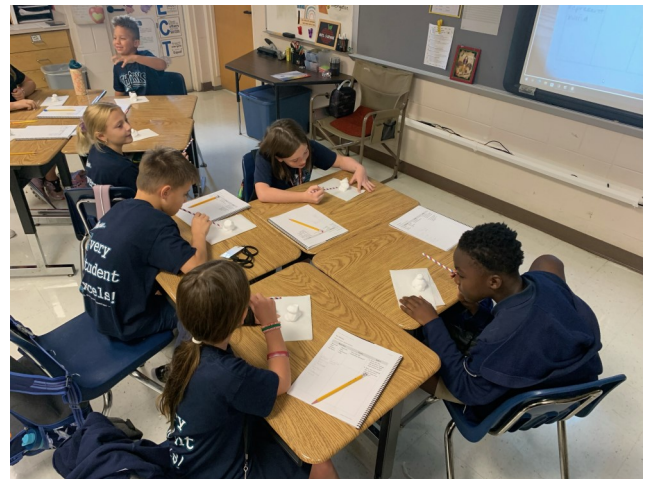
In social studies, scholars have learned about the many different types of maps that exists. We've practiced map skills such as using a compass rose to identify where places are located on a map. We've been talking a lot about how we live in such a small area when compared to the entire world. We've explored the different continents, identifying our continent, then our country, and finally zooming in all the way to our school location on a map. They're loving using Google Earth to zoom in on other places of interest. We will continue to practice different types of geography skills. Scholars will be learning more about the five regions of the US and the different characteristics of these different regions.

In science, scholars are all in with our first module which has us looking at the Grand Canyon. So far, we've discovered that we can learn a lot from rocks, and rock layers. We've learned that the bottom layer is always the oldest and the top layer is always the youngest. We've learned that fossils tell us the different types of environments that once existed in that location. We are now talking about the forces that help uncover Earth's rock layers.

Our 4th grade mathematicians have launched into module 1 to learn about place value. Scholars are using various strategies and manipulatives to gain better understanding of composing and decomposing numbers. We are also learning how to express numbers in various forms. In our near future, scholars will be expanding their knowledge of addition and subtraction. Our math learning is off to a great start.



4th Grade Scientists investigating what Earth rock layers reveal.



4th Grade Scientists investigating what causes rocks to break.

5th Grade

Our 5th Graders are off to a great start for the 2023-2024 school year! They're practicing the essentials and working hard to be role models as the "seniors" of our school. In Math, students will be working with both multiplication and division of multi-digit numbers as we dig into Module 1. Students are loving the inquiry process in Science as they explore the science behind our first module question, "What caused the Statue of Liberty to change over time?" You'll notice in their workbooks that we are thinking like scientists and engineers to investigate ideas in order to develop accurate claims with evidence. In ELA, students are enjoying our first unit of study, The Birchbark House. This unit will end with a Literary Analysis Task. In Social Studies, students are going to learn business and life skills through the BizTown program. This is a fantastic program that will conclude with a field trip where students get to run their own businesses in a mini city in October.



Mrs. Prieur's Homeroom on the first day of school.



Mrs. Prieur, Mrs. Sorapuru, and Mrs. Dickson's classes creating class rules in the first week of school.

Math is Everywhere!

That is great news for parents and teachers. It means we can talk with our kids about math in fun, natural ways. Those conversations can be really important.

Here are a few fun ways to incorporate math into your life at home that will be lasting and impactful.

1. Bake something together - You can't help but use math when you're baking. Doubling recipes requires multiplying, halving a recipe requires dividing, and measuring a $\frac{1}{2}$ cup or a $\frac{1}{4}$ teaspoon gets you working with easy fractions. At a more basic level, kids love counting out chocolate chips.

Ask your child: How many chocolate chips do you think it will take to fill one cup? How many for $\frac{1}{2}$ cup? Count together and see how close you came to the right answer!

2. Measure, count, and record - Most kids love stopwatches, and watching the seconds tick by gives them opportunities to practice counting. Measure distances and heights. Count jumping jacks, push-ups, or consecutive kicks of a soccer ball.

Ask your child: How far can you throw a ball? Take a guess, then throw the ball as far as you can and measure the distance.

How many jumping jacks can you do in a minute? Try it!

How many times can you jump rope or bounce a ball without missing? Count and see.

3. Build something together - Big or small, any project that involves measuring includes counting, adding, and multiplying. It doesn't matter whether you're making a clubhouse out of shoeboxes or building a genuine tree house. Legos and other building toys are wonderful tools for incorporating both numbers and spatial thinking into playtime.

Ask your child: How high can you build that stack of Legos? How many Legos do you need to stack to reach as high as the coffee table?

Can you make a square? A rectangle? Other shapes? Talk about the shapes of whatever your child has created.

4. Plan dinner or a party - Whether you're planning a party or just getting ready for a family dinner, there are plenty of math concepts involved. Have your child help set the table and count out the plates, napkins, and silverware. For a party, have your child help with the shopping. You know you're going to have to do some math since all of those plates, balloons, and party favors are packaged in different quantities!

Ask your child: How many plates, napkins, and forks do you need for dinner? If you're inviting 10 guests to a party, and the plates come 8 to a pack, how many packs are you going to need? How many are going to be left over?

If you're not planning a party in the near future, get creative. Why not host a tea party for your child's favorite stuffed animals?

5. Mix in math to your bedtime reading - Most families read to their children at night. Why not add a math problem to the mix?

There are plenty of other ways to keep kids thinking about math - board games, stickers, and stargazing, to name a few. The important thing is just to encourage your child to see the numbers all around us and to keep things fun. This is how we'll raise a next generation that thinks math is cool!



Let's Hit the Books!

- Your goal: Read at home 300 minutes a month (that's not a lot!)
- Each month you'll be given a calendar to record your minutes. If you have 300 minutes by the end of the month you'll WIN.
- What will you win?- You'll spin Mrs. Feaheny's wheel and win a prize!
- You'll start over each month, so you could win multiple prizes!
- The program starts in September and will go through April.
- Your teacher will give out calendars at the beginning of each month. If you reach your goal of 300 minutes, turn the calendar in to Mrs. Feaheny to receive your prize.

Ethel Schoeffner Elementary is excited
to stay connected with families through social media!



Follow us on:

Twitter
[@ESE_Sharks](#)

Instagram
[@Schoeffnerelementary](#)



You can see our Sharks in action!

ESE PTO

PTO is off to a great start for the 23-24 School Year! Thank you all for stopping by the PTO table to sign up to provide your info for assisting as you can through the school year! If you missed the signup, please scan the QR code below to sign up. We also have 2 open positions for our PTO Board that remain vacant -- if you are interested in learning more about what it takes to be the Volunteer Coordinator or the Community Outreach Liaison, please reach out to esesharkspto@gmail.com or to any of the Board Members:

President - Whitney Deis
Vice President - Karrie Bowen
Secretary - Jenny Delcambre
Treasurer - Hope Thibodeaux
3rd Grade Rep - Mandy McVay
4th Grade Rep - Ashley Brasher
5th Grade Rep - Leslie Fiels
Social Media Coordinator - Shandi Anderson
Community Outreach Liaison - OPEN
Volunteer Coordinator - OPEN
Yearbook Coordinator - Courtney Mumbower

The PTO is always working hard to continue to provide to the ESE staff and students! In 2021, fundraisers were able to provide new playground equipment to ESE. While there were delays in the equipment being delivered to ESE, we are excited that it's now in place! In 2022, we fundraised enough to purchase not 1, but TWO gazebos to provide additional shaded areas at ESE! Mrs. Terry is finalizing the plans and we will keep everyone posted on the progress.

Be on the lookout for Trunk or Treat details --- it will be on Oct 31! Also look for the ESE PTO site on Facebook -- we post lots of reminders and ESE info!

TOP 5 TIPS FOR STUDENTS



1. **Focus on the Classwork tab.** The Stream is for announcements.
2. **Use the browser back arrow.** Otherwise, you'll end up back at the Stream.
3. **Always Turn in or Mark as Done.** You want all your icons gray!
4. **Check in with View Your Work.** This is where you see a summary of all your assignments. It's under the Classwork tab.
5. **Bookmark the Classwork page.** It's the quickest way to get straight to Classwork.

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.

Welcome to the 2023-2024 School Year!

Please note some tips below on how to kick off a healthy start.

- Every student must have an updated immunization record on file at school. Please check with your healthcare provider to be sure your child is up to date on his/her immunizations.
- If your child needs medication at school, please obtain a medication packet from my office to be filled out by you and your child's doctor. You must sign any medication (over the counter or prescription), with the medication appropriately labeled by the pharmacist, with the School Nurse. **Please remember that a new medication order must be completed every school year.** I am at New Sarpy on Monday, Wednesday and Friday and Ethel Schoeffner on Tuesday and Thursday. Please contact me to make prior arrangements to sign in any medications to ensure that you have all of the appropriate paperwork completed and that I will be available.
- If your child has had any changes in his/her medical history over the summer, please remember to update the School Nurse as soon as possible. Medical issues that the school should be aware of include asthma requiring the use of an inhaler/nebulizer, diabetes, severe allergic reactions that require Benadryl/Epipen, seizure disorder, special diets and any other type of medical diagnosis or special needs. I highly recommend open communication for the safety and health of your child.
- If your child has any food allergies or requires a special diet, please contact me to obtain the proper paperwork for school. Please remember that a new diet order must be completed every school year. Also, if your child no longer has food allergies, please send me notification (preferably from the doctor's office but can be via email or School Status messenger) so that I may update our records.
- Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States. Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu. Please note more information on the attached flyer.

Please do not hesitate to call or email me with any questions, concerns or discussions.

Thank you!



Your School Nurse,
Jamie Byrd, RN, BSN
jbyrd1@stcharles.k12.la.us



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



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 long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years – especially those younger than 2 years – and children with certain chronic health conditions (including asthma, diabetes and disorders of the brain or nervous system), are at higher 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 that is not controlled by fever-reducing medicine
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at higher risk of flu complications like pneumonia, and 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 signs and 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). Not everyone with the flu will 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 chronic health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or infants may be able to spread 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 until their symptoms have improved to avoid spreading flu to other children or caregivers.

When can my child go back to school, daycare, or camp after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (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



- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Flu vaccination during pregnancy protects babies 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 have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about 40 to 60 percent.
- Flu vaccines can keep your child from being hospitalized from flu. A recent study showed that flu vaccine reduced children's risk of severe life-threatening influenza as much as 75%.
- Flu vaccine can be life saving in children. A study using data from multiple flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions and by nearly two-thirds among healthy children.
- Flu vaccination also may make your illness milder if you do get sick.

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 viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that from the 2010-2011 season to the 2019-2020 season, flu-related hospitalizations among children younger than 5 years old have ranged from 6,000 to 27,000 annually in the United States. The flu vaccine is safe and helps protect children from flu.



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

- 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 chronic health problems.

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 two 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 increased risk of serious flu complications. Antivirals can be given to children and pregnant people.

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; cover your cough and sneezes; wash your hands often with soap and water; do not touch your eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

These everyday actions are a good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick. However, a yearly flu vaccine is the best protection against flu illness.



September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day HOLIDAY NO SCHOOL	5 Pep Squad Practice 3:05-4:30 PM	6	7	8 Early Dismissal 1:55 AM Faculty Study	9
10	11 1st Quarter Progress Reports Go Home	12	13	14	15	16
17	18	19 Pep Squad Practice 3:05-4:30 PM	20	21	22 Concessions @ lunch maximum \$2	23
24	25	26	27 Family & Child Together Session DIBELS Screener 9 AM ----- 4H Meeting 3:05-4:05 PM	28	29 Student of the Month Luncheon	30

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



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

Word of the Month

gra·cious

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

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**

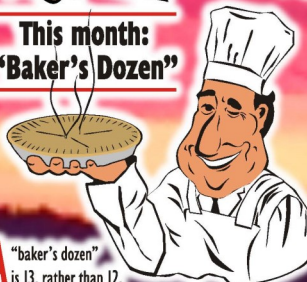
ST. CHARLES PARISH PUBLIC SCHOOLS
CHILD NUTRITION DEPARTMENT

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



WORDS OF MOUTH

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