



RIB LAKE ELEMENTARY JANUARY 2019 NEWSLETTER

Jon Dallmann, Principal

MARK YOUR CALENDARS

Jan 10School Board meeting 6:30 p.m.
 Jan 18End of Qtr 2
Jan 21No School
Jan 22No School
 Jan 25Report cards go home
 Jan 25Family Movie Night 6:30 p.m. RLES gym
 Feb 14School Board meeting 6:30 p.m.
 Feb 22Family Movie Night 6:30 p.m. RLES gym
 Feb 28Parent/Teacher conferences 1-6 p.m.
Feb 2812:15 p.m. dismissal
Mar 1No School
 Mar 14School Board meeting 6:30 p.m.
 Mar 22Family Movie Night 6:30 p.m. RLES gym
 Mar 26End of Qtr 3
Mar 2912:15 p.m. dismissal

Child Development Day

The Rib Lake School District will be conducting its annual Child Development Day on Friday, March 29th, 2019, to screen children residing in our district. To take part in this, children must be 2 1/2 years old by March 31, 2019. Information packets will be mailed to families on our school census that fall within the eligibility guidelines. If you do not receive a packet by mid-March and you feel that you have an eligible child, please call Neva at 715.427.5446.

Parents of 5th Graders

Check out

<https://sites.google.com/riblake.k12.wi.us/teamanderson18-19>

For access to our class website. You will also be able to find it on the school website under Barb Anderson and Gary Anderson.

Also, if you missed the Star News Article written by Jed Henderson and Talon Scheithauer, the picture is below. Our class is going to be using QR codes to share exciting things going on in our schools written by 5th graders!

School Store At Rib Lake Elementary



The school store at Rib Lake Elementary is going strong. If you are looking for that unique birthday gift or something different to wear to the games, stop in at the elementary school office. Some of our newest items include: long sleeve athletic shirts, crewneck sweatshirts, hoodies, and sweatpants!

Twins



WSAW Channel 7 was at RLES this week doing a story on our four sets of twins in the 5th grade! The story will air Monday, January 14th at 9:00 p.m. on FOX and at 10:00 p.m. on CBS.



Students use technology to tell more of the story

BY JED HENDERSON AND TALON SCHEITHAUER
RIB LAKE 5TH GRADE

ling to put an article in the newspaper two times a month.

Have you ever seen a QR code in the newspaper before? Team Anderson's Class is proud to say that we believe we are the first class to put QR codes in the newspaper. The idea of putting QR codes to share information came from second grade teacher Mrs. Milke. We are putting QR codes in the newspaper to provide more information about what we are doing in our classrooms. We will be interviewing students and teachers of Pre-K through 12th grade about what they are doing in the classroom. Sporting events, concerts, and other after school activities will be included. We will be try-

ing to put an article in the newspaper two times a month. QR code stands for quick response code. You can see one in the center of the page now. The QR code was invented by Denso Wave. It was originally invented as a way to track vehicles as they were assembled and to scan at high speeds. We will be using the QR codes to provide additional content like videos, pictures, and more about the article.



You can download a QR reader on your phone or other device. Then go on to the app and scan the QR code and view all of the awesome content we are providing about our school.

So soon that QR code and see all the 5th graders that will be showcasing our school.



*The Twelve Days
of Christmas*



District School Nurse Update:

INFLUENZA (FLU)

Flu is an illness caused by the influenza virus. It goes around every year, with some years being worse than others. In the U.S., it is more common in the fall and winter. People of all ages can get the flu, from babies and young adults, to the elderly. Some people get very sick and others do not. Many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, kidney disease, or are pregnant. People who live in long-term care facilities and children younger than 5 years of age are also at greater risk. It is important to remember that young, healthy people can also become very sick.



So -- How is it spread?

- People with the flu can spread it to others when they cough or sneeze. The virus is found in droplets from the throat and nose. When someone coughs or sneezes, those droplets can be breathed in by people around them.
- The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.

So -- What are the signs and symptoms?

Symptoms usually start 1-4 days after breathing in flu virus droplets. Severe complications from the flu are pneumonia, hospitalization, and death.

- | | | |
|--------------|------------------------|---------------|
| * Fever | * Runny or stuffy nose | * Headache |
| * Body aches | * Tiredness | * Sore throat |

So -- What are the treatment options?

- Antibiotics **do not** work against the flu. Most people with the flu will get better on their own without any medicine. Taking pain relievers, getting extra rest, and drinking fluids can help lessen symptoms.
- Prescription medications called influenza antivirals can help treat the flu. These drugs can help you feel better faster and make the symptoms less intense. For these drugs to work best, they need to be started within two days after you get sick with the flu.

So -- How can it be prevented?

- **The best way to prevent the flu is to get a flu shot each fall.** This shot is safe for those 6 months of age and older. (You can still get it if you missed it this fall.)
- **Wash your hands often** with soap and water. Use hand sanitizer if you don't have soap and water.
- **Use a tissue to cover your nose and mouth** when you cough or sneeze, and then throw the tissue away. If you do not have a tissue, cough into your sleeve.
- **Do not share anything you put in your mouth**, such as drinking cups, straws, or eating utensils.
- **Stay home from work or school if you are feeling sick**--to not spread the flu to others.

For information on where you can get a flu shot, visit www.dhs.wisconsin.gov/influenza or check with your health care provider or your county health department.

[Information from the Wisconsin Department of Health Services/Bureau of Communicable Diseases - P-42064 (05/2018)]

If you have questions, please contact Judy LeMaster, RN -- District School Nurse at jlemaster@riblake.k12.wi.us or calling 715-427-3222 x.3250.