

Waccamaw Weekly

Website: www.gcsd.k12.sc.us

January 26, 2018

Volume 32 Number 19

School Motto:

Achievement, Respect and Integrity
Through Education



Parents-

As you all are aware, the flu season has arrived in our area. Part of keeping our students and staff healthy, is to know who is sick.

If your student is missing school due to any illness, please take a moment to notify me. You can call the school at 843-237-4233, and ask to speak to the nurse. You can also reach me via email at shughes@gcsd.k12.sc.us.

At WES, we follow the SC DHEC protocols for "School exclusion due to illness".

Children are to be fever free for 24 hours, without using a fever reducing medication, before returning to school.

Please follow the dates on your student's return to school pass from the physician, and do not bring your child back to school earlier than the date listed. Some illnesses, including the flu, can still be contagious after the fever has subsided.

If your child has been vomiting, please do not send them to school until they are able to eat without nausea or vomiting.

With your help, we can keep WES a safe and healthy school, for all students and staff.

Thank you,

Sharon Hughes, BSN, RN, NCSN

Report Cards Go Home on Tuesday, January 30, 2018

Mark your calendars! Our remaining Sunset Slush Dates are 02/02, 02/16, 03/02, 03/16, 04/20, 05/04, 05/18.

Congratulations to Vincent Ogburn in Mrs. Eddy's 1st Grade Class! He won our Facebook contest for free Sunset Slush for the rest of school year.

Thank you for your support, Dolphin Families!

Please email waccamawpta@yahoo.com with any questions. Find Us on Facebook Waccamaw Elementary School PTA or Follow Us on Instagram @waccamawpta



School Mission Statement: An inquiry based learning school to help children become respectful, knowledgeable, and caring citizens, through cultural understandings by providing developmentally appropriate curriculum in a safe and supportive environment.

JUMP ROPE FOR HEART!!!

Our students have started to receive the Jump Rope for Heart Homework Sheet. Please work with your child to complete the homework assignment and start the journey to help save lives. By completing this homework assignment, it allows your child to raise money for the American Heart Association by sending out e-mails to potential donors. It is the easiest and fastest way to reach our school goal of \$15,000.

School wide kickoff celebration is Monday, January 29th. Your children will learn more about the process and prizes they can win along the way. Also, the student who has raised the most money by the above mentioned date will be putting a pie in the face of Coach Del Bagno!

Please do not hesitate to contact me with any questions- rdelbagno@gcsd.k12.sc.us

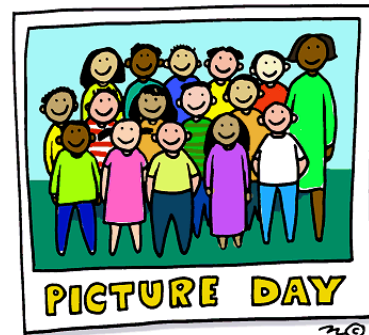
Visit the website below for more information:

[http://www2.heart.org/site/TR?](http://www2.heart.org/site/TR?fr_id=3192&pg=company&company_id=56776)

[fr_id=3192&pg=company&company_id=56776](http://www2.heart.org/site/TR?fr_id=3192&pg=company&company_id=56776)

GROUP PICTURES

Group pictures will be taken Wednesday, February 7. All picture order form envelopes need to be returned to your child's teacher by picture day. All orders will be given to the photographer at the time of the picture. Pictures are \$10.00 and payment needs to be included in the envelope.



Second Grade News

Happy New Year 2018! It's hard to believe we are almost half way through the school year. As we settle back into routine, please help us in the classroom by reminding students of expectations and coming to school prepared to learn. Staying focused and attentive is very important. In math please make sure students are practicing addition and subtraction facts through 20 to become fluent. Students should be reading good-fit books nightly. Remember.. if they can talk about or write about what they read, then they usually understand it. Please help with this at home. Second graders are thrilled to begin swimming with the YMCA. Be on the lookout for permission slips to come home shortly if you haven't already. This is a very fun, educational activity for swimmers at all levels! As we enjoy learning about matter during science, we will soon have an in-house field trip with High Touch High Tech to do more hands-on fun and learning. Thanks so much for the continued support for a successful second half!

Sincerely,

Second Grade Teachers



Welcome to the **SCARE SQUAD**

Save the Date!

Our Jump Rope for Heart is kicking off soon!!!
Get a jump start by going to heart.org/jump or download the Jump App. All those who raise \$150 online kick-off will receive Plush Jax plus much all of our scare squad critters!

Register online and earn the **FREE GLOW Wristband**.

Search **Jump/hoops** in your app store to download the **Free mobile app** and see your wristband, tattoo and monsters come to life!

American Heart Association
SHAPE
HOOPS

HAPPY BIRTHDAY

January 26 — February 1

Levi Doran	1/26	Greta Parker	1/26	Jhamel Simmons	1/26
Beckett Vaughn	1/26	Chance Harbaugh	1/27	Gracyn Carnahan	1/28
Aithen Gentile	1/28	Leroy Lippert	1/29	Fynnleigh Klatka	1/30
Rose West	1/31	Jaychelle Holloway-Caldwell	2/1		

There are **only 5 weeks left** to purchase a Waccamaw Elementary yearbook. These can be purchased through the school for **\$37.00** with a deadline of **March 1, 2018**. No orders will be accepted after this date.

If there are any extras at the time of shipment, they will be sold on a first-come, first-serve basis.

WES PTA **Business Partner** of the week:

The Dieter Company

13253 Ocean Hwy, Pawleys Island, SC 29585

Thank you for supporting WES PTA!

SAVE THE DATE!!

Weather Make Up Days —

Monday, February 19th & Friday, March 30th

Awards Assembly—Friday, Feb 2nd

2nd & 3rd Grade @ 8:30am

CD/K, & 1st @ 9:30am

MONDAY 1/29	TUESDAY 1/30	WEDNESDAY 1/31	THURSDAY 2/1	FRIDAY 2/2
Strawberry Pop Tart Seasonal Fresh Fruit	Sausage Biscuit Mandarin Oranges	French Toast Bites Seasonal Fresh Fruit	Breakfast Bites Seasonal Fresh Fruit	Cinnamon Roll Pineapple Chunks
Fiesta Pizza Ham and Cheese Wrap Corn on the Cob Field Peas Pineapple Tidbits	Carolina Chicken Chili Broccoli Cheese Soup Crackers Choice of Toasted Cheese Sandwich or String Cheese Carrot Sticks w/ Dressing Sliced Peaches	Country Style Steak Brown Rice Sub Sandwich California Blend Vegetables Green Beans Mandarin Oranges	BBQ Chicken Sweet Memphis Style Pulled Pork on a Bun Macaroni and Cheese Glazed Sweet Potato Patties Collard Greens Sliced Peaches	Loaded Low Country Burger Chicken Filet Sandwich Sweet Yellow Corn Baby Lima Beans Raisels



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

or call 800-CDC-INFO



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



Georgetown County School District to Host Safe and Sound Schools Presentations

The Georgetown County School District and the Frances P. Bunnelle Foundation are pleased to host Michele Gay, founder of Safe and Sound Schools: A Sandy Hook Initiative, for a free presentation on school safety at Waccamaw High School on Thursday, Feb. 8.

The presentation is free and everyone is encouraged to attend. Doors will open at 5 p.m. with a first responders expo, followed by Gay's presentation at 6 p.m.

Gay is a mother, former teacher, and now one of the founders of "Safe and Sound: A Sandy Hook Initiative." After losing her daughter, Josephine Grace, on December 14, 2012, in the Sandy Hook tragedy she chose to take action as an advocate for improved school security and safety in our nation's schools.

During the school day on Feb. 8 Gay will be addressing middle and high school students on starting Safe and Sound Youth councils in their schools. The program, developed by students, provides a mechanism for young people to foster awareness about the roles students can play in creating safer schools; design and complete service and awareness projects, such as anti-bullying initiatives; build partnerships with teachers, parents and community leaders; and serve as peer role models by emphasizing the importance of a safe environment for learning and growth.

Gay's background as a teacher and involved parent, along with her personal loss and post-tragedy perspective, uniquely position her to help school communities prevent tragedy, and better prepare and respond in the event of an emergency in their own schools. She is dedicated to honoring Josephine in her work to make schools in our country more safe and secure.

WHAT: Safe and Sound Schools Presentation with Michele Gay

WHEN: Thursday, Feb. 8th, 5:00 pm First Responders Expo, Safe and Sound Schools at 6:00 pm

WHERE: Waccamaw High School, 2412 Kings River Rd., Pawleys Island, SC 29585

ADMISSION: Free. Everyone is invited to attend.

For more information contact Alan Walters, Director of Safety and Risk Management, at 843-436-7161 or awalters@gcsd.k12.sc.us

Empowering a Nation of Safer School Communities



Our Story

We are Safe and Sound Schools. Sandy Hook parents, educators, and community members—all inspired by our children and educators who perished on December 14, 2012. Joined by school communities across the country and supported by national school safety experts, mental health, fire, and law enforcement professionals, our community has grown and our resolve has strengthened.

Our Mission

To transform tragedy and inspire a nation of school communities to create and protect the safest possible learning environment for the youth of our nation.

Our Work

Safe and Sound Schools is a hub of school safety resources and education for school communities, including the Straight-A Safety Toolkits, the Safe and Sound Youth Council & the Community & Statewide Initiative programs. Safe and Sound Schools also offers custom workshops and presentations lead by our team of subject matter experts.

Impact Snapshot

- Online footprint of 47 states and 6 countries
- Presentations to over 250 audiences, reaching an estimated 575,000 school community members.
- Growing social media community of nearly 10,000 followers.
- Monthly average of 5,000 website visitors
- All time visits to website of nearly 1,000,000

Is Safe and Sound a non-profit organization? We are a non-stock corporation formed under Connecticut law and recognized as a tax-exempt entity described in Section 501(c)(3) of the U.S. Internal Revenue Code by the IRS.

Does Safe and Sound Schools have a political agenda? No, we are a grassroots organization with no political ties or obligations. Safe and Sound is committed to a nonpartisan approach to problem solving. To make the greatest impact upon school security and safety issues, we look to engage all local and national community members in active problem solving together. School security and safety are everyone's prerogative.

Does Safe and Sound Schools take a position on gun control? No, we choose to focus on keeping children safe in schools by empowering school communities to improve their safety and security practices, plans, and measures. We believe this is the most effective and immediate way to keep schools safe amidst the changing landscape of school safety today.

www.safeandsoundschools.org