

September 20,
2019

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302
mbauer@springbluffpirates.com



Pirate News

Every Friday Early Dismissal @ 2:03pm

A HUGE Thank You to parents, grandparents, teachers and students for supporting the book fair. Sales totaled \$3488.00. Our profit of \$1637.00 will be used to order books for the library and classrooms.

Upcoming Events	
Mrs. Jenkins on KTUI 1560 Radio	10/2
STUCO trip to CRUSH Summit	10/17
School Board Mtg @ 6:30	10/17
Parent Teacher Conferences 4:30-7:30	10/22 & 10/24
NO SCHOOL	10/25



Fall Parties will
be October 31st
1:45-2:45 pm



Parent Meeting

The Fall Title 1 Parent meeting will be held in the art room on **Monday, September 23 at 3:15 pm** for any parent interested in learning more about the Title 1 program and some of the upcoming events for the year. If you are unable to attend on Monday, parents can join us on **Tuesday, September 24 at 6 pm** in the library.

NEW Spring Bluff Apparel

8th grade fundraiser is now underway!

Order forms were sent home with students today and one is also attached. Forms and payment are due back by **Monday, September 30th**.

See Attached Flyer

Spring Bluff Pirates

Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

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

Help Wanted

The District is accepting applications for SUBSTITUTE CUSTODIANS and TEACHERS. Applications may be obtained on the school website www.springbluffpirates.com or in the school office. Applicants must be able to pass all background check procedures.




Sports Interest/Commitment

If your child is interested in playing basketball or participating in cheer, please complete the google form that was sent in an earlier email today by Friday, October 4th.

COUNSELOR'S CORNER Diana Wiese
K-8 School Counselor
dwiese@springbluffpirates.com

5 things to ask your kids instead of "How was school?"

- ⇒ What made you smile today?
- ⇒ Who did you sit with at lunch?
- ⇒ If you could change one thing about today, what would it be?
- ⇒ What was the hardest rule to follow today?
- ⇒ Tell me something you know today that you didn't know yesterday.



Nurse Notes

The office does not keep over the counter medications on hand for students. Parents are reminded to provide any over-the-counter medications that their children are allowed to have here at school. If meds are not provided, we may need to call a parent to bring meds to school or send your child home for something as minor as a headache.

Thank you!

This week's attachments:

- Spring Bluff Apparel Flyer
- MO Baptist Flyer-Why Vaccinate?
- Nutrition Nuggets



Go Pirates!

Sporting News & Events

Saturday, September 21st

7th Volleyball Tourney @ OLL TBA

Monday, September 23rd

5/6/7 Volleyball @ St. Vincent 5:30 pm

Tuesday, September 24th

7/8 Volleyball vs. St. Gertrude @ 6:00 pm Home



Spring Bluff 7/8 Volleyball Tourney is on 9/27 & 5/6 Volleyball Tourney is on 9/28.

See you there!

	S	M	L		S	M	L	XL	2XL (+ \$2)	3XL (+ \$2)	
Design 4											
T-shirt (green) \$12.00											
T-shirt (gold) \$12.00											
Long-sleeved t-shirt (green) \$15.00											
Long-sleeved t-shirt (gold) \$15.00											
Hoodie (green) \$25.00											
Hoodie (gold) \$25.00											
Dri-fit t-shirt (green) \$15.00											
Dri-fit t-shirt (gold) \$15.00											
Dri-fit long-sleeved (green) \$18.00											
Dri-fit long-sleeved (gold) \$18.00											
Dri-fit hoodie (green) \$35.00											
Design 6											
T-shirt (green) \$12.00											
T-shirt (gold) \$12.00											
Long-sleeved t-shirt (green) \$15.00											
Long-sleeved t-shirt (gold) \$15.00											
Hoodie (green) \$25.00											
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Dri-fit long-sleeved (green) \$18.00											
Dri-fit long-sleeved (gold) \$18.00											
Dri-fit hoodie (green) \$35.00											
Overall Total											



Why Vaccinate? The Importance of Immunizations in Keeping Your Child Healthy

September 2019

BJC Medical Group
of Sullivan

missouribaptistsullivan.org
Partnering for Better Health
For more information contact:
Tambra Sellers, RN
at 573- 468- 5171 Ext. 1224

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. Most parents choose to vaccinate their children according to the recommended schedule. But some parents may still have questions about vaccines, and getting answers they can trust may be hard. Talk to your child's doctor if you have questions or concerns about vaccines for your child.

With so much information—and sometimes incorrect information—available today, learning the facts before making health decisions is very important. The diseases vaccines prevent can be dangerous, or even deadly. Statistically, the chances of your child getting diseases such as measles, pertussis, or another vaccine-preventable disease might be low, and your child might never need the protection vaccines offer. **HOWEVER**, you don't want them to be lacking the protection vaccines provide if they ever do need it.

Like any medicine, vaccines can cause side effects such as a low-grade fever, or pain and redness at injection site. Mild reactions go away within a few days on their own. Severe, long lasting side effects are extremely rare with only a 1 in a MILLION chance of getting a serious reaction to a vaccine.

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The United States has had more than 1,000 cases of measles in 2019. This is the greatest number of cases reported in the U.S. since 1992 and since measles was declared eliminated in 2000.

It is always better to prevent a disease than to treat it after it occurs.

- Vaccination is a highly effective, safe and easy way to help keep your family healthy.
- On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

5 FACTS ON VACCINES

#VACCINESWORK

There's a lot of conflicting information out there about vaccines. Question what you read and hear — and understand the facts.

1. Vaccines are safe and effective.

Any licensed vaccine is rigorously tested before it is approved for use, regularly reassessed and constantly monitored for side effects. In the rare event a serious side effect is reported, it is immediately investigated.



2. Vaccines prevent deadly illnesses.

Vaccination protects children from diseases like diphtheria, measles, mumps and pertussis (whooping cough). Failure to vaccinate leaves children and adults vulnerable to diseases, complications or even death.



3. Vaccines provide better immunity than natural infections.

The immune response to vaccines is similar to the one produced by natural infection but less risky. For example, natural infection can lead to cognitive impairments from Haemophilus influenzae type B (HIB), birth defects from congenital rubella infection or the terrible teratoma from polio.



4. Combined vaccines are safe and beneficial.

Giving several vaccines at the same time has no negative effect on a child's immune system; reduces discomfort for the child, and saves time and money. Children are exposed to more antigens from a common cold than they are from vaccines.

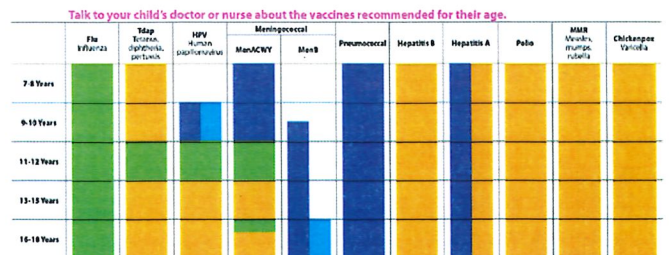


5. If we stop vaccination, diseases will return.

Even with better hygiene, sanitation and access to safe water, infectious still spread. When people are not vaccinated, infectious diseases that have become uncommon — diphtheria, measles, mumps and polio — quickly reappear.



INFORMATION FOR PARENTS 2019 Recommended Immunizations for Children 7-18 Years Old



More information:

- Flu (Influenza): Persons 6 months and older should get the vaccine every year.
- Tdap (Tetanus, diphtheria, pertussis): All 11 through 12 year olds should get the first dose. All 13 through 15 year olds should get the second dose. All 16 through 18 year olds should get the third dose.
- MMV (Measles, mumps, rubella): All 11 through 12 year olds should get the first dose. All 13 through 15 year olds should get the second dose. All 16 through 18 year olds should get the third dose.
- MMV2 (Measles, mumps, rubella): Same as MMV.
- Polio: Same as MMV.
- MMV (Measles, mumps, rubella): Same as MMV.
- Chickpox (Varicella): Same as MMV.

Legend:

- Green: These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
- Yellow: These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines.
- Blue: These shaded boxes indicate that the vaccine is recommended for children with certain health conditions. Talk to your doctor about whether your child should get the vaccine. See vaccine-specific recommendations at www.cdc.gov/vaccines/imz/downloads.htm.
- Light Blue: This shaded box with a checkmark indicates that the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.



Nutrition Nuggets™

Food and Fitness for a Healthy Child

September 2019

Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent



BEST BITES

Foods to sing about

Get your youngster excited about eating new foods by encouraging her to make up songs about them. She could pick a familiar tune (say, "Mary Had a Little Lamb") and change the words to describe the food's taste, color, texture, or scent. *Example:* "Mary had a roasted yam. It tasted sweet like jam."

Recess games

Head outside with your child, and teach him playground games you enjoyed at his age, such as freeze tag or capture the flag. He'll discover new ways to be active at recess—and learn games to share with his classmates. *Idea:*



Ask him to show you a recess game that you've never played.

DID YOU KNOW?

Nearly one in five children in the U.S. is obese. Since September is National Childhood Obesity Awareness Month, consider making a family pledge that will help everyone maintain a healthy weight. For instance, maybe you'll agree to take walks after dinner and drink only water and fat-free milk.

Just for fun

Q: What food has no beginning and no end?

A: A bagel.

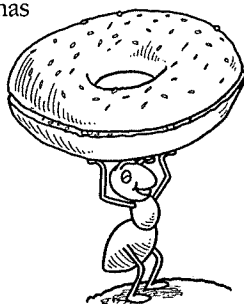


Table time

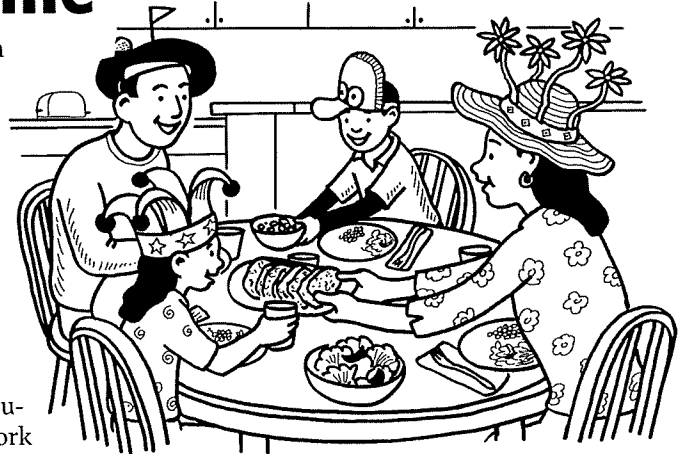
Eating together can build family bonds and inspire your youngster to eat healthier foods. Use these ideas to plan regular meals that he will look forward to.

Make it a habit

Sharing meals as often as possible will get everyone in the routine. Set times that work for your family. That may mean you have a late dinner after soccer practice one evening and an early breakfast before work and school on another morning.

Involve your child

Your youngster will be more interested in eating the meal if he helps to prepare it. He might make a healthy dish like fruit salad. He could also set the table and fill water glasses. *Idea:* Let him create place mats by cutting pictures of



nutritious foods from old magazines and gluing them on construction paper.

Add excitement

Turn the table into a playful place with special-event meals. You might have a "silly hat dinner" (everyone wears a hat that they made or decorated). Use the hats to spark conversation. ("What a great hat. How did you think of it?") Or have each person pick a storybook character and pretend to be that character throughout the meal. ♥

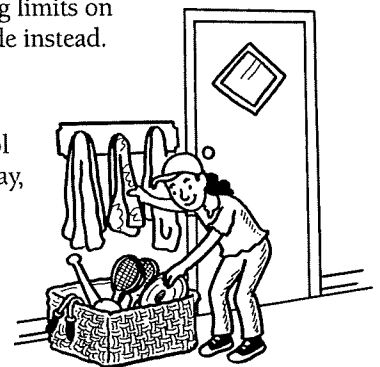
Turn off the screens, turn on the fun

Boost your child's physical activity by setting limits on screen time and encouraging her to play outside instead. Try these strategies.

● **Establish rules.** Tell her when she can and can't have screen time. For example, on school days, you might allow it only after outdoor play, homework, and dinner.

● **Provide inspiration.** Have your youngster fill a basket with active toys like a jump rope, balls, a bat, and a Frisbee. Then, place the basket near the door so it's easy to grab equipment on her way outside.

● **Plan ahead.** Let her make outdoor plans with friends. She could organize a weekly game of kickball or hide-and-seek, for instance. ♥



Waste not, want not

Did you know that nearly one-third of the world's food ends up in the trash? Your family can avoid wasting perfectly good food—plus save money *and* help the environment—with these tips.

Stick to a list. Reducing food waste starts with buying only what you need. Ask your child to help you plan a week's



worth of healthy meals and make a grocery list. Go shopping together, and get only what's on the list.

Take what you'll eat. Encourage your youngster to put on her plate only what she'll eat. Here's a good strategy: She should serve herself less than she thinks she wants—then she could get seconds if she's still hungry.

Store leftovers wisely. Have your child label containers of leftovers with dates and contents. Keep fresh foods with older dates in the front of the refrigerator so you won't forget about them. If you won't use leftovers quickly, move them to the freezer. ♡

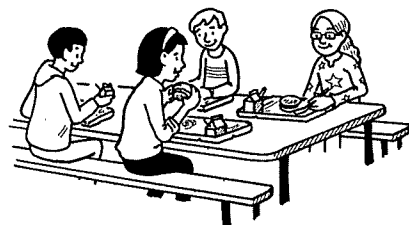
Store leftovers wisely. Have your child

O&A

Handling food allergies at school

Q: My daughter is allergic to eggs, and she's starting school this year. What steps should I take to help her stay safe?

A: Begin by talking to your daughter's teacher, the cafeteria manager, and the school nurse. They'll explain the policies for protecting students with allergies, such as how your child can choose safe foods in the cafeteria.



At the same time, help your daughter learn to take responsibility for managing her allergy. For example, she should only eat her own food and not accept food from other students. Explain that she can't eat homemade goods, such as birthday cupcakes, since there's no way to be certain they're egg-free.

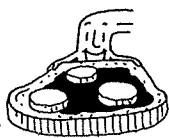
Finally, make sure she knows the symptoms of a reaction, and tell her to get adult help immediately if she notices any or if she thinks she was exposed to eggs. ♡

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
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www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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ACTIVITY CORNER

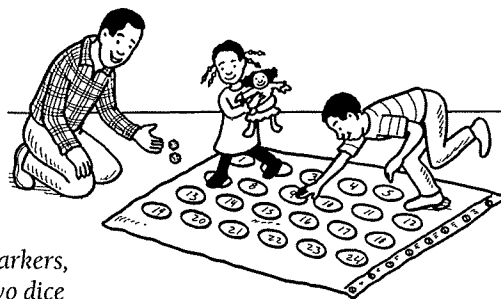
Math-ercise

With this homemade "twist" on Twister, your youngster will improve his balance and flexibility while he practices math facts.

Materials: washable or dry-erase markers, soup can, old shower curtain (plain), two dice

1. Let your child turn the shower curtain into a Twister board. He should trace around the soup can to make 4 rows of 6 circles, then number the circles 1–24.
2. One person is the caller. On each player's turn, the caller rolls the dice, uses the numbers to make a math problem, and says which hand or foot the person must put on the circle containing the answer. So if he chose left foot and rolls 2 and 3, he could say, "Left foot on 2 x 3." The first player would place his left foot on 6 and keep it there until his next turn.
3. Continue until all but one person has fallen out of position—that player wins.

Note: If a player needs a circle that's already covered, the caller gives a new problem. ♡



IN THE KITCHEN

Turn toast into art

Let your child "paint" a slice of whole-wheat toast with mashed black beans and decorate it with avocado slices, corn kernels, and chunky salsa. That's just one fun way to create an edible work of art! Here are more.

Parfait

Paint: Fat-free cream cheese
Decorations: Blueberries, sliced strawberries, sprinkle of cinnamon

Mediterranean

Paint: Hummus
Decorations: Cucumber rounds, cherry tomato halves

Rain forest

Paint: Nut or seed butter
Decorations: Banana slices, shaved coconut

Pizza

Paint: Tomato sauce
Decorations: Low-fat shredded mozzarella cheese, spinach leaves, sliced mushrooms

Garden

Paint: Mashed cooked peas
Decorations: Radish slices, crumbled feta cheese ♡

