

Middle School Guidance



November 2005

Hand Washing 101

Volume 3, Issue 4

With the upcoming flu season fast approaching, it is imperative that students understand the importance of proper hand washing.

Germes are so small that you cannot see them and they are found everywhere.

There are many types of germes (bacteria and viruses) which can cause diseases like: influenza, pneumonia, and hepatitis A. Washing your hands is the best prevention against these illnesses and disease.

How to properly wash your hands: (1) Use warm running water to thoroughly wet your hands. (2) Use liquid or pump soap whenever possible. (3) Rub hands together vigorously for 30 seconds. (About the time it takes to sing 2 Happy Birthdays) (4) Pay special attention to the cuticles and underneath the fingernails. (5)

Rinse thoroughly and dry off hands with a paper towel or hand dryer. (6) Use the paper towel to turn off the running water.

When to wash your hands:

- (1) After using the toilet or going to the restroom.
- (2) After playing with animals.
- (3) Handling money.
- (4) Coughing.
- (5) Sneezing.
- (6) Blowing your nose.

Four common ways germes are spread:

- (1) Fecal-oral contact (hepatitis A and shigellosis)
- (2) Direct/close contact (HIV/AIDS and hepatitis B)
- (4) Respiratory/Airborne contact (Influenza and colds)

All students in the middle school will be receiving a mini-lesson from the guidance office on hand washing in the next few weeks to help promote good healthy habits and to fight the germes and

viruses during the winter months. For more information, visit the Pennsylvania Department of Health website. <http://www.dsf.health.state.pa.us/health/site/default.asp>

Quote of the month

"Exceptional people make exceptional sacrifices while demanding exceptional outcomes."

(Author Unknown)



Happy Thanksgiving

Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging in to the Logic House Parent Portal.
- ✓ - 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>

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Important Upcoming Events

The following are a listing of important dates to remember:

November 1, 2005 - Second Six Week Grading Mid-Term.

November 7 - November 10, 2005 - Iowa Test of Basic Skills testing in the middle school. (Grades five through eight)

November 11, 2005 - Veteran's Day. Thank you to all who have served our country!

November 14, 2005 - Parent Conferences.

November 23, 2005 - End of the Second Six Week Grading Period.

November 23, 2005 - 2:00 Early Dismissal.

November 24, 2005 - Happy Thanksgiving to everyone.

November 25 - November 28, 2005 - Thanksgiving Vacation.

November 28, 2005 - Buck/Doe Season begins.

December 20, 2005 - Third Six Week Grading Mid-Term.

