

Superintendent Goguen's **NEWSLETTER**

February 13, 2020

Dear Students, Staff, Parents, Grandparents and Caregivers,

Happy Valentine's Day!

We hope everyone enjoys a safe and relaxing school vacation week, February 17th thru February 21st. School will resume on February 24th.

1. Congratulations to the Bartlett show choir and pit band, Impressions, for their outstanding performance and clean sweep at the Tantasqua Show Choir Spectacular. Impressions received trophies for best vocal sound, best choreography, best pit band, grand champions for the small mixed division! Paige Evora received a special judges award for her solo. Great job everyone! **Save the date their next competition is March 21 in Andover MA.**



2. Congratulations to Ranxel (Rex) Gutierrez-Medina who won 1st Place in the sculpture category at the Anna Maria College New England secondary school Art/Design competition! Over one hundred students and eighteen schools competed.

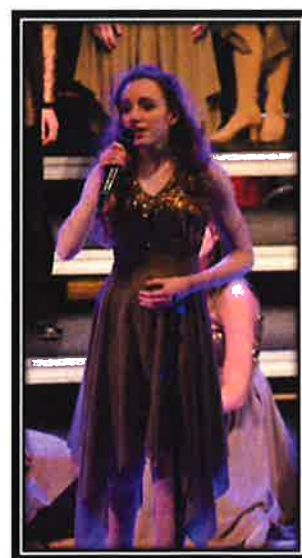


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3. The Bartlett High School Boys Basketball season has wrapped up as they picked up wins over Southbridge and Tanantasqua putting them at a record of 17-2 for the season! **Don't miss the Clark Tournament in Worcester, Monday, February 17th at 7:45 p.m., where the boys will play Millbury High School.**
 4. The winter cheer team is gearing up to defend their SWCL title **and they will compete in the league championship at David Prouty High School on Sunday, February 23rd.**
 5. Best wishes to the BHS DECA members, Alexis Lighten, Tiana Smith, Kathryn James, Ryan Spitz, Breanna Ward, Noah Azzaoui and Ahmed Azzaoui, who will be attending the State Competition in Boston February 27-29th.

From the left: Ryan Spitz, Breanna Ward, Kathryn James, Ahmed Azzaoui, Noah Azzaoui. Missing: Tiana Smith and Alexis Lighten



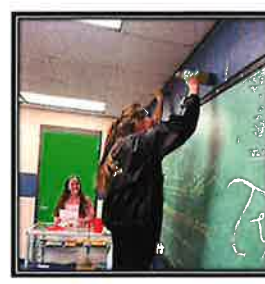
6. Best wishes to Hannah Picchioni who will be attending the Massachusetts Educators Association All-State Conference March 5th -7th. Hannah Picchioni has been selected to be in the prestigious All-State Choir! This honor makes her one of the top 80 altos in the state of Massachusetts!



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7. Webster Middle School was well represented at the Central District Auditions on February 1st by Petru Cojocaru, Jared Evora, David Mercado and Jordan Rousey. Congratulations for all their hard work!



8. Pictures of the BHS NHS students redoing the Trading Post:



9. Park Ave Elementary Kindergarten Concert!



10. Webster Middle School this week's Events:



Upcoming Events:

KINDERGARTEN REGISTRATION INFORMATION NIGHT - FEBRUARY 27TH AT 6:30 PM

Kindergarten Registration Information



Please join us at Park Ave Elementary School for our Kindergarten Registration Information Night!

Who:

Parents of children who live in Webster, MA and will be age 5 as of August 31, 2020.

When:

Thursday February 27th at 6:30 pm

Where:

Park Ave Elementary School cafeteria
58 Park Ave Webster, MA

Hear from our staff - Administration, Teachers, Related Service Providers, Counselors, Nurse, Food Service, Before & After School care and more!

Registration packets will be handed out at this event!

Completed registration packets should be returned to the Central Office located at 77 Poland Street.



Get your tickets now! **BHS Drama presents Café Murder**, a mystery dinner theatre event on March 1st at the Raceway Restaurant in Thompson, CT. Contact the Bartlett High School office for your tickets, 508-943-8552. See the flyer attached.

Other local events:

a. Attendance Program through YOUinc.

Meetings are every Thursday at 328 Main Street, Southbridge.

b. Grandparents Support Group.

Meetings are the 3rd Tuesday of every month at the Gladys E. Kelly Public Library in Webster

c. Preschool Storytime, Fridays from 10:00 - 10:45 at the Southbridge Family Resource Center - See attached Flyer



Wishing everyone a safe and relaxing winter vacation February 17 thru 21.

In Webster...Kindness Matters,

Dr. Ruthann Petrino-Goguen



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 between 6,000 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 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. Flu shots and nasal spray flu vaccines are both options for vaccination.
- 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 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. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. 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 or older and does not have a 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 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:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

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 who get flu symptoms. 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 spreading flu to other children or caregivers.

When can my child go back to school after having 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.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



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

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO

**Bartlett Drama
Presents:**



By Nathan Hartswick

To Be held at The Raceway Restaurant
in Thompson, CT

Sunday, March 1 st

Show Begins at 5:00 pm

\$25.00 per ticket

For Tickets Contact BHS at

508.943.8552

*Produced by special arrangement with Pioneer Drama Services, Inc.,
Denver, Colorado"

The YOU Inc. Southbridge Family Resource Center MA Invites You to register for our:

Infant/Toddler Storytime

Come enjoy a story, songs and activities with your child.

This is a FREE group for children ages 0-3 and their
parent or caregiver.

Wednesdays 10:00-10:45am

Southbridge Family Resource Center

328 Main St. 1st floor

Southbridge MA 01550

To register please call us at: 508-765-9101



PARENTING JOURNEY I

Parenting is hard – we get it. You're not alone. Our programs are designed to help you to meet life's challenges and thrive!

COME AND JOIN US!

**TO REGISTER
PLEASE CALL US
AT**

508-765-9101

Parenting Journey is a small group of parents and caregivers that meets for 2 hours a week for 12 weeks. That combination of practical activities and guided discussions will help you develop knowledge and skills that will support you as a parent and role model.

When:

Every Monday
starting February
24, 2020

Location:

**Southbridge
Resource Center**
328 Main St
1st Floor
Southbridge, MA
01550



- Free of charge and food/snack is provided.
- If child care or transportation is needed let us know!

El Departamento de Niños y Familias de MA y el Centro de Recursos Familiares de Southbridge invitan a los padres a registrarse en nuestro:

Nurturing Fathers Program

Desarrollando actitudes y habilidades para la crianza


- Todos los padres y tutores son bienvenidos
- Este programa es un curso de capacitación de 13 semanas diseñado para enseñar técnicas de crianza a los tutores masculinos. Cada clase proporciona habilidades comprobadas y efectivas para una relación familiar saludable y desarrollo infantil.
- Abraza las raíces de la paternidad y el mundo de la crianza masculina
- Aprenda a apoyar a su pareja e hijos con El poder de nutrir
- Comparte con otros papás en un espacio confidencial y seguro las alegrías de ser padre

Donde: Todos los miércoles comenzando Marzo 11, 2020


Hora: 4:00 pm a 6:00 pm

Lugar: **Southbridge Family Resource Center**
328 Main Street 1st Floor
Southbridge Ma 01550

Para registrarse por favor llamar al 508-765-9101

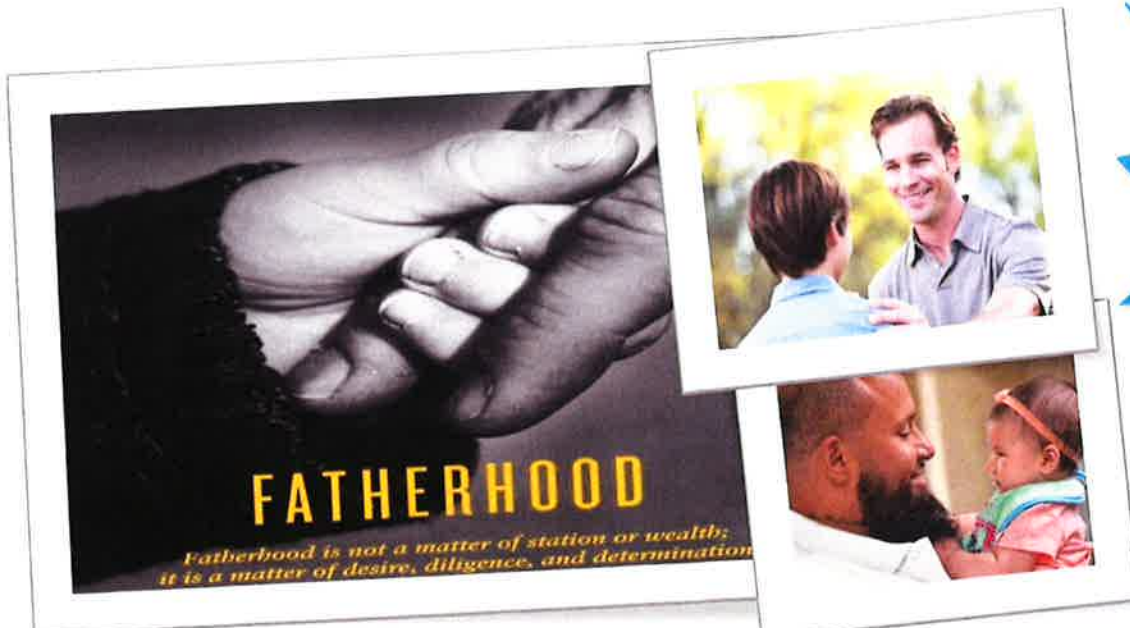


Se proporciona
comida /
merienda Gratis.



Si necesita
cuidado de niños
o transporte,
¡infórmenos!

**Límite de 12 personas
¡Llame para guardar su
lugar!**



FATHERHOOD

*Fatherhood is not a matter of station or wealth;
it is a matter of desire, diligence, and determination.*

Call 508-765-9101 to Register!

Southbridge Family Resource Center

Active Parenting of Teens Third Edition

- 6-week program to learn how to increase communication without conflict, develop skills for “real” life, help your teen avoid the risks teens face, and be more confident supporting your teen on the journey through adulthood.

A.T.T.E.N.D.S. (Absenteeism and Truancy Training to Engage, Nurture, and Develop Success)

- 3-week program to help increase school attendance of students by providing caregivers of students struggling with chronic absences the opportunity to engage in 3 educational modules.

Guiding Good Choices (GGC) in partnership with the District Attorney's Offices

- 5- week multi-media, family-competency training for parents of children ages 9 to 14 designed to enhance parenting and family management skills to prevent early substance misuse and other risky behaviors by youth.
- Based in a social development model that encourages strengthening family bonds to help children develop healthy behaviors.

Nurturing Families in Substance Abuse Treatment & Recovery

in partnership with South Central Area DCF Offices -Offered once per year

- 16-week program focuses on the unique aspect of parenting during recovery, treatment and beyond active use.
- Open to successful parents and parenting partners at least 4-6 months into the recovery/treatment process.

Nurturing Fathers in partnership with the South Central Area DCF Offices

Offered in both English and Spanish

- Embrace the special role fathers bring into the lives of their children, learn how to support your partner and children, and develop skills for the Nurturing approach to parenting.
- Take the opportunity to share with other dads in a confidential and safe space.

Parenting Journey Offered in English and Spanish

- 12-week curriculum designed for parents who want to learn more about themselves, their childhood relationships, and their relationships with their children and to obtain parenting resources.

Teen Art Group (TAG)

- A group just for teens where they can learn ways to express themselves through art.
- 3 different types of art mediums. Ipad drawing (Ipad are provided during group), art journaling, and painting.

All groups offer refreshments and child supervision is available upon request.

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