



Home-School Connection

November 2023



Dates to Remember

Nov. 1 Adventure Club Field Trip - 8:45-3:00 pm
Nov. 3 EPTSO Boosterthon Fun Run
Nov. 6 Fall Picture Retake Day
Nov. 7 **NO SCHOOL - Staff Development Day**
EPTSO Meeting - 6:00 pm - Schoharie Free Library
Nov. 9 Veteran's Day Event - 8:45 am
School Spirit - "Hats on for Vets"
Wear Red, White and Blue
Nov. 9 **11:00 Dismissal - Elementary ONLY Parent/Teacher Conferences**
Nov. 10 **NO SCHOOL - Veterans Day**
Nov. 13 **11:00 Dismissal - Elementary ONLY Parent/Teacher Conferences**
Nov. 16 Thanksgiving Luncheon
BOE Meeting - 7 pm
Nov. 20- Dec. 1 Scholastic Book Sale
Nov. 22-24 **NO SCHOOL - Thanksgiving Recess**



Turn your clocks back on Sunday, Nov. 5 at 2 a.m.

EPTSO Corner

Elementary- We hope students and staff enjoyed the virtual pumpkin carving contest, we certainly enjoyed seeing all of your creative submissions. Congratulations to the winners!

Parents- Thank you for your support of our fundraiser the Boosterthon Run-A-Thon! Students will get to participate in the Run-a-thon on November 3rd.

Teachers- Thank you for your support of the Boosterthon, we couldn't do it without you!

Students- Don't forget to read every night for 20 minutes.

Organization- Please join us on the first Tuesday of each month at 6:00pm. Meetings are held at the Schoharie Free Library.

Nurse's Corner: Let's Fight the Flu Together!

Influenza (flu) is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat and lungs. **Flu is different from a cold, and usually comes on suddenly.** Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea. Symptoms appear about 1 to 4 days after a person is exposed to the flu. While flu illness can vary from mild to severe, children often need medical care because of the flu. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system. It may be hard to tell the difference between flu and COVID-19 because many of the symptoms are similar. Testing may be needed to help confirm a diagnosis.

Flu viruses are spread mainly by droplets made when someone with flu coughs, sneezes, or talks. These droplets can land in the mouth or noses of people nearby. A person can also get the flu by touching something that has the flu virus on it and then touching their mouth, eyes or nose.

What are everyday preventive actions: Annual flu vaccine is recommended for almost everyone 6 months and older, It is one of the best ways to reduce flu illnesses.

This fall and winter, the flu virus and the virus that causes COVID-19 may both be spreading. Vaccination is the best defense against both COVID -19 and the flu.

- The CDC says it is safe to get the flu vaccine and a COVID vaccine at the same time.
- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth - germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.