

The Murdock Weekly

A Quick Look at the Week Ahead

Volume 5, Week 18

every child one voice.

December 14, 2007

A Publication of the Murdock Elementary PTA
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Murdock PTA website: <http://www.murdockpta.com>
To submit information: email murdockweekly@bellsouth.net

Week at a Glance

- | | |
|--------------------|--|
| 12/17
Monday | • No Chorus |
| 12/18
Tuesday | • 7:25 – 7:50am School Store (K – 2)
• KidzArt 1 st Semester End ends |
| 12/19
Wednesday | • 7:25 – 7:50am School Store (3 – 5)
• Holiday Parties (3)
• 5 th Grade Book Club |
| 12/20
Thursday | • Holiday Parties (K, 1, 2, 4 & 5)
• No Chorus |
| 12/21
Friday | • No WaMu Savings
• MBC
• Cartridges for Kids contest ends |

Looking Ahead...

- | | |
|-------|------------------------|
| 12/25 | • Christmas Day |
| 12/26 | • Kwanzaa begins |
| 1/1 | • Happy New Year 2008! |
| 1/8 | • Back to School! |

All Day  *Every Day*

For the week of December 3rd: **HOT, HOT, HOT classes** (0 absences, 0 tardies) – K – Burke; 1 – none; 2 – Bourne; 3 – Brown/Smith; 4 – Allen/Kells; 5 – none, Spec. Ed. - none.
HOT classes (0 tardies) – K – Kantis; 1 – Kingery/Oliver/Bell, Moore, Fleetwood; 2 – Bell/Moss; 3 – Pitters, Trembley, K. Smith; 4 – Lazarus, Kvenild; 5 – none; Spec. Ed. - Harris.

Word of the Week! Kindness – Being gentle, willing to help, friendly, courteous, and considerate.

Parent Checklist

- ✓ Recycle ink cartridges, cell phones, lap tops, etc.!
- ✓ Send in a hat, gloves, mittens or a scarf!
- ✓ Remember your lunch money!

FYI

- ❖ Help Wanted! LAB MANAGER - 5 Technology ParaProfessional Position beginning January 8 (20 Hours weekly). Applicant must have a high level of understanding of all Microsoft Office Applications, advanced technology skills, ability and willingness to train teachers and teach lessons to students. Contact Natalie Richman for more information: natalie.richman@cobbk12.org
 - ❖ Spread some warmth during the winter holidays and help decorate the Media Center Mitten Tree. *Bring a new pair of gloves or mittens, hat or scarf to the Media Center to donate for a child who may not have any *Hang them on our mitten tree *Decorate a paper mitten to hang up, too *Feel warm and fuzzy because you made someone smile!
 - ❖ Parents: come to the school store Tuesday or Wednesday for the perfect stocking stuffer. We have stuffed horses the size of a Beanie Baby. They are wearing a yellow t-shirt that says Murdock Mustangs in red letters. They usually sell for \$12 but they are on special for \$10 so get one before they are all gone!!
 - ❖ Please check the lost and found. All items not claimed by December 20th will be donated!
 - ❖ To keep parents informed regarding attendance recording, attendance clerks are directed to input absence and tardy codes as follows:
 1. Marked as going to the doctor, dentist or orthodontist only if the note comes directly from the doctor's office. If the parent states this, the absence or tardy is marked as unexcused with a note.
 2. For an absence to be marked "illness", the parent note must say illness, not went to doctor.
 3. We have a separate excuse code for family member illness or deceased.
 4. Vacations are marked as unexcused with note
 5. If no note is received the code is unexcused.
- *Special note: To ensure that we receive the note, please include child's first and last name, teacher name, date(s) of absence or tardy.

❖ On Jan. 3rd and 4th, 2008, the Pope Lacrosse program will hold its 1st Annual Pope Lacrosse Winter Warm Up Camp for boys between the ages of 7 and 14. The camp will be held at Hightower Trail Middle School and will run from 8:30AM to 4:00PM. For additional information, please visit www.popelacrosse.com.

❖ A BIG THANK YOU to all the Murdock families who recently donated dolls to the Barbie Doll Holiday Adoption Project sponsored by Murdock's 4th Grade Junior Girl Scouts! Your generosity, along with the support from troops all over northwest Georgia, has resulted in the collection of over 900 Barbie dolls! They are currently in the process of being washed, styled, dressed, and accessorized prior to being shipped (compliments of DHL) to Morgantown, West Virginia. There, the receiving organization will distribute the dolls to poverty-stricken Appalachian girls. Way to go, Murdock! Way to go, girls!

Healthy and Wise Winter

1. Encourage your children to wear appropriate clothing, hats, gloves, and scarves.
2. Proper hand washing, frequent cleaning of common surfaces, and covering of coughs/ sneezes are important prevention measures.
3. Use chap stick or lip balm in the dry winter months to prevent painful dry cracked lips.

Common Infectious Illnesses Influenza

What is the incubation period? (How long after contact can illness develop?)

Illness can develop within one to three days.

How is the infection spread?

The infection is spread through contact with droplets from nose, eyes or mouth of an infected person.

When is the child most contagious?

This varies, but usually the child is most contagious from the day before the onset of the flu until the first five days of illness.

When can the child return to daycare/school?

The child can return to school after 24 hours without fever and the child's symptoms are improving.

How can spreading the infection be prevented?

You can prevent the spread of infection through good hand washing and hygiene; proper disposal of soiled tissues; and by covering coughs and sneezes. Also, consider yearly immunization of caregivers and children with chronic health conditions.

Should the infection be reported to the county health department? Should medication be used for contacts?

No. However, to reduce the spread of diseases in the classroom or day care, it is recommended that similar illnesses (more than three in the day care or classroom) be reported to your local health department.

<http://www.choa.org/default.aspx?id=350>

Patient and Family Education Nosebleeds

What are nosebleeds?

In children, nosebleeds are usually caused by bleeding close to the tip of the nose. They can be frightening; but it is a common condition in children.

What causes nosebleeds?

Nose picking or blowing, colds/allergies/sinus infections, injury to the nose, overly dry air, foreign material in the nose

What is the treatment?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow include:

Place your child in a sitting position with his head bent slightly forward.

Apply firm pressure below the bony part of the nose with your thumb and forefinger.

Hold the pressure for five minutes, even if the bleeding has stopped.

Repeat the pressure two more times if the bleeding has not stopped.

Place ice packs on the bridge of the nose.

How do I help prevent nosebleeds?

Teach your child not to pick his nose.

Keep your child's fingernails closely and smoothly trimmed

Do not use cotton swabs, such as Q-tips® in the nose

Ask your child's doctor about cold and allergy medicine.

Use a cool mist humidifier where your child sleeps to help prevent drying of the mucus membranes. (Hot steam vaporizers are not safe. They may burn your child.) Follow the cleaning instructions that came with the machine so the humidifier doesn't grow germs and mold.

Twelve to 24 hours after a nosebleed has stopped:

Place a small amount of petroleum jelly (like Vaseline®) just inside the opening of the nose to prevent drying of the nose. Rub the nostrils together gently to spread the jelly. Use saline nose drops to help prevent drying of the nose.

When should I call the doctor?

Call your child's doctor if your child has:

Bleeding that will not stop

Lost a large amount of blood

Frequent nosebleeds

Bruises not caused by injury

Bleeding from the gums or rectum

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

Have a safe and healthy winter season. Please contact me if you have any questions or concerns.

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