

February 21st,
2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

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Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

STUCO 3:15-4:30 pm	2/25
Club 26 3:15-4:30 pm	2/26
Fine Arts Club 3:15-4:30 pm	2/27
Sports Banquet 6:00 pm	3/2
Coaches Meeting @ 6:30 pm	3/5
K-3 Music Program 7:00 pm	3/9
4-MS Music Program 7:00 pm	3/10

SCHOLAR BOWL UPDATE

Scholar Bowl will begin next week. Please check your child's bracket for updated dates and times. Brackets will also be posted on Facebook.

PLEASE READ

Spring Bluff School is experiencing several cases of Influenza.

Please read the attached flyer and please do not send your child to school if he or she has any of the symptoms listed. If your child comes to school and is experiencing any of the symptoms, he or she will be sent home. Thank you for your help in this matter.

Rhonda Barringhaus

rbarringhaus@springbluffpirates.com or 573-457-8302



This Week's Attachments

- ◆ Influenza Flyer



ATTENTION

No Open
Library on Monday,
February 24th due to
Scholar Bowl starting.
Please plan
accordingly.

Read to Succeed for K-6

Reminder to students to read for a free Six Flags ticket to use this summer as well as getting a good start on AR points. This year all reading must be done at home and logged online by parents. The deadline is

April 1st, 2020.

Register at sixflags.com/books

Using code: P5VNH

(This is a generic code—anyone can use)

Join the fight against childhood cancer in memory of Kaden Keller.

Be sure to order your 2020 TEAM KADEN shirt by March 10th.

All orders will need to be placed through the following link:

https://www.cognitofirms.com/ElizabethKeller1/_2020teamkadenshirtorderform



ALL COACHES

End of the season coaches meeting will be held on Thursday, March 5th @ 6:30 pm.

Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

Website: <http://www.springbluffpirates.com>

Pirate News

Spring Bluff Pirates

Tips From Title I

COUNSELOR'S CORNER

Diana Wiese
K-8 School Counselor
dwiese@springbluffpirates.com

CHARACTER BUILDING ACTIVITIES



1. *Treat others with kindness.*
2. *Discuss the values that are important to your family, such as honesty, responsibility, and consideration.*
3. *Be a role model. Ask, "What lesson is my child learning from my behavior?"*
4. *Set high standards. Expect your child to tell the truth, live up to commitments, and cooperate with others.*
5. *Talk about character words, such as empathy, integrity, and respect.*



Last week I shared with you the importance of reading aloud to your child. This week I am going to give you some specific examples of the great benefits your child reaps from your time together.

We would think that simply talking to our children would be sufficient, but the truth is, at times, we can become lazy speakers. We do not tend to use the full range of our vocabulary when speaking to/with children because we tend to think they will not understand it. Although they will not pick up on everything, they will pick up on more than we will typically give them credit for, and we are not always grammatically correct. Thus reading to your kids from books actually improves their vocabulary and literacy more than just talking to them a lot. (As a related side note, don't be afraid of using your full range of vocabulary with your kids.)

Source: "The Benefits of Reading Out Loud to Your Kids" by Jeremy Anderberg



The 2019-2020

Sports Banquet will be held on Monday, March 2nd

@ 6:00 pm.

Cookies and refreshments to follow the awards ceremony



American Red Cross Blood Drive in Loving Memory of Kaden Keller

There will be a blood drive held at Spring Bluff R-XV

On Saturday, March 21st from 9:00 am-2:00 pm.

To schedule an appointment please go to

Redcrossblood.org

Sponsor Code: KadenKeller



Go Pirates!



Sporting News & Events



Sunday, February 23rd

Sunday, February 23rd

Tuesday, February 25th

Thursday, February 27th

4G/4B/5G/5B @ Home vs IC 12:00 pm (small gym)

6B/7G/7B/8B @ Home vs IC 12:00 pm (big gym)

5B/7G/7B vs. St. John @ 5:30 pm

6B/7B @ Home vs St. Vincent 6:00 pm

Spring Bluff Pirates

SPRING BLUFF EDUCATIONAL FOUNDATION

The annual Spring Bluff Educational Foundation Dinner, Auction, and Dance will be held March 28th at the Sullivan Eagles Hall. This year's theme will be "NEW YORK, NEW YORK". Please join us for a night of fun while supporting our school.

Dinner Auction Tickets are \$40 each until Tuesday, March 19th (tickets purchased after the 19th will be \$50 each) and can be purchased through the office now through March 27th. Please make checks payable to the Spring Bluff Educational Foundation.

In order to reserve a table (must be 8-10 people), all tickets must be paid in full at the same time.



The Educational Foundation will be raffling a Pit Boss Pro Series 1322 sq. in. Mahogany Pellet Smoker. Students who sell \$50 worth of raffle tickets will jump for bucks after the event is held. If you need more raffle tickets, ask your child's teacher or stop by the school office.

Donated by: Harmon Truck Service & Spring Bluff Bus Drivers.



CLASS BASKET THEMES

Kindergarten—The Great Outdoors (items for kids to play with outside)

1st Grade—Gardening

2nd Grade—Keeping It Local Gift Cards

3rd Grade—Camping

4th Grade—Outdoors (Hunting & Fishing)

5th Grade—Summer Fun

Middle School—Bass Pro Aquarium & Museum Package

Office—Homemade Goodness



What Can I Do If I Get the Flu?

If you get the flu, there are things you can do to feel better. First, call your doctor to see if there are medicines that can help. Remind him or her if you are taking drugs to fight cancer or other medicines that make it hard for your body to fight illness. There are prescription drugs, called antivirals, that are used to treat people with the flu. If you take them within 48 hours after the flu begins, these drugs can make you feel better more quickly. Antibiotics do not help you get over the flu. They are sometimes prescribed to help you get over a secondary infection if it is caused by bacteria. Bacteria are a different type of germ than viruses.

Antivirals can also be used to prevent flu. If you hear that there is a flu outbreak in your area, check with your doctor. He or she could prescribe an antiviral that might protect you.



The flu is contagious—that means it spreads from person to person, often through the air. You can pass on the infection before you feel sick. You are contagious for several days after you get sick. You can catch the flu when someone near you coughs or sneezes. Or, if you touch something the virus is on, like Ellen and Jack's phone or doorknob, and then touch your nose or mouth, you could catch the flu. The flu virus can live on a surface like a book or doorknob for a number of hours. Remember to wash your hands often when you are around someone who is sick. Make a point of washing them before eating or touching your eyes, nose, or mouth. If you can, stay away from sick people. That will help stop the flu from spreading.

Is It the Flu or a Cold?

It's easy to confuse a common cold with seasonal flu. A cold is milder than the flu, but since the flu can make older people very sick, you should know the difference. That way you will know when to call the doctor, who might want to give you a prescription for medicines that can help you get over the flu.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza.

When to Check with Your Doctor

It is important to check with your doctor when you first get the flu. Also, call your doctor if:

- Your fever goes away and then comes back; you may have a more dangerous infection
- You start having breathing or heart problems or other serious health problems
- You feel sick and don't seem to be getting better
- You have a cough that begins to make thick mucus

Why Do You Need a Flu Shot Every Year?

You need a flu shot every year for two reasons. First, flu viruses change. Each year's virus may be just a little different. If the virus changes, the vaccine used in the flu shot is changed. Second, the protection you get from a flu shot lessens with time, especially in older people. So, you should get the shot every fall to do your best to stay protected from the flu.

Symptoms	If It's a Cold	If It's the Flu
Fever	Rare	Usual
Headache	Rare	Common
General aches, pains	Slight	Usual; often severe
Tiredness, weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme exhaustion	Rare	Usual; when first become sick
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate hacking cough	Common; can become severe

CAUTION

COLD & FLU SEASON