



<b>Be Safe, Be Respectful, Be Responsible</b>
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**FEBRUARY 2019**

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Greetings YMS Parent(s):

What a great start we have had to the second half of our school year. Students and teachers came back ready to put forth a great effort and to improve each and every day. This is an important time for the growth in your child(s) education this year. Some of the most significant gains and unfortunately losses can occur in the winter months of a school year. The adults in this building are going to work hard to make sure students at YMS show gains and we know that you will support YMS by doing the following:

1. Make sure that your child gets school work/practice done. Let your child know that you think education is important and that school work needs to be done each day. You can help your child with practice by setting aside a special place to study, establishing a regular time for practice, and removing distractions such as the television and social phone calls during worktime.
2. Ask questions. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem?
3. Demonstrate a positive attitude about education to your children. What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school.
4. Monitor your child's television, video game, and Internet use. American children on average spend far more time watching TV, playing video games and using the Internet than they do completing homework or other school-related activities. Make time each day for your child to read and do homework before technology is turned on.
5. Encourage your child to be responsible and work independently. Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establishing reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends.

A perfect time to talk to your child(s) teacher is February 6 & 7 from 4:30-8:30 p.m. or on February 8 from 8:00 a.m. to 3:00 p.m. Parents of 6th and 7th-grade students do not need to schedule a time to meet as you did in the fall. Simply come up and talk with your student(s) teachers. 8th-grade parents you should have received a letter about student-led conferences and a time for you to sign up. Our teachers want to partner with parents and we both want the same thing...for your child to succeed. Please come talk with us at PTC!

We are going to have a great second semester as parents, teachers, and staff work to improve the educational experience at YMS.

Kenny Loosvelt  
YMS Principal

# Middle Years

Working Together for School Success



## Short Stops

### Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

### Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

### Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

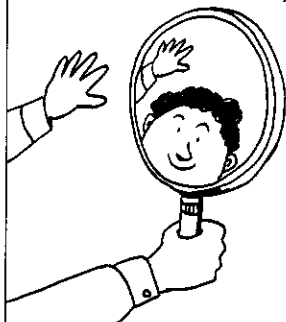
### Worth quoting

"There is nothing like a dream to create the future." Victor Hugo

### Just for fun

**Q:** When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

**A:** A mirror.



## Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.

### Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

### Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he



could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

### Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in .edu), government agencies (.gov), and nonprofit organizations (.org), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 🍷

## Mindfulness for middle graders

Tweens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar—much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 🍷



## Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

**Be aware of “silent bullying.”** Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student's belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

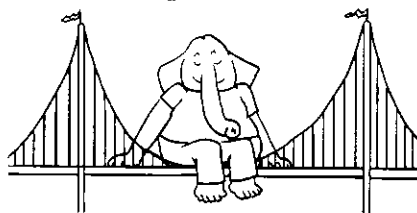
### Know when behavior crosses the line.

Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that's a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she's being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). ☺

## Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you're on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! ☺

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated

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### Q & A

## Pleasant chats with tweens

**Q** Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

**A** There are several reasons your son may become easily irritated. At this age, he wants to be more independent—yet he knows he still needs your guidance, which may feel annoying to him. Plus, he's dealing with changing hormones.

You might find that you have nicer conversations when you're doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you're sitting on the porch.

Finally, you're more likely to keep the conversation upbeat if you ask about things he's interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. ☺



### Parent to Parent

## Foreign language: Learn together

My daughter Kelsey is taking French this year.

While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

*apple* and *l'oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I'd remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. ☺





Education Leadership Search Service  
Staff and Community District  
Needs Assessment Visit - Invitation

**To:** Staff/Community Members of York Public Schools  
**From:** York Board of Education  
**Date:** Wednesday, February 13, 2019  
**Re:** Superintendent Search – District Needs Assessment

The York School Board recently accepted the resignation of Dr. Mike Lucas, Superintendent of Schools, due to professional advancement. We are grateful for his service to York Public Schools and wish him well in his future endeavors.

The Board of Education is working diligently to prepare for the critical task of hiring a superintendent. Hiring a superintendent is one of the most important endeavors a board must face; therefore, we will approach this task with attention to each vital detail necessary to ensure a successful search. It is our goal to hire a quality and competent administrator to continue to lead the district forward in the years to come.

As the board plans for the hire, we value and seek the input of patrons, parents, students, staff, and administrators. The Nebraska Association of School Boards is assisting the board in the superintendent search and has scheduled a visit to our community on Wednesday, February 13, 2019. The board extends an invitation to the community to participate in this visit to share personal thoughts regarding the district and the superintendent position. Please offer suggestions pertaining to skills, qualities, or characteristics the candidate might possess in order to be successful in his or her role as superintendent and your views about the strengths of the school district and community. The community visit schedule is attached for your reference.

Time	Group
9:00 – 10:00 a.m.	Agriculture Leaders Group YPS Board Room
11:30 – 1:00 p.m.	York Business Leaders Chances R
6:30 - 7:30 p.m.	Parent/Community Meeting York Area Senior Center

In the event you are unable to attend the community meeting, please feel free to share your comments to the following questions:

1. What are the strengths and achievements of the York school district and community?
2. What critical issues will the district face in the next three years?
3. What background/training/experience should the new superintendent possess?
4. What leadership style/personal attributes are important in the new superintendent?

You may submit your personal comments via one of the following methods:

- 1) **Access the online form at [www.nasbsuptsearch.org](http://www.nasbsuptsearch.org)**

Instructions for completing the online survey:

*Click on Current Positions Available*

*Click on York Public Schools*

*Scroll to the bottom of the district web page*

*Click on Staff and Community District Assessment Survey*

*Complete the Survey*

*Click on Submit Assessment*

**Other methods: a copy of this form is available at the York District Office**

- 2) **Email your response to the questions: [sbecker@nasbonline.org](mailto:sbecker@nasbonline.org)**

- 3) **Fax: 402.858.4604**

- 4) **US Postal mail:  
Nebraska Association of School Boards  
Attn: York Supt Search  
1311 Stockwell Street  
Lincoln, NE 68502**

The board would like to thank you in advance for providing input through the Staff and Community District Needs Assessment Survey.

Respectfully,  
York Board of Education



## 2019 YORK COUNTY SPELLING CONTEST

Congratulations to the following students who qualified for the York County Spelling Contest on **Wednesday, February 6**. Participating from the 6th grade will be Sophia Becker, Allie Colburn, Martha Huskins, Naomi Spivey, Nick Turner, and Cynley Wilkinson. Alternates are Makenna Dungy, Aly Espinoza, Krew Kircher, Brooks Loosvelt, Zander Madole, and Jeremiah Twohig. Spellers from the 7th grade who will be participating are Elizabeth Beauchamp, Samson Broumley, Leah Davis, Lily Houston, Ethan Montgomery and Kassidy Stuckey. The alternate is Angelina Shaw. Qualifiers from the 8th grade are Jaxson Alexander, Alice Coehoorn, Trey Harms, Garrett Ivey, Tori Stanton, and Andrew Van Gompel. Alternates are Morgan Driewer and Lily Nuss.

We wish you the best of luck!

The spelling competition will be held at the Bartholomew Performing Arts Center on the York College Campus.



### Parent-Teacher Conferences

**Wednesday, February 6, 4:30 - 8:30 p.m.**

**Thursday, February 7, 4:30 - 8:30 p.m.**

**Friday, February 8, 8:00 a.m. - 12:00/1:00 - 3:00 p.m.**

Parent-teacher conferences are scheduled for York Middle School. The eighth-grade team has scheduled individual Student-led Conferences. This format is to encourage students to take more ownership in the learning process, in their grades, and in setting goals for the future. These are scheduled conferences with the student, parent, and teacher. Parents of eighth-grade students will be notified of their scheduled time.

Parents of 6th and 7th-grade students will be able to see teachers at their convenience. Teachers will be in their classrooms. Conference times with individual teachers will be approximately 5 minutes long to allow teachers time to visit with as many people as possible. Please be conscious of your time and of others waiting to see the teachers.

Prior to parent-teacher conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child. He or she is likely to have insights on what's happening academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free, to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the students are the ones who must take charge of their education. They need to know the positives and the areas that are recommended for improvement.

If you cannot attend a conference on these dates, please call YMS at 402.362.6655, option 1 to arrange an alternate time. We hope to see you at our upcoming parent-teacher conferences!

***Please note YMS doesn't have school on MONDAY, FEBRUARY 11!***



# YORK MIDDLE SCHOOL BAND

## Nineteenth Annual York Middle School Honor Band Day

We will be hosting our nineteenth annual “York Middle School Honor Band Day” on Saturday, March 16<sup>th</sup>. We are expecting over 300 area 7<sup>th</sup> and 8<sup>th</sup> grade band students to attend. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater. Our band members must sign-up by Friday, February 1, to participate.

Rebecca Wilhelm from Lincoln’s Moore Middle School will direct the 7<sup>th</sup> grade band. The conductor for the 8<sup>th</sup> grade band will be Jim Kucera, the Band Director at Waverly Middle School.

York Middle School Musical  
March 14 & 15  
YHS Theater at 7:00 p.m.



Musical *Guys and Dolls Jr.*

Auditions are finished and the rehearsals are underway. Students from the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade choirs are working hard to prepare for the musical *Guys and Dolls Jr.*

Please join us for York Middle School’s performance of *Guys and Dolls Jr.* on Thursday, March 14, and Friday, March 15, at 7:00 p.m. at the York High School Theater. Admission is \$2 for students and \$3 for adults; no passes accepted.

We will also be needing many parent volunteers to help with set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help at [jessica.wagner@yorkdukes.org](mailto:jessica.wagner@yorkdukes.org).

Parents, just a reminder, if your child is a part of the musical cast they need to bring their \$20 in as soon as possible.

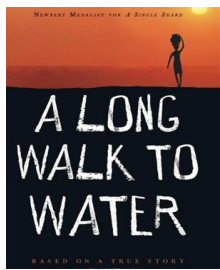


## York Elementary School Kindergarten Registration

Kindergarten registration will be held at York Elementary School during the week of February 4 through February 7. Letters were mailed to potential kindergarten students; however, if you did not receive a packet in the mail, please contact York Elementary at 362-1414.

According to Nebraska law, children are eligible to attend Kindergarten the year that they turn five on or before July 31. This is called a “cut-off date.” School districts are allowed to enroll a child who missed the cut-off date but turns five between August 1 and October 15.





## York Middle School staff and students are participating once again in One Book One School!

*A Long Walk to Water* is a short novel by [Linda Sue Park](#). It includes the true story of [Salva Dut](#), a [Sudanese Lost Boy](#), and the fictional story of Nya, a young village girl.

Salva is an 11-year-old boy separated from his family during a school shooting in South Sudan. He has to walk for days, with only to hope one day he will find his family again. Salva also struggled to find food to survive and they did not have much water for survival, along with trying not to get killed by gunmen. Salva lead the Lost Boys of Sudan, to a refugee camp from the Gilo River.

### Water for South Sudan

Water for South Sudan is a program created by Salva Dut which drills wells for villages in [South Sudan](#). Previously, families had to trek for hours just to get contaminated water, leaving no time for children to go to school and often infecting villagers with diseases. Creating wells not only gives clean, safe drinking water, but it also it helps with education and economic development.

## THANK YOU



Thank you to Dr. Papineau and York Family Dentistry for donating dental supplies and educating 6th-graders about dental hygiene!!

## Buy a YMS Yearbook

\$20

- Preserve great memories!
  - Remember fun events!
  - The YMS yearbook is loaded with school experiences, quotes, and candid photos!
- Please make your check payable to YMS.
- The yearbooks will be delivered in the fall.



## 2019-2020 TRANSPORTATION REGISTRATION

TRANSPORTATION REGISTRATION FORMS FOR THE 2019-2020 SCHOOL YEAR WILL BE AVAILABLE AT PARENT-TEACHER CONFERENCES. REGISTRATION FORMS MUST BE RETURNED BY JULY 19, 2019 FOR STUDENTS TO BE ELIGIBLE FOR TRANSPORTATION THE FIRST WEEK OF SCHOOL. IF YOU HAVE ANY QUESTIONS, THE TRANSPORTATION DEPARTMENT CAN BE REACHED AT 402-362-1988.

**THANK YOU FOR REGISTERING EARLY!**



# February School Counselor Connection

## E-Cigarettes...Juuling...Vaping



Types of E-Cigarettes

You've likely been reading or hearing a lot about nicotine delivery products. These E-Cigarettes, or "vape pens" are devices that heat liquid into a vaporizer that is then inhaled by the user. The liquid commonly contains nicotine, solvents, and flavoring.

One brand of vape is the Juul. Juuling is a term that refers to using the Juul device. Nationally, Juuling has become more popular among high school students in recent months and is unfortunately making its way down to the middle school. While we are not seeing this much at YMS, we feel it is very important to keep our eyes open.



The Juul resembles a flash drive and is actually charged in a laptop's USB port. A Juul cartridge contains the liquid that is heated and then inhaled. Each cartridge--which lasts about 200 puffs--contains as much nicotine as a pack of cigarettes.

Nicotine, which of course is highly addictive, has a negative impact on adolescent brain development which can cause problems with learning and memory, as well as long-term behavioral impairments including depression, anxiety, and mood disorders. It is very concerning that teens report that vaping is safe. Nothing could be further from the truth. Besides the damaging and addictive effects of nicotine, the e-liquids that are heated to create aerosol contain glycerol, propylene glycol (found in antifreeze products) and flavoring. They are NOT comprised of water and natural ingredients as some would believe. The flavoring chemical found in many e-liquids has been linked to lung disease and damage, with the aerosols entering the user's lungs and leaving chemical residue behind.

Continue to keep your eyes open and talk to your kids about vaping. The Partnership for Drug-Free Kids has more information that you may find helpful.

<https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>

## FEBRUARY IS AMERICAN HEART MONTH



You might know someone who has cardiovascular disease because more than 60 million Americans have some form of it. About **one-third of young people ages 10 to 19 have blood cholesterol levels that are too high**-this is a risk factor for developing heart disease.

**What Is Heart Disease?** The heart is the center of the cardiovascular system. Through the body's blood vessels, the heart pumps blood to all of the body's cells. The blood carries oxygen, which the cells need. Cardiovascular disease is a group of problems that occur when the heart and blood vessels aren't working the way they should. Here are some of the problems that go along with cardiovascular disease: **Angina:** people with angina feel a pain in the chest that means the heart isn't getting enough blood. **Heart attack:** when a blood clot or other blockage cuts blood flow to a part of the heart. **Stroke:** when part of the brain doesn't get enough blood due to a clot or a burst blood vessel.

**Do You Get Heart Disease?** Heart disease isn't contagious — you can't catch it like you can the flu or a cold. Instead, certain things increase a person's chances of getting cardiovascular disease. Doctors call these things risk factors. Some of these risk factors a person can't do anything about, like being older and having other people in the family who have had the same problems. But people do have control over some risk factors — smoking, having high blood pressure, being overweight and not exercising can increase the risk of getting cardiovascular disease.

**What Are the Signs of Heart Disease?** Many people do not realize they have cardiovascular disease until They have chest pain, a heart attack, or stroke. These kinds of problems often need immediate attention and the Person may need to go to the emergency department of a hospital.

**Can Children or Teens Get Heart Disease?** Children usually don't have any symptoms of heart and blood vessel problems. But by starting heart-healthy habits right now, kids can reduce the chance they will ever need to worry about cardiovascular disease.

**So what should you do? *Don't smoke - even E-cigarettes - they constrict your blood vessels.***

***Stay away from energy drinks; they may contain 3 times the amount of caffeine than a cup of coffee. This will speed up your heart rate and may cause irregular heart rates that could be harmful.*** Be sure to eat healthy, exercise, and maintain a healthy weight. Your heart and blood vessels will thank you later!

**Since February is American Heart Month** – Challenge yourself to try a new sport, a new exercise, quite Smoking or pledge to never start and try new heart healthy recipes. Start with the recipe below for your sweetheart On Valentine's Day.

### ***Chocolate Sweetheart Parfait***

Note: Parfaits can be made up to 2 days in



advance.

**Prep time:** 5 minutes

**What you need:**

½ teaspoon cocoa powder

1 teaspoon vanilla extract

2 teaspoons honey

1½ cups low-fat or fat free Greek yogurt

2 cups fresh or frozen raspberries

¼ cup shaved dark chocolate or chocolate chips

**Equipment and supplies:**

Measuring cups and spoons

#### **What to do:**

In medium bowl, whisk together cocoa powder and vanilla. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.

Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.

Top with some raspberries and repeat until all of the yogurt and raspberries are used up.

Sprinkle each parfait with chocolate shavings or chocolate chips.

Serve or refrigerate until ready to serve.

How much does this recipe make?

4 parfaits

## Early Cold and Influenza Signs

The common cold typically begins with a sore throat, which can make swallowing and even talking difficult. This condition usually lasts for a couple days and is often joined by runny nose and chest congestion. Overall, these symptoms should only last somewhere between a few days and a week. Influenza, however, proceeds in a different way. For one, all of the symptoms above are more severe and they're joined by other issues—including fever, headache, muscle aches, and soreness. Importantly, the flu is often marked by vomiting and diarrhea, which are rare with the common cold. A prime differentiator between cold vs. influenza is that similar symptoms will come on and worsen gradually with a cold, compared to a influenza which hits suddenly and hard with the following symptoms...

- 1. Fever** - The initial sign that you have influenza, and not just a routine cold, will be a high fever that soars between 102- and 106-degrees Fahrenheit (or 38-degrees Celsius). Typically, children's fevers will be higher than adult fevers and can last 3 to 4 days before breaking.
- 2. Breathing Difficulty** - Congestion and stubborn coughing will often cause chest tightness, constricted nasal passages, and as a result restricted breathing that can become labored. Influenza can also make existing asthma or breathing issues worse.
- 3. Chills** - Periodic cold chills caused by sweating (particularly night sweats) as your fever comes and goes is very common with a nasty influenza as your body fights the illness and pushes it out of your body.
- 4. Headache** - Headache, or more commonly, nasal and sinus pain, due to congestion is very typical with influenza, which will worsen before it gets better.
- 5. Achy Muscles** - Aching muscles all over the body is very typical as influenza comes on. You'll especially notice muscle tenderness in the back, arms, legs, and chest (if you have a stubborn cough).
- 6. Cough** - Chest congestion that starts with a loose, hacking cough and develops into a persistent, dry cough is common with influenza. The persistent hacking can become severe and cause the throat and chest to be very tender.
- 7. Nasal Congestion** - Sinus and nasal congestion is common with influenza and a common cold. However, with influenza, the chances of it developing into bronchitis, pneumonia, or a sinus infection is much higher, and for young children and seniors, it can be life-threatening.
- 8. Fatigue** - Weakness that drains and completely exhausts you is common with influenza. Compared to a regular cold, influenza fatigue comes on rapidly and can last up to 2 or 3 weeks before your energy returns fully.
- 9. Sore Throat** - One of the most common symptoms of influenza is a sore throat, which can be described as burning or scratchy (particularly in the back of the throat). It may cause glands to swell and swallowing to become difficult.

**What should I do if I get sick?** Most people with influenza have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of influenza and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious influenza -related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for influenza. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

**Do I need to go the emergency room if I am only a little sick?** No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with influenza symptoms and are at high risk of influenza complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the influenza, you may catch it from people who do have it.

**What are the emergency warning signs of influenza sickness?**

**In children** *Fast breathing or trouble breathing \* Bluish skin color \* Not drinking enough fluids \* Not waking up or not interacting \* Being so irritable that the child does not want to be held \* Flu-like symptoms improve but then return with fever and worse cough \* Fever with a rash*

**In addition to the signs above, get medical help right away for any infant who has any of these signs:** *Being unable to eat \* Has trouble breathing \* Has no tears when crying \* Significantly fewer wet diapers than normal or not urinating much*

**In adults** *Difficulty breathing or shortness of breath \* Pain or pressure in the chest or abdomen \* Sudden dizziness \* Confusion \* Severe or persistent vomiting \* Influenza -like symptoms that improve but then return with fever and worse cough*

**Are there medicines to treat influenza?** Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications.

**How long should I stay home if I'm sick?** CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

**What should I do while I'm sick?** Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others. Drink plenty of fluids and rest. Over the counter medications like acetaminophen and ibuprofen can help. Foods and drinks with vitamin C help boost the immune system. Warm fluids like tea with honey or chicken / beef broth help to soothe the throat.



Mon	Tue	Wed	Thu	Fri
<div>28</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Home-style Scalloped Potatoes &amp; Ham with Dinner Roll</li> <li>* Cheeseburger</li> <li>* Fajita Salad with Tortilla Chips</li> <li>* Turkey Combo Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>29</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Taco in a Bag</li> <li>* Oven-Roasted Hot Dog</li> <li>* Fresh Baked Ham &amp; Cheese Sub</li> <li>* Fajita Deli Wrap</li> <li>* Vegetarian Chef Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>30</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Chicken Nuggets</li> <li>* Breaded Beef Patty Sandwich</li> <li>* Grilled Chicken Salad with Roasted Flatbread</li> <li>* Turkey &amp; Cheddar Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>31</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Hot Pepperoni Sub</li> <li>* Country Potato Bowl with Fresh Baked Biscuit</li> <li>* Fresh Baked Roasted Chicken Sub</li> <li>* Roasted Ham &amp; Cheddar Deli Wrap</li> <li>* Sweet Pepper Vegetarian Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>1</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Hearty Meatloaf with Dinner Roll</li> <li>* Fresh Baked Cheesy Pizza</li> <li>* Fresh Baked Breakfast Pizza</li> <li>* Turkey &amp; Cheese Sandwich</li> <li>* Grilled Chicken Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>
<div>4</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Home-style Chicken Chili with Crackers and Dinner Roll</li> <li>* Pork Fritter Sandwich</li> <li>* Oriental Salad with Roasted Flatbread</li> <li>* Turkey Combo Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>5</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Beef Stroganoff</li> <li>* Corn Dog</li> <li>* Fresh Baked Ham &amp; Turkey Sub</li> <li>* Fajita Deli Wrap</li> <li>* Vegetarian Chef Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>6</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Peppy Tortilla</li> <li>* Baked Breaded Steak Fingers with Dinner Roll</li> <li>* Chef Salad with Roasted Flatbread</li> <li>* Turkey &amp; Cheddar Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>7</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Traditional Beefy Lasagna with Garlic Breadstick</li> <li>* Spicy Chicken Sandwich</li> <li>* Fresh Baked Combo Sub</li> <li>* Roasted Ham &amp; Cheddar Deli Wrap</li> <li>* Sweet Pepper Vegetarian Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>8</div> <b>Misc.</b> No School
<div>11</div> <b>Misc.</b> No School	<div>12</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Super Nachos</li> <li>* Grilled Chicken Sandwich</li> <li>* Fresh Baked Turkey &amp; Cheese Sub</li> <li>* Fajita Deli Wrap</li> <li>* Vegetarian Chef Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>13</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Biscuit &amp; Gravy with Scrambled Eggs</li> <li>* Cheeseburger</li> <li>* Taco Salad with Tortilla Chips</li> <li>* Turkey &amp; Cheddar Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>14</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* 'Rito In-cog-neato: Pork Carnitas 'Rito</li> <li>* Oven-Roasted Hot Dog</li> <li>* Fresh Baked Ham &amp; Cheese Sub</li> <li>* Roasted Ham &amp; Cheddar Deli Wrap</li> <li>* Sweet Pepper Vegetarian Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>15</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Baked Breaded Fish Sandwich</li> <li>* Fresh Baked Buffalo Ranch Pizza</li> <li>* Fresh Baked Cheesy Pizza</li> <li>* Ham &amp; Turkey Sandwich</li> <li>* Grilled Chicken Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>
<div>18</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Chicken Pot Pie</li> <li>* Ham &amp; Cheese Bagel Melt</li> <li>* Crispy Chicken Salad with Roasted Flatbread</li> <li>* Turkey Combo Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>19</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Soft Shell Beefy Tacos</li> <li>* Mini Corn Dogs</li> <li>* Fresh Baked Ham &amp; Cheese Sub</li> <li>* Fajita Deli Wrap</li> <li>* Vegetarian Chef Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>20</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Cheeseburger</li> <li>* Macaroni Skillet with Breadstick</li> <li>* Crispy Chicken Sandwich</li> <li>* Southwest Salad with Tortilla Chips</li> <li>* Turkey &amp; Cheddar Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>21</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Chicken Ranch Pasta</li> <li>* BBQ Rib Sandwich</li> <li>* Fresh Baked Italian Sub</li> <li>* Roasted Ham &amp; Cheddar Deli Wrap</li> <li>* Sweet Pepper Vegetarian Salad with Roasted Flatbread</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>	<div>22</div> <b>Lunch Entree</b> <ul style="list-style-type: none"> <li>* Pizza Hut Pizza</li> <li>* Chicken Chili Crispos</li> <li>* Fresh Baked Roasted Chicken Sub</li> <li>* Grilled Chicken Deli Wrap</li> <li>* Fruit, Yogurt &amp; Cheese Platter</li> <li>* Uncrustable &amp; Cheese Platter</li> </ul>

Mon	Tue	Wed	Thu	Fri
25	26	27	28	1
<b>Lunch Entree</b> * Roasted Turkey with Dinner Roll * Oven-Roasted Hot Dog * Fajita Salad with Tortilla Chips * Turkey Combo Deli Wrap * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter	<b>Lunch Entree</b> * Chef Demo Chicken Florentine Pasta * California Lasagna * Italian Melt * Fresh Baked Ham & Cheese Sub * Fajita Deli Wrap * Vegetarian Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter	<b>Lunch Entree</b> * Pork Roast with Dinner Roll * Chicken Nuggets with Dinner Roll * Grilled Chicken Salad with Roasted Flatbread * Turkey & Cheddar Deli Wrap * Fruit, Yogurt & Cheese Platter * Uncrustable & Cheese Platter	<b>Misc.</b> No School	<b>Misc.</b> No School

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# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2  Ground Hog Day
					B	
3	4	5 7 BBB @ Aurora 4:30pm	6 2:00 Dismissal York County Spelling Bee Bartholomew Arts Center	7 2:00 Dismissal 7 BBB @ Adams Cntl -4:30pm 8 BBB @ YMS 4:30pm	8 YMS NO SCHOOL  P-T Conferences 8:00-3:00pm	9
	G	B	G	B		
10	11 YMS NO SCHOOL  Board of Education Mtg.	12 7 BBB @ Crete MS 4:30pm 8 BBB-Home vs Crete @ YMS 4:30pm	13 2:00 Dismissal	14 7 BBB- Home vs Hastings @ YMS 4:00pm  Valentine's Day	15	16
		G	B	G	B	
17	18  President's Day	19 8 BBB @ Aurora HS-4:30pm	20 2:00 Dismissal	21	22	23
	G	B	G	B	G	
24	25  Board of Education Mtg.	26	27 2:00 Dismissal	28 NO SCHOOL Spring Break		
	B	G	B			