

January 31st,
2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

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Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

8th Grade Recognition Night @7:15 pm	2/3
Open Library 3:15-4:30 pm	2/3
TAG (5-6) 3:15-4:30 pm	2/4
TAG (7-8) 3:15-4:30 pm	2/5
Freshman Preview Night @ 6:00 pm	2/5
Fine Arts Club 3:15-4:30 pm	2/6
Big Smiles Dental Visit	2/6

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

- ◆ Missouri Baptist Hospital Flyer
- ◆ February Calendar
- ◆ Influenza Flyer
- ◆ American Heart Association Flyer

February is Heart Month! Spring Bluff R-XV will be taking the Heart Health Challenge this month along with the Heart Association. Students will have the opportunity to collect donations to help save lives & participate in fun activities during PE! Envelopes will go home Wednesday, Feb. 5th & will need to be returned by Friday, Feb. 21st.

Tips From Title I

SNOW! SNOW! SNOW!

If you are like the rest of us here at Spring Bluff you have had your fill of snow for the year!

With winter still in its beginning stages, I doubt we have seen the last of the snow or the snow days, so I am going to encourage you to use at least part of the time at home academically. (I know, I can hear the groans from the kiddos right now. Ha!) There are an abundance of great free resources online that can be printed off for use at home. I am going to include just a few of those for you this week and they will lead you to many more. These are winter related so hopefully the kiddos will find them interesting and a bit more fun.

<https://beyondpenguins.ehe.osu.edu/stories-for-students>

<http://www.sciencekids.co.nz/lessonplans/water/colderthanice.html>



Whichever way you choose does not matter, just get your kids reading for at least 15-20 minutes each day. Happy Winter Reading!

Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

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

Pirate News

Spring Bluff Pirates

COUNSELOR'S CORNER

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



Make Helping a Family Affair: When a friend gets sick or a local family falls on hard times, your kids can help you send flowers, bake casseroles, and provide needed items.

Assign Chores: Kids gain self-confidence and learn to be part of a team when they understand that a certain amount of participation is required just because they live under the same roof and are part of a family unit.

Give Compliments and Gratitude: Compliment a stranger on her great sweater, say "good morning" to a neighbor, and thank the pizza delivery guy. Sometimes this is all the boost someone needs to get through the day.



Spring Bluff Students participated in the Kindness Challenge this week, Jan. 27-31. Students started the day on Friday spelling the word KIND before heading to class.

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



Go Pirates!



Sporting News & Events



- Friday, Jan. 31st-Sat Feb 1st
- Saturday, February 1st
- Sat-Sun, February 1st-2nd
- Monday, February 3rd
- Tuesday, February 4th
- Mon-Sat, February 3rd-8th
- Mon-Sat, February 3rd-8th
- Thursday, February 6th
- Thurs-Sat, February 6th-8th

- 6B IC Tournament TBA
- 4G/5G St. Clair Tournament TBA
- 4B/5B Washington Tournament TBA
- 5G/5B/8B vs. RII at Home 5:30 pm
- 7B @ Strain Japan 5:30 pm
- 8B Londell Tournament TBA
- 6B St. Gertrude Tournament TBA
- 7G @ RII 7:00 pm
- 5B IC Tournament TBA

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.

**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



FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 <i>St. Clair</i> 4G/5G Tournament TB/A</p> <p><i>Washington</i> 4B/5B Tournament Begins</p>
<p>2</p> 	<p>3 Open Library 3:15-4:30p.m.</p> <p>5G/5B/8B 1/2 R-2 @ Home 5:30 pm *8th Grade Recognition Night*</p> <p><i>St. Gertrude</i> 6B Tournament begins</p>	<p>4 TAG (5-6) 3:15-4:30p.m.</p> <p>7B @ <i>Strain Japan</i> 5:30 pm.</p> <p><i>Londell</i> 8B Tournament Begins</p>	<p>5 TAG (7-8) 3:15-4:30p.m.</p> <p>Mrs. Jenkins on KTUI 1560 @9:10am</p> <p>FRESHMAN PREVIEW NIGHT @ SULLIVAN HIGHSCHOOL 6:00-7:00 PM</p>	<p>6 Fine Arts Club 3:15-4:15p.m</p> <p>7G @ R-2 7:00 p.m</p> <p>1.C. 5B Tournament begins</p>	<p>7 Early Dismissal 2:03 p.m.</p> <p>Bookmobile 10:30-11:30</p>	<p>8</p>
<p>9</p>	<p>10 Club 26 meeting 3:15-4:30p.m.</p> <p>STEAM (5-6) 3:15-4:45 pm</p> <p>5G/6B/7G/7B @ <i>St. Gertrude</i> 5:30 pm</p>	<p>11 STEAM (7) 3:15-4:45 pm</p> <p>5B/6B/8B @ <i>Borgia</i> 5:30 pm</p>	<p>12 STEAM (8) 3:15-4:45 pm</p>	<p>13 Fine Arts Club 3:15-4:15p.m</p>	<p>14 Early Dismissal 2:03 p.m.</p> <p><i>Valentines Day</i> <i>Class Parties</i> <i>12:45-1:45</i></p> 	<p>15</p> <p>1.C 8B Tournament begins TB/A</p>
<p>16</p> 	<p>17 NO SCHOOL</p> <p><i>St. Gertrude</i> 8B Tournament begins</p>	<p>18 NO SCHOOL</p>	<p>19</p>	<p>20 <i>School Board</i> <i>Meeting</i> @ 6:30p.m.</p> <p>Fine Arts Club 3:15-4:15p.m 6B/8B @ <i>OL</i></p>	<p>21 Early Dismissal 2:03 p.m.</p>	<p>22</p>
<p>23 1.C. 4G/4B/5G/5B (small gym) 6B/7G/7B/8B (big gym) @ 12:00 pm</p>	<p>24 Open Library 3:15-4:30p.m.</p>	<p>25 STUCO 3:15-4:30p.m.</p> <p>5B/7G/7B @ <i>St. John</i> 5:30 pm</p>	<p>26 Club 26 3:15-4:30 pm</p>	<p>27 Fine Arts Club 3:15-4:15p.m</p> <p>6B/7B 1/2 <i>St. Vincent</i> @ Home 6:00 pm</p>	<p>28 Early Dismissal 2:03 p.m.</p> <p><i>OL</i> 8B Tourn. begins</p>	<p>29</p>



Healthy Hearts Are Happy Hearts

February 2020

BJC Medical Group
of Sullivan

For more information contact
573- 468- 4186
missouribaptistsullivan.org
Partnering for Better Health

6 Strategies to Live a Heart- Healthy Lifestyle

1

Learn Your Health History
Know your risks and talk to your family and doctor about your health history.

2

Eat a Healthy Diet
Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

3

Move More, Sit Less
Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

4

Quit Smoking
Start your quit plan today! Take the first step and call 1- 800- QUIT- NOW for FREE support.

5

Take Medicines as Directed
If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

6

Rethink Your Drink
Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

Risk Factors

Heart disease is the leading cause of death for both men and women. While heart disease risk factors include high blood pressure, high LDL cholesterol, and smoking, several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

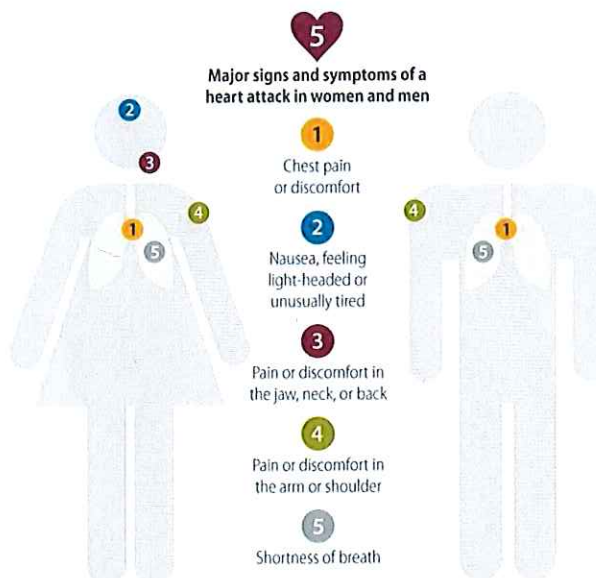
- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

Preventing Heart Disease

Choosing healthy meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking or using other forms of tobacco.
- Limiting alcohol use

Signs and Symptoms



It is important to recognize the signs of a Heart attack and to act immediately by calling 911. A person's chance of surviving a heart attack increases if emergency treatment is administered as soon as possible.

2 STEPS TO SAVE A LIFE



For more information visit:
www.heart.org

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



American Heart Association.



Spring Bluff Elementary Has Heart!!!

The Kids Heart Challenge is your child's chance to be a Heart Hero by learning about heart health, spreading the word and raising funds to help other children.

Who: All students with ♥ at Spring Bluff Elementary

What: AHA Kids Heart Challenge Event

When: February 2020

Where: In our school gym

Please return donation envelopes by February 21st

Help us earn \$300 in FREE PE Equipment!
*Simply register & take a health challenge!!

Clip this coupon and return it to school when you have raised \$5 online or in your envelope!

When you do, you'll receive PERRIE!

Student Name



PERRIE
Be Ready!

Raise donations ONLINE and TAKE THE CHALLENGE!

<http://www2.heart.org/goto/SpringBluffElementary>