



## 3<sup>rd</sup>-6<sup>th</sup> Fireweed Academy Newsletter

### THE FORCE IS WITH US!!!

Last week students were introduced to the theme of forces. Over the course of the week they conducted a brainstorm session to identify as many 'forces' as they could from natural, and man-made/social sources. Then, they finished out the week taking a close look at the power of persuasion as a force to convince others to follow an idea. Using six (6) concepts they created posters to sell their ideas to their classmates.

Over the next three weeks students will be part of theme groups exploring forces in physical science (i.e.: Newton's Laws of Motion, Forces in Motion, Changes in Motion (Recognizing that objects can be moved without being touched (Gravity, Static Electricity, Magnetism...)), natural science (i.e.: plate tectonics and Pangea), and social forces in play through advertising (i.e.: TV, radio and print advertising).



### MAGAZINES NEEDED FOR THEME GROUPS



Please search your magazine collections for any that you are willing to donate to us for an exploration of social forces in advertising. Periodicals **OTHER THAN** National Geographic that have a variety of ads for fashion, cereals and foods, children's items, sports equipment, automobiles and the likes would be appreciated. These can be taken to Jon's room. A pre-screen for appropriate content would be appreciated. Thank you!

### MANY PAPER TUBES NEEDED

We need as many paper tubes as you can find for upcoming projects, both here and at Little Fireweed. Please keep us in mind as you finish off those paper products. Drop them by or send them in with your student. Much thanks in advance!!

## SPIRIT WEEK IS HERE!!

This week is Spirit Week at Big Fireweed. While entirely optional, students are welcome to celebrate their school spirit in the following ways on the following days:

- Monday is Tie Dye/Hippie Day
- Tuesday is PJ and (1 small) Stuffed Animal Day
- Wednesday is Black and White Day
- Thursday is Hat, Mustache and Bling Day
- Friday is Opposite Gender Day

## THE FLEA MARKET IS COMING THIS FRIDAY 11/11!!

Our first FLEA MARKET of the year will take place this coming Friday afternoon. Students are welcome to bring home-made crafts, home-made, low-sugar treats, or gently used items to sell.



## FRESH FRUIT FUNDRAISER

Fireweed is once again selling fresh fruit as our fall fundraiser. The fruit comes from California, here is the link to the company so you can check them out if you would like.  
<http://www.farmfreshfundraiserz.com/>

We are selling: Oranges \$44/case -about 20lbs, Grapefruit \$44/case (Rio Red Texas) about 20 lbs, Clementine's \$49/case -20lbs (A LOT!) and Pomegranates (\$2 each)

Each family should receive an order form on Monday. All orders are due back to me no later than November 18th and the delivery will be sometime during the first week of December. People can split the cases but they have to find their own partner. Payment is due up front-checks and money can be in the envelope attached to the order form. Order forms should be delivered to my office or you can leave them in my box at LFW and I will pick them up.

Feel free to call me if you have any questions- Janet-235-9728



## MATH HOMEWORK CLUB



On Thursdays, from 3:15-4:15, students are welcome to stay for after-school math homework club. This is an opportunity for them to log onto [ALEKS.COM](http://ALEKS.COM) or work on homework/Problem of the Week. This first session will run for six weeks (Oct. 20<sup>th</sup>, Nov. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, Dec. 1<sup>st</sup> and 8<sup>th</sup>). Permission slips have gone home this week, so sign and return them if you would like your child to participate. Pick-up should be promptly at 4:15.

## Notes from the Nurse for November

### Is It a Cold or the Flu?

The flu has arrived in Homer. Across the nation, it has been low activity for the 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. This chart will help describe the difference between the two.

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

(chart from [www.flufacts.com](http://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 your child has a fever, is coughing a lot, has diarrhea and/or vomiting, they need to stay home from school AND sports to rest and heal.

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 and at some local pharmacies in Homer.

Wishing you a healthy November!

Your school nurse, Laura Peek, RN

### **Upcoming 3-6 Dates: Mark your calendars!**

Monday Nov 14 <sup>th</sup>	APC meeting room 104 at big Fireweed 4:30-6pm
Wednesday Nov 23 <sup>rd</sup>	Early Release Day - School dismisses at 1:45pm
Thur./Fri. Nov 24 <sup>th</sup> and 25 <sup>th</sup>	NO SCHOOL - Thanksgiving Holiday
Monday Dec. 12 <sup>th</sup>	APC meeting room 104 at big Fireweed 4:30-6pm
Dec. 22 <sup>nd</sup> - Jan. 6 <sup>th</sup>	NO SCHOOL - Holiday Break
Jan. 9 <sup>th</sup>	School Resumes

### **Community Emergency Response Team (CERT)**

The Kenai Peninsula Borough, Office of Emergency Management is pleased to announce that the next Community Emergency Response Team (CERT) team training will be held beginning Tuesday November 1 through November 12 in Homer. This course is designed to prepare residents that do not have prior emergency response background on basic skills to keep themselves, their families, and their neighbors prepared for, and safe during, an emergency such as fire, flood, earthquake, or other incident.

The course covers skills such as fire and utility control, disaster medical skills, light search and rescue, team organization, and disaster preparedness. Participants should expect a hands on course learning and practicing practical skills. Sessions are taught by emergency management professionals and other first responders, and will provide a comprehensive overview of these skills. CERT training is based on FEMA curriculum and is adapted for the unique conditions found on the Kenai Peninsula and Alaska

At the conclusion of the training, participants have the opportunity to join their local CERT team to be called upon to assist first responders during emergency or disaster conditions. CERT members have been used in the past to provide public information, staff telephone lines, perform evacuations, and many other functions.

Participants 13 and over are welcome in the class with parental consent. All materials will be provided, and there is no cost or obligation for the class. Exact class location in Homer will be announced. Class size is limited to 25 participants, and a minimum enrollment is required. Please see the detailed schedule below. Pre-registration is required, visit our website at <http://www.kpb.us/emergency-mgmt/cert/cert-home/cert-class-information> to register.

For additional questions contact Dan Nelson at [\(907\) 262-2098](tel:9072622098).