


# THE NUGGET

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Wish Happy Valentine's Day to your friends with a candy gram. **2 for \$1.00**  
Sold during lunch from Feb. 6th—Feb. 9th  
Candy grams will be delivered On Feb. 13th

**PRESIDENTS' DAY MONDAY, FEBRUARY 19TH NO SCHOOL!**



January 19, 2018  
Bulletin #20

**"PUTTING CHILDREN FIRST"**





**RED OUT DAY-FEBRUARY 2ND! SPONSORED BY THE AMERICAN HEART ASSOCIATION**



In support of the American Heart Association, Warren Township again is hosting their annual Red Out Day to be held Friday, February 2nd. Students can wear their Red Out t-shirt if they purchased one through Mr. Stillman or wear something else in the color of red. Proceeds from the t-shirt sale went to the American Heart Association. Thank you for your support!

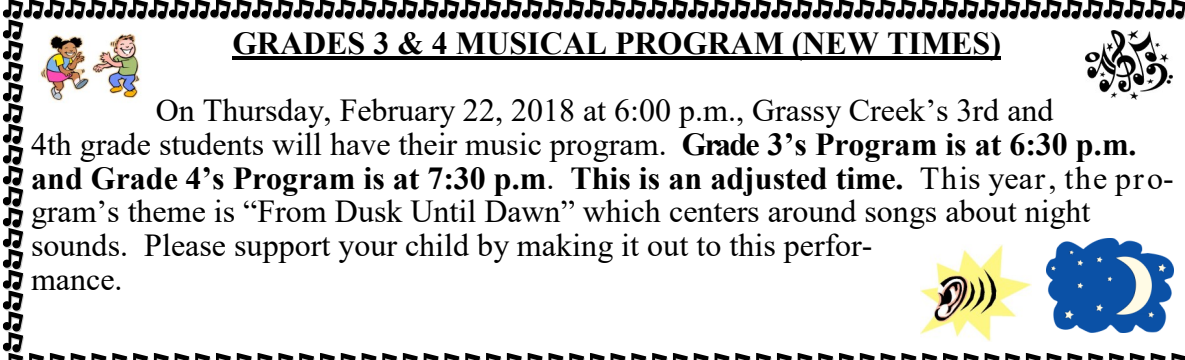
**C.O.R.E.**

- ◆ CIVILITY
- ◆ ORDER
- ◆ RESPECT
- ◆ EXCELLENCE



**GRADES 3 & 4 MUSICAL PROGRAM (NEW TIMES)**

On Thursday, February 22, 2018 at 6:00 p.m., Grassy Creek's 3rd and 4th grade students will have their music program. **Grade 3's Program is at 6:30 p.m. and Grade 4's Program is at 7:30 p.m. This is an adjusted time.** This year, the program's theme is "From Dusk Until Dawn" which centers around songs about night sounds. Please support your child by making it out to this performance.



**GRASSY CREEK MISSION STATEMENT**

Grassy Creek Elementary empowers children to be life-long learners and productive citizens in our diverse community.



**PRINCIPAL'S POINT:**

Good evening parents,

Attendance always seems to dip this time of year as a result of the ever changing weather. Our annual school goal is 97% and we are currently hovering right around that mark. Please help "Make Everyday Count" by getting your student here to school. A big part of a student's education can be missed by being absent frequently. For example, if a student is at school 90% of the year every year, they will have missed out on a full year of education by the time they are freshman in high school. Part of the reason we have been able to earn a good letter grade the last few years is because we have been over that 97% goal and thus we have been able to, "Make Everyday Count!" I hope everyone has a relaxing and healthy weekend. As always, don't hesitate to call or email if you ever have any questions, concerns or comments.

Christy Merchant, Proud Principal

# PTA CORNER



Everyone is invited to the next PTA Board Meeting on Thursday, February 1st at 5:00 p.m. Reminder about the Do Dads Movie Night on January 26th at 6:00 p.m. More information will be coming home.

Haley Hilliard, PTA President (pta.grassycreek@gmail.com)



**SAVE THE DATE:**  
KINDERGARTEN  
REGISTRATION—  
MONDAY,  
APRIL 9TH—5:30-  
7:00 p.m. MORE  
INFORMATION WILL FOLLOW!



**PROSPECTORS ROCK!**



**ORDER YOUR YEARBOOK TODAY!:**

Be sure and order your Grassy Creek Yearbook for the reasonable price of \$11. Order forms came home with your student this week. You may also order online at [YBPay.lifetouch.com](http://YBPay.lifetouch.com) with Yearbook ID Code: 10803518. They have all-color pages that vibrantly capture school memories. **The deadline to order is February 23, 2018.**



Please Notice This



**2018 ANNUAL LEGISLATIVE FORUM**  
Saturday, January 27, 2018  
9:00-11:00 a.m.



Parents, community members, and staff are invited to attend. The forum will provide an opportunity for attendees to share their insights on educational legislation or other concerns.

Warren Education and Community Center  
975 N. Post Road

Sponsored by the MSD of Warren Township Board of Education

## ATTENTION TO PARENTS OF FUTURE ACTORS AND ACTRESSES!!

Missoula Children's Theatre auditions will be Monday, February 5, 2018 at 4 p.m. in the Creston Middle School auditorium. MSD Warren Township students in Grades K-8 are eligible to audition for a part in "Jack and the Beanstalk". Selected actors and actresses must be available for nightly rehearsals Feb. 5-9 and from 10 a.m. to 9 p.m. on Feb. 10 for two performances. No prior acting experience needed. This will be sponsored by the Warren Arts and Education Foundation. Contact the Foundation at 317 869-4383 with questions.



## Warren Township Youth Tennis

Who: Warren Township students, grades K-8

What: A fun opportunity for students to learn tennis skills and make new friends

When: January 22 - March 14

Where: Warren Central High School and Creston Middle School

Why: Tennis is a fun, competitive, and lifelong sport. Spend this winter learning and improving your tennis skills!

Registration forms have been passed out at all elementary schools. If your child did not receive one, please email Coach Wagner at the email below for an electronic copy. Registrations can be turned at the Warren Central Athletic Office, or the Creston Intermediate Academy Main Office

You can also register at our one registration event at the Warren Central Fieldhouse. The date will be Tuesday, January 16 from 6-8 PM. You will need to enter the fieldhouse through door 14. We will be located in the hallway between the fieldhouse and the pool.

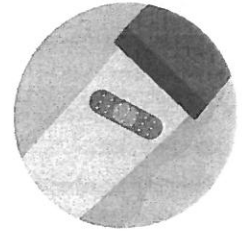
For questions, contact coach Jason Wagner at [jwagner@warren.k12.in.us](mailto:jwagner@warren.k12.in.us) If your child wants to play tennis, we want to help make that happen!





# 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.

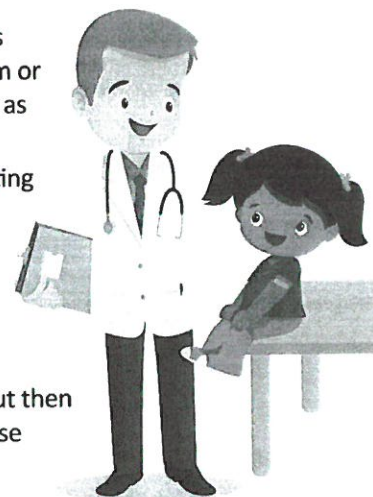
Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the 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](http://www.cdc.gov/flu)  
or call 800-CDC-INFO



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention