



IDEA CARVER ACADEMY PARENT WEEKLY

UPCOMING EVENTS

IDEA 5K – Saturday, January 22nd

We hope to see all our families at the IDEA 5K walk/run, if you have not registered, there is still time. Register the day of the race to participate.

Lady Bird Johnson Park

10700 Nacogdoches, San Antonio, Texas 78217

Saturday, January 20, 2018

Registration 8am
8:30am – 12pm

Team & Family Rally – Monday January 22, 2018

A very special Battle of Texas presentation will be presented for all Academy scholars. Scholars should arrive no later than 7:30am, so they do not miss out on the presentation.

Testing Dates

Please be advised of upcoming Testing dates, please ensure scholars are in attendance and on time. During testing dates please refrain from picking up your scholar early from school.

DATE	ASSESSMENT	GRADE	SUBJECT
January 30, 2018	Interim Assessment	4 th Grade	Writing
February 6, 2018	Interim Assessment	5 th Grade	Math
February 7, 2018	Interim Assessment	5 TH Grade	Reading

Live School Incentive

When: January 31st

What: Goodie Bag Surprise during Recess

Students who earn **200 points** by Monday, January 29th- will get to participate in the Live School incentive, scholars will receive a Goodie bag Surprise.

Healthy Kids Initiative

IDEA Public Schools is working hard to become the Healthiest School District in the nation.

Effective in January the following changes will take place at IDEA Public Schools.

1. Mini cupcakes, fruit cups, and granola bars will only be accepted for birthday celebrations. Full size cupcakes and candy bags will not be allowed.
2. Low sugar juices are allowed; sodas or high sugar juices are never allowed.
3. Hot Cheetos and Takis are not allowed.

January 20	IDEA 5K Begins at 8am
January 22	Team & Family Rally 7:30am
January 27	Saturday school begins 9AM-12PM
January 30	IA - 4 th Grade Writing
January 31	Live School Incentive
Febriuiary 5	Wear your favorite Jersey
February 6	IA – 5 th Grade Math



IDEA Carver

@IDEASchoolsCarver

Visit our Website:

<https://www.ideapublicschools.org/our-schools/idea->

Grade	ADA Weekly
Kinder	94.33%
1 st	84.90%
2 ND	92.86%
3 rd	90.95%
4 TH	94.02%
5 th	96.72%
Average	92.07%



IDEA Carver Academy
217 Robinson Pl.
San Antonio, Texas 78202
210-223-8885

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Message from our school nurse

Dear Carver Parents,

I just wanted to give you some important information about the flu virus, around this time of the year many people become very ill due to this virus. I hope this information will enlighten you about the flu virus

Flu Information



The Flu: A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Common side effects from the flu shot are soreness where the shot is given, headaches, muscle aches, and fever. These side effects are generally mild and go away on their own within a few days. A flu vaccine cannot cause flu illness. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

Flu vaccine can prevent your child from dying from flu.

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

Flu vaccination also may make your illness milder if you do get sick.

- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older without long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Emergency warning signs of flu:
- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit
www.cdc.gov/flu
or call 800-CDC-INFO



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