

# Bow Elementary School

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## Dear Friends and Families,

It is hard to believe we are approaching the end of our school year and the many special activities that enrich our days at BES. We hope you were able to celebrate students' learning at our annual Education Fair. We are very proud of the work we do each day with students and especially proud to showcase students' progress and learning.

This will be our final BES Buzz publication of the year. As promised, we would like to update you on our efforts to address the needs highlighted in our SINI (school in need of improvement) designation - a designation resulting from one subgroup of students' scores in reading on the NH state test, the NECAP. At the May School Board meeting, Dr. Gibbens presented some information about the progress of our most at-risk learners and our plans to further address their needs. Our formal improvement plan with the NH Department of Education has not been developed as yet (training for this happened on May 21<sup>st</sup>), but we have already taken several steps in our journey of continuous improvement. Many of these steps were part of our planning *prior* to our designation as a SINI. These steps include:

- A. Our three tier model of instruction and intervention will be extended into grades 3 and 4 beginning next year. Third and fourth grade teachers will attend a two - day training at the end of June in preparation for full implementation in the fall.
- B. Our paraprofessionals will engage in two days of training at the end of the school



year on a variety of topics related to meeting the needs of at-risk learners. This will include training in sensory processing disorders and strategies to meet behavioral needs.

- C. Professional development opportunities are being offered to all teachers in August in an effort to strengthen our tier one instruction (core instruction) in literacy.
- D. We are creating a block schedule for literacy at each grade level. Four days per week all classrooms will have a ninety minute 'protected' block of time dedicated solely to literacy instruction and intervention. Reading specialists and special educators will be assigned to work with students and to provide literacy coaching for classroom teachers focused on individualizing instruction.
- E. We have restructured positions in our reading department to enhance opportunities for working with students and with teachers to strengthen our literacy instruction.
- F. In the 2008-2009 school year we initiated a professional development block for grade level teams twice monthly. This spring this

professional development work with teachers has focused on building comprehension strategies and making meaning from text. We are already planning for these bi-monthly professional development times next year.

- G. Our school wide data team has been working with assessment data to better understand our students' needs and implications for our curriculum and instruction.

This list reflects our planning steps to date and there will certainly be more efforts to report over time. If you have questions about any of these efforts, please contact us.

As we look forward to the final four weeks of the school year and the transitions that come with the end of a school year, we hope you share our pride in the work and progress of your children throughout the year.

We hope you have a safe, healthy, relaxing and happy summer. See you on September 1, 2009!

Dr. Deb Gibbens  
Principal

Jane Morrill-Winter  
Assistant Principal

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## Mark Your Calendars

- May 29th- Memorial Day Assembly 1:30pm
- June 3rd-PTO Meeting 7pm
- June 4th-School Board Meeting 7pm
- June 9th- Field Day
- June 10th- Rain Date for Field Day
- June 11th- Kindergarten Screening
- June 11th- First Grade Field Trip- Squam Lake
- June 12th- Kindergarten Field Trip- Beech Hill Farm & Fourth Grade- Coach and Eagle Trail
- June 15th- Reading Program- Jenn Ericsson
- June 16th- Showcase 8:45 am
- June 17th- Kindergarten Field Day & Grade 4 Field Trip- Strawberry Banke & First Grade Picnic
- June 18th- Meet & Greet Day & Preschool Field Trip- Beech Hill Farm
- June 19th- Last Day of School & Assembly

# Preschool

Lee Ann Michelin

It's hard to believe that the school year is so quickly coming to an end. The month of May is flying by and we have barely had enough time to enjoy the warm weather. We have been able to play out on our playground a few times avoiding rain and bugs. This is one of our favorite activities after being cooped up all winter.

One of our Community Workers themes is 'Fire Fighters'. We set up a rescue station in the classroom and the Preschool firefighters are saving many lives. We read many wonderful books about fire fighters including: Fire Fighters by Robert Maas and Dot the Fire Dog by Lisa Desimini. We will end our unit with a trip to the Bow Fire



Station. The fire fighters will show us the fire trucks and ambulance, and all of their equipment.

We have also started to learn about how seeds and bulbs grow into plants. We planted our own seeds in a special 'root view' box and saw how our beans, onions and lettuce grew above and below the soil. We each planted lettuce seeds to take home.

We will be starting our farm theme soon. Our final field trip of the year will be to Beech Hill Farm to see the barns, fields, silo and animals. Of course our favorite part will be the ice cream!

The children and adults in the Preschool feel like a family. Soon our little 3-year olds will turn into the "big kids" and the 4 and 5-year olds will be heading

onto bigger and better things in kindergarten.

It is so much fun for the staff to see how much everyone has grown and we look back with awe at the amount of math, literacy, science and community awareness information the children have learned. We have seen our little ones grow into caring and engaging friends who teach and learn from each other as well as the teachers. They make us grateful that we were allowed to be a small part of their lives.

So, with summer fast approaching, the Preschool staff wishes next year's kindergarteners a wonderful new and exciting experience. However, we are all grateful that our 3-year old group will be returning to us next year. Happy summer everyone!

# Kindergarten

Patti Bechard, Meredith Bell, Monica Swenson, Kelly Wood

We really enjoyed having all of our families participate in the Poet's Picnic. The children loved the opportunity to shine. They worked very hard on what they shared with you that day and it was a wonderful wrap up to our year.

This has been and will be a busy time in kindergarten. Thank you to our wonderful room moms who are working hard on coordinating not only field day but many of our year end events.

We are finishing up the Everyday Math program and we are reviewing our kindergarten skills through some of our favorite math games. It has been great to see their math skills progress throughout the year.



Our last library day is June 1st so be sure to return all library books that day. On June 16<sup>th</sup>, Jen Ericsson from Baker Free Library will be in to talk to the children about summer reading.

We will take time each day during the last two weeks to talk about some of our favorite memories of kindergarten! We spend a lot of time looking ahead to first grade and we want to be sure to slow down and think about the great year we have had together.

Some of the End of Year fun!

\*June 12<sup>th</sup>- Beech Hill Farm Field Trip

\*June 16<sup>th</sup>- Jen Ericsson visits

\*June 17<sup>th</sup>- Field Day

\*June 18<sup>th</sup>- Meet and Greet day

\*June 19<sup>th</sup>- Last day for students

As Kindergarten comes to a close, we want to thank EVERYONE for your continued support in the classroom and at home. We are fortunate to have such dedicated partners in making your child's Kindergarten year a happy and successful one!

Have a great summer!

Kelly, Patti, Monica and Meredith



## Grade 1

**Megan Charpentier, Pat Manning, Tracy Mingarelli, Kim Normandin, Katie Queenan, Robin Rader, Colleen Snow, Amy Turley**

First graders are studying New Hampshire wildlife and habitats. They have been reading and learning about the local ecosystems as well as animal classification. At the Education Fair students showed their families some of the projects they had been working on!

Recently, first graders enjoyed a live performance of a very popular children's book, *Stellaluna*. This performance incorporated both live actors and puppetry. Ask your child what his/her favorite part was, and what two animal groups (mammals and birds) were in the story.

First graders in Bow have paired up

with first graders in Concord. All year we have been writing letters back and forth to our 'pen pals'. On May 28<sup>th</sup> we will be traveling to Rollin's Park to meet face to face with our new friends. Ask your child what they will remember about their pal.

In early June first graders will hit the trails! We are heading to The Squam Lake Science center in Holderness, NH. This will be our culmination of our NH Animal & Habitat study. We are eager to walk the trails and see the animals up close! We welcome all parents to chaperone and partake in our final field trip of the year.

An all school field day is planned for June



9<sup>th</sup> (with a raindate of June 10<sup>th</sup>). Teams will be grouped across grade levels. Your child can look forward to working with a variety of BES friends in cooperative games. More details to come.

Save the date of June 17<sup>th</sup>, for a first grade picnic. Parents will be invited to join us at our lunchtime (10:45-11:15). This will be a BYO picnic style meal. Make sure you bring a blanket to sit on!

Thank you to all the wonderful families we have come to know and appreciate this year. Your continuous support has been instrumental in your child's success! We hope you have a fabulous summer!

Katie, Robin, Colleen, Amy, Kim, Tracy and Megan

## Grade 2

**Lois Ambra, Diane Gerhardt, Patti Lally, Pat Manning, Kristin Menard, Ann West, Lisa White, Kristin Woodman**

Our second graders are now *ornithologists*, scientists who study birds. As you look through our classrooms during this unit, you'll see students reading books and recording facts about New Hampshire birds. Students will be designing their own graphic organizer of information using the *Kidspiration* program, and will put this project in their technology portfolio. We've had exciting experiences to help students understand the unique adaptations that birds have made in order to survive and thrive in their habitats. First, thanks to the generosity of the Bow PTO, the Audubon Society came to school to give presentations to 2<sup>nd</sup> grade. Their educator taught us about raptors, and brought along two special visitors: a barred owl and a red-tailed hawk, both of which had been injured, making them unable to survive on their own in the wild. Our students asked many thought-provoking questions. Our classes are also dissecting owl



pellets. Thanks to the assistance of parent volunteers, we've been working in small groups to examine the evidence of a barn owl's diet, at the same time learning names of various bones and comparing similar bones in different species of prey. We were able to reconstruct the skeletons of many small rodents and birds.

As students have been "Eggsploring Ornithology", they've developed their own educational games based on information they've learned in this unit. We look forward to playing each other's creative and challenging games and testing our knowledge about birds and their habitats.

Last week, we were excited to hear the peeping of chicks as they emerged from their shells, after 21 days of growing under the supervision of 2<sup>nd</sup> graders. In several of the eggs with more translu-

cent shells (2<sup>nd</sup> graders learned that word in our Heat/Light/Sound unit), you could actually see the chick moving around inside!

We've finished our final round of NWEA testing. It was easy to see that our students were working hard on these tests so they could do their best. We appreciate their efforts.

It's hard to believe that we're starting our final math unit for the year. It seems like such a short time ago that we took out our math journals for the first time! This unit extends concepts that have been learned this year, and introduces concepts that will be taught in 3<sup>rd</sup> grade.

Look for notices to come home soon about Field Day on June 9 (rain date June 10). As always, we appreciate all of your support.



Lois, Diane, Patti, Kristin, Ann, Lisa, and Kristin

## Grade 3

Amy Blau, Martha Hickey, Kelly Lewis,  
Elaine Mielcarz, Beth Udeslon, Jeannette Whaland

Thank you for joining us at the Education Fair. Our last trimester of the school year continues to be filled with academic accomplishments, one of which is the completion of our reptiles and amphibians unit. Students researched facts on particular animals,



organized that information and created informative reports. Our classes utilized the school library, the internet, and classroom literature

to gather information. Some students published their reports through Power Point presentations while others are created handwritten reports complete with animal illustrations including habitats.

As the school year winds down, we are still very engaged in learning. This is one of the best times of the year for both students and teachers. It is now that the students' skills and processes, learned and practiced throughout the



year take on new dimensions. The students are thrilled when they see the progress they have made during this school

year as they look back over the compilation of work products. We are all looking forward to field day this June. Individual teachers will contact parents for any classroom end-of-year celebrations that may be planned.

## Grade 4

Sandy Bennert, Kathy Gage, Cheryl Hamer,  
Marti Lawton, Dannie Monahan, Suzie Percy

### Math

The children recently finished a unit on multiplying and dividing decimals, as well as learning the formulas to find the area of various geometric



shapes! Another reminder to keep practicing those multiplication facts...it makes a HUGE difference

for them! We are now working on reflections, symmetry and negative numbers.

### Social Studies

We have finished working on our 'New Hampshire Famous People' projects. This was a huge undertaking and a real thrill for our 4<sup>th</sup> Graders! We enjoyed sharing all our amazing projects and reports with

everyone at the Education Fair!

### Reading

Through the reading of various novels as well as nonfiction pieces, we have been working on the Comprehension Strategies of Inferencing and Asking Questions.



Your Bow PTO would like to thank you all for your help in making the 2008-09 school year a success! Many of you purchased magazines during our magazine fundraiser, participated in our membership drive, came to our monthly meetings, and volunteered in the classroom! It was because of the many hours that you all logged volunteering that we were awarded the Blue Ribbon Volunteer Award from the State of NH! We have been recognized for our volunteer efforts for over 20 years! Lets keep this tradition up for many more years to come.

Some of our fundraisers this year included our annual Ski/Skate Sale, Craft Fair and our first annual Mom's Night Out - where a great time was had by all! If you didn't attend this year, be sure to check it out next year! You won't be disappointed!

Because every dollar that we raise goes back into the classrooms, we encourage you to continue to support the PTO through our fundraisers and volunteering. Together we truly are building a better school community!

We are always looking for new ideas and members. Next year, we will meet the second Wednesday of the month (September - June) in the BES library. We would love to see you there! Please visit us at [bownet.org](http://bownet.org)

# Library / Media Center



Kim Brewster

The library needs your support in helping students return their books by **Friday, June 5<sup>th</sup>**. It is often a long process to collect all of the books and have them inventoried prior to summer break. Any support that families can give to students in getting books back to the library by this date would be much appreciated. Be sure to visit the Baker Free Library to borrow books during the summer. Miss Jenn will be visiting with students during the last week of school in the library to share the summer reading program 'Birds of a Feather Read Together!'

The fourth graders voted on their favorite Great Stone Face Book during National Library Week. The book that received the most votes here at BES was...Diary of a Wimpy Kid by Jeff Kinney! This book also got the most votes from the combined grades four through six here in Bow. Can you guess which book got the most votes across the state of New Hampshire? Yes, Diary of a Wimpy Kid! Congratulations to the author of this humorous book! The Great Stone Face list for 2009-2010 is now available at [http://www.nhlibrarians.org/chilis/Great\\_Stone\\_Face/Great\\_Stone\\_Face.htm](http://www.nhlibrarians.org/chilis/Great_Stone_Face/Great_Stone_Face.htm).

Check this site out for some great ideas for summer reading for fourth, fifth and sixth grade students. Fourth graders also recently played a Media Marathon game that reviewed library skills that they

worked on throughout the year.

Grade three students reviewed some Internet safety rules that led into a lesson on evaluating websites when using the Internet for research. This was a brief overview to encourage students to be critical thinkers when searching for information. Some third grade classes learned about the author Beverly Cleary. Students also played a circle game that helped them review library skills that were introduced this year.

Grade two students practiced and performed Reader's Theater during library time. Ask them how Reader's Theater is different than other performances. Students have worked on accessing information on World Book Online for their bird research projects. They learned about giving credit to the resources they have used by filling out bibliography sheets. Second grade students also played a circle game that helped them review library skills that were introduced this year.

Grade one students listened to several books on animal habitats and homes and participated in a follow up activity about habitats.

Kindergartners have been listening to stories about gardens and planting and have worked on hands on activities to go along with these stories.

Preschool students have continued to listen to stories on gardens, growing flowers and vegetables, and various other stories. They have enjoyed participating in finger rhymes, action songs or art projects that connect to the books.

Students in kindergarten through grade 4 had the opportunity to view several authors/illustrators talk about their books through the Scholastic Book Fair video. It's always inspiring to listen to authors and illustrators discuss their work!

We've had a great journey together in the library again this year! Happy reading throughout the summer!

Thank you to:

The Bow Rotary for donating the following books:

Woolbur by Leslie Helakoski

Would I Ever Lie To You? By Caralyn Buehner

Amelia Bedelia and the Cat by Herman Parish

Special thanks to:

All of our wonderful library volunteers!  
We have appreciated all of your hard work and dedication!

The PTO for organizing and running the Scholastic Book Fair!

## Musical Notes

JoAnn Willemsen & Allison Campbell

Congratulations 4th graders for the awesome performances of your spring concert, 'THE ADVENTURES OF LEWIS AND CLARK'. We would like to thank all the teachers and parents who helped with rehearsals, back-stage, costumes, props and make-up. We couldn't do it without you!

Congratulations to the 3rd graders for their great performance of 'MIGHTY MINDS'. We would like to thank all the teachers and parents who helped with this concert, as well. We are so fortunate to have such great community support for our music programs! Thank you!

The 3rd and 4th graders should continue to bring their recorders to music class for the next couple of weeks while we do some composing. Please remind 3rd grade students to keep track of their recorders and books over the summer. We will be playing them again in 4th grade.

The 1st and 2nd grade students are learning about TONE COLOR (the peculiar quality of a tone sounded by a given instrument or voice). We are discovering that if we concentrate we can identify many different instruments and combinations of instruments. 1st graders have also been singing about habitats.

All music students in grades 1-4 are learning or reviewing patriotic songs that we will sing at our Memorial Day Assembly on May 29<sup>th</sup>. We wish you all a restful, peaceful, summer vacation!

JoAnn and Allison

## Physical Education

Regan Dowe and Joan Tinker

Third and Fourth Grade students recently concluded a Volleyball Unit. Our skill building activities included instruction and practice in the underhand serve, bump and set. We then used our well rounded skills in a modified volleyball game called the 'Super Awesome Volleyball Showdown'. Instead of keeping score the traditional way, a point was awarded for every successful volleyball skill executed in the correct order. This scoring method de-emphasizes competition and instead encourages skill development and game play.



First and second graders have been exploring a baseball / softball unit. We practiced over-hand throwing and how to give with the ball when catching. We also learned and practiced fielding ground balls and fly balls. Students are now practicing hitting skills using batting tees. We are continuing to practice our previously learned throwing and fielding skills after the ball has been hit. The unit will conclude with a modified baseball game activity.

## Guidance News

Glenn Berger, School Counselor

Hello Parents,

It is my understanding that this is the last edition of 'Buzz News' for this school year.

With that in mind let me say thank you for entrusting me with the care of your children during their years at Bow Elementary. My retirement this June from full time counseling at Bow Elementary School is certainly fraught with elements of pensiveness. Although I look forward to future work in the counseling arena I shall always

look back at the twenty-nine years spent at Bow Elementary as the most joyous and fulfilling decades of my life. During that time I married, became a parent to three children, and secured the friendships of thousands of students and their families. I will be forever grateful for your openness, your kindness, and of course the smiles of your children. If I have brightened your child's day, created a moment of laughter, and helped them create some additional space in their heart-then I have been fulfilled.

Thank you again for sharing all your packages of joy with me.

With Regards and Best Wishes to All,  
Your Friend  
Mr. B

P.S. I hope to hear from you and please feel free to share your future thoughts, suggestions, and questions!

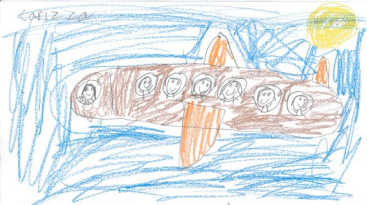
Thank you to BJ's Wholesale Club and Mrs. Zachistal for the generous donation of the television.



## Lost & Found

Items will be donated to charity at the end of the day on Tuesday, May 26th.

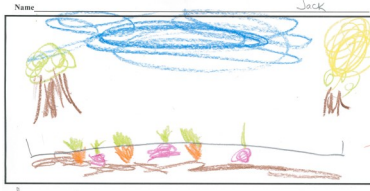
Please check for your child's missing items before that date.



Ma M My Said we are going to Florida  
and I said "I want to come too..ll  
and so we packt awir stuff.

Mommy said we are going to Florida,  
and I said, "I want to come too" and  
so we packed our stuff.

Carizza Cayabyab



In the summer or maybe in the spring,  
in the spring my mom  
is going to plant a geranium.

In the summer or maybe in the spring,  
my mom is going to plant a geranium.

Jack Otchatek

Mrs. Swenson's kindergarten class has been learning about the change of seasons and looking for signs of spring after a long winter. These conversations may have been the inspiration for Jack's independent writing piece. Mrs. Swenson's authors have been focusing on using speech in their writing pieces. Carizza's independent writing piece is an excellent example of how incorporating speech in a story creates interest for the reader.

After reading, Judith Viorst's *If I were in Charge of the World and Other Worries: Poems for Children and their Parents*, Mrs. Normandin's first graders wrote their own ideas about how they would better our world.

## IF I WERE IN CHARGE OF THE WORLD

By Kate

If I were in charge of the world  
I'd cancel outdoor recess and  
boo boos.  
If I were in charge of the world  
There'd be monkeys in the  
school,  
And not too much sugar.  
If I were in charge of the world  
You wouldn't have video games  
and TV.  
If I were in charge of the world  
There would be no  
embarrassment

## IF I WERE IN CHARGE OF THE WORLD

By Adele

If I were in charge of the world  
I'd cancel outdoor recess and sleeping.  
If I were in charge of the world  
There'd be butterflies all year  
And homes with no TVs... just brains to  
make you think.  
If I were in charge of the world  
You wouldn't have toys at all, and you  
Wouldn't have to eat vegetables every day.  
If I were in charge of the world  
There would be flowers at the house.

## IF I WERE IN CHARGE OF THE WORLD

By Colin

If I were in charge of the world  
I'd cancel stores that sell junk food.  
If I were in charge of the world  
There'd be recess for the whole school  
day,  
And no taking a break!  
If I were in charge of the world  
You wouldn't have TV in kids' rooms,  
And no guns.  
If I were in charge of the world  
There would be no littering.

Mrs. Mingarelli's first grade class created poems about their weather paintings as a part of the Picturing Writing Approach to writing. Using their paintings as a visual, they were able to incorporate rich, descriptive language into their poems.



Rain  
By : Meredith Krause

Pouring,  
Swirling,  
Falling,  
Sparkling,  
Dripping,  
Rain

Secrets in the Wind  
By: Annaliese Kaufman

You swirl up in the dark sky.  
You freeze my face as you blow  
around.  
You tip the trees as you twirl.  
You are the chilly arctic wind.



Lightning  
By: Steven Guerrette

I strike the wavy water  
Making the sea liner tip.  
I flash, lighting up the  
sea.  
I brighten the  
lighthouse.  
I am lightning.



# Recognize★Encourage★Achieve★Challenge★Honor

The REACH program has continued to grow and reach out to all students! This has been an exciting, fun year with well over half our students taking part in the variety of program opportunities that are available for students to select and sign up for throughout the year!

A big **THANK YOU** goes out to all the fabulous volunteers who have dedicated their time and expertise to so many of the REACH programs! The students, teachers and I have all enjoyed another terrific year and it is in many ways due to the wonderful support of so many volunteers. Thank you!

## Continental Math League top scores for the year:

**Grade 4** with scores out of a possible 30 points:

1<sup>st</sup> place ~ Robbie Ciotti with 27 points!

2<sup>nd</sup> place ~ Austin Beaudette with 26 points!

3<sup>rd</sup> place ~ Duke Biehl with 24 points!

**Grade 3** with scores out of 18 possible points:

1<sup>st</sup> place ~ Susannah Budd and Abigail

Coe with 13 points!

2<sup>nd</sup> place ~ Julianna Hager and Gabriella Kelly with 12 points!

3<sup>rd</sup> place ~ Grant Johnson and John Rolla with 9 points!

**Grade 2** with scores out of 18 possible points:

1<sup>st</sup> place ~ Emily Katz with 12 points!

2<sup>nd</sup> place ~ Sam Berube with 10 points!

3<sup>rd</sup> place ~ Zachary Mullen and Garin Treybig with 8 points each!

Outstanding Thinking! Congratulations to you all!

Looking ahead to next Fall:

***Junior Great Books: New Leaders Needed for Next Year!*** Junior Great Books is a program offered to first through fourth graders that uses classic stories to encourage higher order thinking. The books are comprised of authentic literature and are intended to develop in students the skills, habits, and attitudes that characterize successful readers - readers who think for themselves and have the persistence of mind to reach for meaning. JGB is a volunteer run program where parents receive training in the Shared

Inquiry process which focuses on interpretive questions - fundamental questions about the meaning of the work that have no single correct answer. If you have a love of reading that you would enjoy sharing with the students here at BES in grades 1-4 on a weekly basis throughout the year, then this is a program for you!

As I look ahead to next year, I know that I will need to have at least eight new parent volunteers trained for the 2009-2010 academic year. Either I will provide a Parent Volunteer Leader training session, or I will send you to a training held somewhere in our area in September. This is a fabulous program for our students but can only run with the support of many enthusiastic, trained volunteers! I look forward to hearing from you as I begin to think about programming for next year.

Interested? Please contact me, Sue Kurtz at [skurtz@bownet.org](mailto:skurtz@bownet.org) by June 19, and I will look into training opportunities for the fall.

Thank You, it has been another terrific year!

Sue Kurtz

## Artist Gallery



**Kim Bryant and Mary Straub**

Students in grades 1-4 are studying the history of art from cave paintings to modern day. Each grade level will be creating artwork from two different time periods. All the artwork will be displayed in the hallways like a giant timeline. At the Ed Fair, students and parents were able to walk through the history of art together. Students will be able to observe and discuss the connections and influence of the different time periods.



This news letter will give you updated information about the new flu called H1N1 identified in the United States and how that might affect us within the Bow School District.

Every year, some people get sick with the “seasonal” flu during the fall and winter months. However, there is a new strain of influenza called H1N1 that is making people sick with the same symptoms as the seasonal flu: fever, chills, sore throat, cough, headache and body aches (sometimes nausea, vomiting and diarrhea). There is still a lot we do not know about this new flu virus.

It is important that you stay well informed about what is happening. While officials are learning more about this new flu virus, they know it is contagious and it spreads from person to person much like seasonal flu. In New Hampshire, those people who have had the new flu have been mildly ill and are recovering well. Still, as with seasonal flu, there are some people who may be at higher risk for complications including those people 65 years and older, children younger than five years old, pregnant women and people of any age with chronic medical conditions. School closure is not advised at this point for a suspected or confirmed case of novel influenza A (H1N1) and, as with seasonal influenza, generally is not advised unless there is a magnitude of faculty or student absenteeism that interferes with the school’s ability to function.

The best advice is to use healthy habits to prevent getting ill and to contact your healthcare provider as you usually would if someone in your family is ill. Some actions you can take for you and your family are provided below. Accurate and updated information about this outbreak can be found on the CDC webpage, including information about cases in NH: <http://www.cdc.gov/h1n1flu/> . The CDC also has dedicated pages to parents and caregivers that you may find helpful: <http://www.cdc.gov/h1n1flu/parents/>. In addition, NH DHHS site continues to post valuable information including a Frequently Asked Questions fact sheet for NH Schools and Childcare programs: [http://www.dhhs.state.nh.us/DHHS/DHHS\\_SITE/swineflu.htm](http://www.dhhs.state.nh.us/DHHS/DHHS_SITE/swineflu.htm) .

**Actions you can take —**

**If you or your child is sick, stay home from work or school until you are better.** Keep sick people away from people who are not sick.

**Tell your school nurse** about your child’s symptoms so she can watch for other students with the same symptoms.

**Wash your hands well and often.** Make sure your children do the same. Wash with soap and water for at least 20 seconds.

**If you can’t wash with soap and water,** use a hand sanitizer. (Gels, rubs or hand wipes with at least 60% alcohol)

**Remind children** to keep their hands away from their face – don’t touch mouth, nose, or eyes.

**Cover your cough.** Teach your children to do the same. Cough into the inside of your elbow, or into a tissue — not your hands!

**Throw away used tissues** or hand sanitizer wipes. Teach your children to throw away tissues and then wash hands.

**Don’t share** water bottles, utensils, cups, food, etc. with others.

**If people in your home are sick** with the flu and cannot see a healthcare provider, care for them at home — Give plenty of liquids (clear fluids with electrolytes). If you are unsure what over-the-counter medications can be safely used to reduce symptoms, if the ill person is having difficulty breathing, or if they are getting worse, call your healthcare provider.

**You can disinfect hard surfaces** in your home with a solution made of one ounce bleach to one gallon of water. **If you have questions,** call me (225-3049 X 505) or your healthcare provider. If any of your children or members of your family living in the same household are ill with influenza like symptoms, I would appreciate you contacting me so I can provide assistance.

Cindy Prescott,  
RN

<b>B</b> elieve in Yourself
<b>E</b> njoy Learning
<b>S</b> trive for Success

**Bow Elementary School**

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