Coarsegold School

The Paw Print

Issue XII | *Building a Caring Community of Successful Learners* | Nov. 10th , 2011

www.coarsegoldschool.com

Dates to remember:

- Thursday Nov. 10th Veteran's Thank You Performance
- Friday Nov. 11th

Veterans Day holiday

No school

- Friday Nov. 18th

Raymond Cross Country

Remember to thank a veteran or someone who is in service to our country.

Cross Country is starting for all Grades K-8th Practices are on Tues. and Thursday after school. Call Mrs. Gresham if you have questions.

Principal's Message

by Bob Rose

As our winter season approaches we want to encourage healthy choices and practices so that students can attend school everyday. Here are some tips from our School Nurse and our Health Aide. Stacey Kiehlmeier RN
Nancy Veater, Health Aide

What to Do if You Get the Flu

Lots of people get the flu, but what do you do? Here are some tips:

- Drink lots of fluids, like water, chicken broth and other fluids.
- Get plenty of sleep. If you can't sleep anymore, keep resting. Listen to music, watch a movie or read a book or magazine.
- If you're feeling achy, take some medicine. But avoid aspirin because it can cause a rare but serious illness called Reye syndrome.
- Wear layers. You might be cold one minute and hot the next, so if you wear plenty of layers you can pull your favorite sweatshirt on and off.

Wash your hands! You don't want to spread the germs that cause the flu.

Also, don't share cups and eating utensils, like forks and spoons, with anyone.
Most of the time you will get better in about a week, but it's important to let your parents know if you have trouble breathing, your muscles really hurt, you feel confused, or if you start feeling worse at any time. These could be signs that you need to see your doctor again.

Reflections
After School Support
Tuesday Nov. 15th
2:30-3:45

Permission Slips are available in the office. Students may stay after school to get project help from Mrs. Penton, Mrs. Cano and Mrs. Brewer.
This years theme is "Diversity means….." staff will be working with students to give them ideas.
All projects are due by Monday November 28th.

Canned Food Drive is going on now please support…..

What's Happening

Spring Soccer is Coming

See the Back of the PAW Print for more details

TOYS FOR TOTS

Boxes will be available in the school office. Help someone in need this year by buying an additional unwrapped new gift for Toys for Tots.