



## K-2 FIREWEED NEWSLETTER

October 31, 2016

### HAPPENINGS!

#### MAY THE FORCE BE WITH YOU

We are launching into our next quarterly theme.... **FORCES!**  
We will be investigating, discovering, exploring forces of all kinds-  
Mechanical, Natural and Social Forces!

#### FIREWEED PAJAMA MOVIE NIGHT

Thursday Nov. 3, 2016 at 6:00 pm at Homer Family Theater

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.

#### HALLOWEEN MORNING WRITE!



#### 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 18<sup>th</sup>** 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

## THANKS FOR ATTENDING CONFERENCES THIS PAST WEEK

Aren't your kids amazing?!

### NITTY GRITTY INFORMATION

## PLEASE SAVE AND SEND IN!

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

- egg cartons
- 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 FOR NEXT WEEK



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!

## 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.

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

### **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](mailto: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 YOU'S**

- Huge thanks to Todd for doing double duty last week keeping the lunch room and playground a safe and happening place.
- Thanks also to Eliza Mills AND Tori Gutschow for helping Todd cover lunch and recess duties while Nancy was out.
- Thanks to last week's classroom aides... Torie and Rebecca

**Upcoming K-2 Dates: Mark your calendars!**

Thurs, Nov. 3	8:30 AM	Kinders Halloween Circle in Kim's Room
Thurs Nov 3 <sup>rd</sup>	6 PM	Fireweed's "Share the Spirit" Movie Night
Mon. Nov 14 <sup>th</sup>	4:30 PM	APC meeting
Weds. Nov 23 <sup>rd</sup>	1:30 PM	Early Release Day/ <b>School out at 1:30</b>
Thurs/Fri Nov 24 <sup>th</sup> and 25 <sup>th</sup>		Thanksgiving Holiday Break/No School



**HALLOWEEN PARADE FUN!**