

Middle School Guidance



December 2004

Fighting Back Against the Flu

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School communities across the state are preparing to do battle against the flu virus this season. Considering that school attendance is critical for A.Y.P. (Annual Yearly Progress), districts are examining ways to increase attendance at school during the upcoming flu season. With the announced shortage of flu vaccine, schools are trying to educate students about protecting themselves from the influenza virus. The Center for Health and Health Care in Schools offers the following advice to help cope with another flu season: (1) Employees, students, teachers or staff suspected of having the flu should not attend school. (2) Be sure and wash your hand several times a day using soap

and warm water for 15 to 20 seconds (which is usually around the time it takes to sing the "ABC" song or the "Happy Birthday" song.) (3) The flu virus can spread from coughs or sneezes. Make sure that tissues are used to cover mouths when coughing, sneezing or blowing noses. The tissue should then be discarded and hands should be washed thoroughly. (4) Students that are ill from the influenza virus should not participate in extra curricular activities such as: sports, choir, or other activities that may involve close contact. (5) Avoid sharing glasses, water bottles, drinks, and eating utensils. (6) Disinfect commonly handled interior surfaces such as: door handles, faucets, eating sur-

faces, telephones, and computer keyboards with bleach solutions or commercial disinfectants. For more information, visit www.cdc.gov/flu and click the appropriate link.

Quote of the month

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." (Dale Carnegie)



**Merry
Christmas**

Points of Interest:

- ✓ - Absent from school, check out the teacher lesson plans at <http://www.bbsd.com/ms/plans.htm>
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>

Contact Mr. Smith

Phone # 267-6931

E-mail -
msmith@bbsd.com

Webpage - <http://www.bbsd.com/ms/faculty/marksmith>



Important Upcoming Events

The following are a listing of important dates to remember:

December 2 - December 3, 2004 - P.T.S.O. Christmas Bazaar in high school gym.

December 17, 2004 - Fifth grade through twelfth grade band concert. (7:00)

December 20, 2004 - Third six week mid-term.

December 22, 2004 - Early

dismissal.

December 23, 2004 - Snow make-up day.

December 24, 2004 - Christmas Eve.

December 25, 2004 - Merry Christmas everyone!

December 26 - December 30, 2004 - Christmas vacation.

December 31, 2004 - New

Year's Eve.

January 1, 2005 - Happy New Year!

January 3, 2005 - First day back from Christmas vacation.

January 10 - January 15, 2004 - Pennsylvania Farm Show in Harrisburg.

January 19, 2005 - End of the third six week grading period.