

Fireweed Academy Newsletter

November 4, 2013

Fresh Oranges Fundraiser Kick-off: Last week I sent home an email regarding our fresh oranges fundraiser. Today your kids will be coming home with the order pack. There are three pieces to the packet, an info sheet, an order form and an envelope for the money. Please remember that all orders are pre-paid. Checks would be best, written to Fireweed Academy Charter School. All forms must be returned to school NO LATER THAN November 18th. We are shooting for a December 4th delivery, give or take a day! . If you have any questions, feel free to call me at 235-9728-Janet

New Theme - Communication: We are always on the look-out for ideas related to the current theme. You might think of an interesting area to explore, an idea for a field trip, or a guest that connects to our theme. Let us know!

Islands and Oceans Discovery Lab: 5th and 6th graders are heavy into non-fiction reading for this projection. We are carefully examining difficult words and concepts as well as differentiating fact and opinion. Still looking for folks' experiences of the spill and clean-up efforts, or work in a related industry now, please consider sharing your experience with the class.

Early Release days Collaboration: On our early release days teachers are collaborating to examine, brainstorm and implement ideas for transitioning to the new state standards. We hope you will notice a shift to more non-fiction reading and writing as the year progresses and welcome your feedback.

Quilt raffle: We are getting down to the last few weeks-if you have not bought your quilt raffle tickets yes, now is the time. Fireweed parent Jo Dempsey will be at Safeway selling tickets on November 5th and 12th from about 9:30 until 2:30. If you would like to help out, call her at 235-4759. She has the quilt and the tickets and is ready to sell you some or give you some to sell!

From the District: The Kenai Peninsula Borough School District is requesting applications from interested persons to serve on the Budget Development Committee to review development of the FY 2015 budget. Anyone interested in applying should visit the School District website at www.kpbsd.k12.ak.us, Community Interest, for an application and further instructions, or contact Lassie Nelson at 714-8838 if there are questions. All applications must be received no later than 4:00 p.m., November 8, 2013.

Ethnic Lunch: November 15th. Please contact Kiki if you can help!

Math Homework Club: Afterschool math homework club will continue during the months of October and November on Mondays from 3:15 - 4:15. The location is Stephanie's room. Make sure to fill out a permission slip.

Creative Writing: Kiki reports that the after school creative writing workshop on Tuesday was a dream come true. As one student put it, "All you could hear was the tapping of key strokes." 3:15- 4:30 starting October 29th for four weeks. We are working on writing, conferencing and revising pieces to submit to the Homer News Writing Contest, due date November 20th. Once again dates are November 5th, 12th and 19th. There is no charge for this workshop; but we would grovel for snacks. Thanks to Ann Anderson and Jodee Whiteside for snacks last week.

Needs: If you have incomplete decks of cards that you want to get rid, Kris could use a few more for warm-up activities in math. Thanks!

Upcoming 2nd grade -6th grade Big Fireweed Dates: Mark your calendars!

Nov 18 th	Fresh Oranges Fundraising packet due back
Nov 20 th	Early Release day-School out at 1:45pm
Nov 28&29	Thanksgiving Holiday-no school
Dec 20-Jan3	No School-In-Service and Winter Break

Notes from the Nurse for November : Is It a Cold or the Flu?

The flu has slowly arrived in Homer. Across the nation, it has been a mild flu season so far. The symptoms between the common cold and the "flu" can have some similarities and can be confusing. The cold and flu are both respiratory illnesses, but they are caused by different types of viruses with different symptoms. Use this chart to learn the difference between the two.

<u>Signs and Symptoms</u>	<u>Influenza</u>	<u>Cold</u>
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

(chart from www.flufacts.com)

Antibiotics do not work with the common cold or the flu. Rest, fluids, and good nutrition are the best treatments for both. If you suspect your child has the flu, he/she should stay home from school AND sports for rest and care.

Prevention is the key. Stay away from sick people. Stay home if you are sick. Sneeze and cough into your sleeve. Get adequate sleep. Drink plenty of water. Eat healthy food. And remember-wash, wash, wash your hands! Flu shots are available at all health care providers in Homer.

Wishing you a healthy November! Your school nurse, Laura Peek, RN