



3rd-6th Fireweed Academy Newsletter

Happy Halloween!

Today we used our senses and estimation skills to feel our way around the haunted classroom!



FORCES

This week we launch our 2nd Quarter Theme "FORCES". This week we will brainstorm what this term means in respect to Physical Forces, Economical Forces, Psychological Forces, Natural Forces... We welcome experts from our community to share their expertise in any of these concepts. Last time we studied forces we had a parent who had experience flying planes, come in to talk about "thrust" "drag" "lift" and "weight". Be thinking of any field trip possibilities.

FIREWEED MOVIE NIGHT

Thursday Nov. 3, 2016 at 6:00 pm

Films Include

****The Polar Express****

****Life Cycle of the Sockeye Salmon****

EVERYONE IS WELCOME-BRING YOUR FRIENDS!

3 cans or dry packages of food or a donation gets you in the door!

All food and 100% of all profit will be donated to the Share the Spirit programs.

THANKS FOR ATTENDING CONFERENCES THIS PAST WEEK!!

We really enjoyed watching your students shine as they shared our first quarter with you!



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



MAGAZINES NEEDED FOR NEXT WEEK



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!

First Lego League

Wednesday afternoons from 3:15 - 4:30 Fireweed Academy will be sponsoring a team for this year's First Lego League Animal Allies Robotics challenge. This will be a parent volunteer monitored team. If your child is interested and you as the parent/guardian are able to commit to scheduling a day after school where you could monitor the team, then

please contact Stephanie and get a permission slip for your child. All parent/guardian volunteers must be screened by the district. The goal is to have the team meet once a week and then more often as the team sees necessary. The official team is open to 4th - 6th grade students. 3rd graders interested in participating will not be eligible to compete if the team advances to competition.



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 or work on homework/Problem of the Week. This first session will run for six weeks (Oct. 20th, Nov. 3rd, 10th, 17th, Dec. 1st and 8th). 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>
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 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!

Thursday Nov. 3 rd	Fireweed Share the Spirit Movie Night at Homer Theater- featuring The Polar Express
Monday Nov 14 th	APC meeting room 104 at big Fireweed 4:30-6pm
Wednesday Nov 23 rd	Early Release Day - School dismisses at 1:45pm
Thur./Fri. Nov 24 th and 25 th	NO SCHOOL - Thanksgiving Holiday

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).