



K-2 FIREWEED NEWSLETTER

November 7, 2016

HAPPENINGS!

MAY THE FORCE BE WITH YOU

This week found us thinking about forces and brainstorming all of the kinds we could think of. A sort of these ideas into categories led to great discussions and inquiries about similarities and differences. We concluded our week with naming our categories of kinds of forces.

People/Social Forces, Elemental/Natural Forces, Invisible/Unseen Forces and Active/Kinetic Forces are the groups the students decided on. Mini explorations into, magnets as an unseen force, pulleys as an example of active force and the social force of protest marches were some of our initial quick studies of forces.

New Forces theme groups starting this week. Explorations into SIMPLE MACHINES, GRAVITY and SOCIAL FORCES.

APC MEETING on Monday, November 14th at 4:30 PM at Big

Agenda includes:

- Administrator's Report from Todd
- Strategic Planning and Committee Reports
- Review of revised Fireweed Core Values

WELCOME BACK TO NANCY! We are glad she is back!

THANK YOU, Sharlene! For subbing for Betsy and Mo and for Sumi Painting!



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

NITTY GRITTY INFORMATION

PLEASE SAVE AND SEND IN!

For Mo's theme group this quarter. Thank you!!!

- toilet rolls
- toothpaste boxes
- cardboard tubes from the inside of garbage bag rolls
- 1 x big box (if you have any at home)



MAGAZINES NEEDED



Please search your magazine collections for any that you are willing to donate to Fireweed 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 dropped off here at school and will be used at Big Fireweed. A pre-screen for appropriate content would be appreciated. Thank you!

SMART ALASKAN KIDS DRESS FOR THE WEATHER!

Rain, snow, sleet, hail... please send your kiddo prepared! We go outside every day!

VOLUNTEER INFO!

There are as many ways to volunteer as there are Fireweed families and we welcome you to contact our volunteer coordinator to find out how you can contribute. We'll work hard to match parents (or grandparents, aunts or uncles!) with work that fits their schedule, time and talents. Please consider joining our volunteer pool today in order to make this process more efficient.

- ** To learn more, email fireweedvolunteer@gmail.com or call/text Susannah at 907-299-4317
- ** And don't forget to complete the online volunteer screening. Start here: <https://www.applitrack.com/kpbsd/onlineapp/application.aspx?starting=true>

HEARTY THANK YOUS

- Thanks to Summer, Tori, Crisi, Scott and Delena for muffins and fruit for the Kinders Literacy Circle
- Huge thanks to Crisi Matthews for coordinating the Share the Spirit movie night at the Homer Family Theater.
- Thanks also to Emily Munns for covering lunch and recess duties with Todd this week while Nancy was out.
- Thanks to last week's classroom aides... Torie and Rebecca
- Thanks to Sharlene Cline for subbing for Betsy and Mo!

Upcoming K-2 Dates: Mark your calendars!

Mon. Nov 14 th	4:30 PM	APC meeting at Big Fireweed
Weds. Nov 23 rd	1:30 PM	Early Release Day/ School out at 1:30
Thurs/Fri Nov 24 th and 25 th		Thanksgiving Holiday Break/No School

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 a moderate 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

<u>Signs and Symptoms</u>	<u>Influenza</u>	<u>Cold</u>
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!- Laura Peek, RN