

**Mary McPherson**  
**Elementary**  
Shannon Murdoch, Principal

Please call in **ALL** attendance to the office at **855-4300**. We will relay information to the teacher.

December 2018

# Roaring Report

## Yearbook Pictures Needed!

We need your help! In case you didn't know, PTO puts together a yearbook for the school every year. This yearbook will be for sale at a later time and completed and delivered to students the last week of school. We have so many fun and exciting activities going on right now and would love pics throughout the year. Not every photo is guaranteed to be published in the yearbook, but we would love the variety. Please email your photos to: [mmeyearbook@gmail.com](mailto:mmeyearbook@gmail.com). Thanks for your help!

### *Holiday Fun*

*Students are invited to join our staff in wearing festive holiday attire the week before break.*

- Dec. 17- Wear as much red and green as you can!
- Dec. 18- Wear Christmas/holiday socks
- Dec. 19- Wear a Santa hat
- Dec. 20- Wear a Christmas/holiday shirt
- Dec. 21- Dress as an elf



#### Dates to Remember:

Dec. 6- Subway orders due

Dec. 11-Early Release at 1:25

Dec. 13- First Grade music program at 6:30

Dec. 14-Subway lunch

Dec. 20-Wear your Kindness Shirt

Dec. 21-Class Holiday parties

Dec. 24-Jan 4- Holiday Break

Jan 7-School resumes

Jan. 18- Early release, end of first semester

Jan 21-No School-Martin Luther King Jr. Day

### End of the Day Transportation Changes

Please make sure you have your end of the day transportation plans set with your student before he/she leaves for school. If a change needs to be made, please contact the school **BEFORE 2:00 PM**. The office gets busy at the end of the day, and it is difficult to get messages to your students when calls come in at the last minute. We cannot guarantee that your child will receive the message when it comes in after 2:00 PM.

(Actual photo of Mrs. Worden working.)



## Notes from the Nurse

*Hello Parents,*

*We are excited to offer Mary McPherson students a new option for dental cleaning services. West Ada School District and the Family Medical Residency of Idaho have teamed together to open a pediatric dental clinic serving children in the West Ada School District that do not have Medicaid or private dental insurance. The clinic is located on the Meridian Elementary School campus. It offers no cost dental cleanings to qualifying students.*

*On Friday, December 14<sup>th</sup>, 2017, the Clinic has reserved appointments for Mary McPherson students. If you would like to schedule a no cost dental cleaning for your student please contact the Meridian Schools Clinic at 208-514-2527, extension 5050. If have any questions, please contact our school nurse Bonnie Hamilton at 208-855-4300 ext 1040.*

With cold and flu season upon us, it is important to keep our children healthy. Children are two to three times more likely than adults to get sick with the flu. On average, one in three children in the United States is affected by the virus each year. Usually, the flu is spread from person to person through coughing and sneezing but can also be transmitted from touching a germ-infested surface.

It is important to know the difference between cold and flu. Common symptoms of the flu include high fever, severe headache, muscle and body aches, chills, sore throat, exhaustion and dry cough. Children may also have nausea, vomiting, and diarrhea. Often cold symptoms come on gradually and they include stuffy nose, sneezing, sore throat and hacking cough.

How can we keep our children healthy? According to the CDC, the best way to prevent the flu is to get an influenza vaccine. This week we are reminding your students about washing hands frequently, covering mouth and nose when coughing or sneezing (preferably into the inside of the elbow), avoiding touching our eyes, nose and mouth, eating a healthy diet, drinking plenty of water and getting good sleep.

### **So when should your student stay home from school?**

**Fever greater than 100 degrees:** A fever lets us know that our body is fighting something. We are contagious during this time and need rest. Students should be fever free for at least 24 hours (without fever reducing medication) before returning to school.

**Vomiting and/or diarrhea:** Students should stay at home for 24 hours to make sure they can keep food/liquids down.

**Sore throat with a fever greater than 100 degrees:** If they are diagnosed with strep throat, then they should stay home until they have been on antibiotics for 24 hours.

**Excessive coughing that produces thick mucus:** Students should stay home if they are coughing so much it keeps them from participating in class or disrupts their classmates, or they are coughing so hard it is causing vomiting.

Thank you for your help in keeping our children at Mary McPherson healthy so they are able to learn every day!

Bonnie Hamilton, RN

School Nurse

Mary McPherson Elementary

### *Holiday Help for Families*

West Ada has several programs to assist our families with clothing, food and Christmas Gifts for Christmas and throughout the year. If money is tight and is causing stress, don't hesitate to contact Mrs. Grant, our Mary McPherson counselor, to find out more.

grant.raelynn@westada.org  
or call 208-855-4300

