

# Superintendent Goguen's NEWSLETTER

February 6, 2020



Dear Students, Staff, Parents, Grandparents and Caregivers,

## RECOGNITIONS:

1. Congratulations to Impressions for their outstanding performance and second place finish at the Central Mass Show Choir Festival. Other awards include best horn section, best costumes, best dance break, and outstanding performer award for Gabriella Villegas. A thank you to all our students for sharing their talents and to Mr. Carney, Mr. Twiraga and the Music Boosters for all their hard work!



## A big big thank you!

2. Please take the time to recognize your school counselors this week for all they do with keeping our students needs their first priority! Thank you to the following staff:



PAE ~	Stephanie Errera
PAE ~	Renee Harrington Freeman
PAE ~	Samantha Lopez-Avila
PAE ~	Gina Wojnarowicz
WMS ~	Jennifer Keary
WMS ~	Erin Pelletier
WMS ~	Michael Sweeney
BHS ~	Nancy Guiney
BHS ~	Patrick Diggins
BHS ~	Chris Shen
BHS ~	Kim Granger

3. The Park Avenue and Mapfre video that we created, Safety Play Starts Here (on our webpage) has been submitted to the Boston College Center for Corporate Citizenship (BCCCC). We appreciate our partnership with Fundación MAPFRE and their involvement in the community.

Help us support their "Safe Play Starts Here" childhood injury prevention program with Boston Children's Hospital by voting for our video

#BCConf20 video.  <http://bit.ly/bcccccfilm>  
Vote for MAPFRE in the small companies category. 

4. Park Avenue Elementary MCAS Parent Informational Night



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## SCHOOL NEWS AND UPDATES

1. **FY21 proposed budget** presentation is located on our website [www.webster-schools.org](http://www.webster-schools.org) under the Business Department. The presentation is very detailed and I recommend parents/guardians review it to see how we continue to improve our district. Our budget requests align with the new Student Opportunity Act requirements and was created to continue to prioritize safety and student learning needs; to continue to improve student programming for all students; to continue to provide staff with professional development to implement the instructional and programmatic changes that will address achievement gaps; and to continue to take a system wide approach with determining budget priorities and goals.

### The FY21 proposed budget approach for each school:

**Park Avenue Elementary School** – A focus on early intervention for literacy skills

**Webster Middle School** - A focus on closing learning gaps and ensuring appropriate time on learning for all core content areas

**Bartlett High School** - A focus on expanding college and career pathways for all students

### FY21 Proposed Staffing:

**Park Avenue Elementary School** – 1 Grade 4 Teacher, 2 Special Education Teachers and an increase to Speech and Language Assistant position

**Webster Middle School** – 3 Content level teachers for Grades 7/8, 1 Counselor, a part time EL Teacher, 1 paraprofessional and a part time Nurse Assistant (to be shared with Bartlett)

**Bartlett High School** – 1 paraprofessional, an increase in FTE for Foreign Language, a part time Nurse Assistant (to be shared with Webster Middle) and a full time Athletic Director.

**District** - an increase to the part time Admin. Assistant (for centralized registration) and part time Groundskeeper

2. Please review our new **Wellness Policy** (attached). We are currently seeking volunteers who may want to serve on this committee. If you are interested please contact Lori Marrazzo at [lmarrazzo@webster-schools.org](mailto:lmarrazzo@webster-schools.org). Our existing committee is composed of our nursing staff and will be meeting next week.
3. Our **Bully Prevention and Intervention Plan** is in the process of being updated. An Anti-Bullying Task force comprised of school counselors and administrators have been working on improving our existing policy. Once this is complete, we will be sharing it with parents/guardians for feedback prior to us bringing it to the School Committee for approval.



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## **Medical Updates from our Schooling Department**

### **1. Guidelines for when to keep your child home from school during flu season:**

- Temperature of 100 or more. Your child must be fever free for 24 hours without medication before returning to school.
- Vomiting or diarrhea present during the past 24 hours. Your child must be free of vomiting or diarrhea for 24 hours before returning to school.
- If on an antibiotic for a contagious illness (such as strep throat or pink eye), the child must be on the medication for 24 hours before returning to school.
- Live lice or nits under 1 inch from the scalp, please treat and keep home. See lice policy in student handbooks

### **2. A Parents Guide to the Flu is attached**

## **TOWN OF WEBSTER CORONAVIRUS UPDATE**

For the latest information, visit the DPH 2019 novel coronavirus web site which is updated frequently

<https://www.mass.gov/guides/information-on-the-outbreak-of-2019-novel-coronavirus-2019-n-cov-updated-as-of-february-3>

Additional details and guidance regarding the novel Coronavirus, is available from the CDC  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## **UPCOMING EVENTS...MARK YOUR CALENDARS!**

### **1. EL PARENT ADVISORY- TUESDAY FEBRUARY 11<sup>TH</sup>**

The meeting will be held from 10:00 - 11:00 a.m. at the Michael Makara Conference Room, District Administration Office at 77 Poland Street in Webster.

The purpose of this council is to provide parents with an opportunity to provide input to the school district as well as for the school district to increase parent involvement in our English Language Learner program. We are excited to offer this opportunity for you to meet with us and share your concerns, ideas, and feedback regarding how we can improve the delivery of services to our students who are second language learners.

### **2. WSEPAC MONTHLY MEETING- FEBRUARY 12<sup>TH</sup>**

The meeting will be held at the Webster Middle School Library at 75 Poland Street in Webster.

The mission of the WSEPAC is to facilitate understanding, respect, and support for all children with special needs in our community.

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### 3. KINDERGARTEN CONCERTS AT PARK AVENUE ELEMENTARY- FEBRUARY 12<sup>TH</sup> & 13<sup>TH</sup>

Feb. 12<sup>th</sup> @ 9:30 – Mrs. Cole, Ms. Gutierrez, Ms. Galotti

Feb. 13<sup>th</sup> @ 9:30 – Mrs. Hashey, Ms. Jordan, Ms. Hanlon, Ms. Calnan

### 4. KINDERGARTEN REGISTRATION- FEBRUARY 27<sup>TH</sup>

## 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.



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

### 6. Other local events:

**a. Attendance Program through YOUinc.**

Meetings are every Thursday at 328 Main Street, Southbridge.

**b. Grandparents Support Group.**

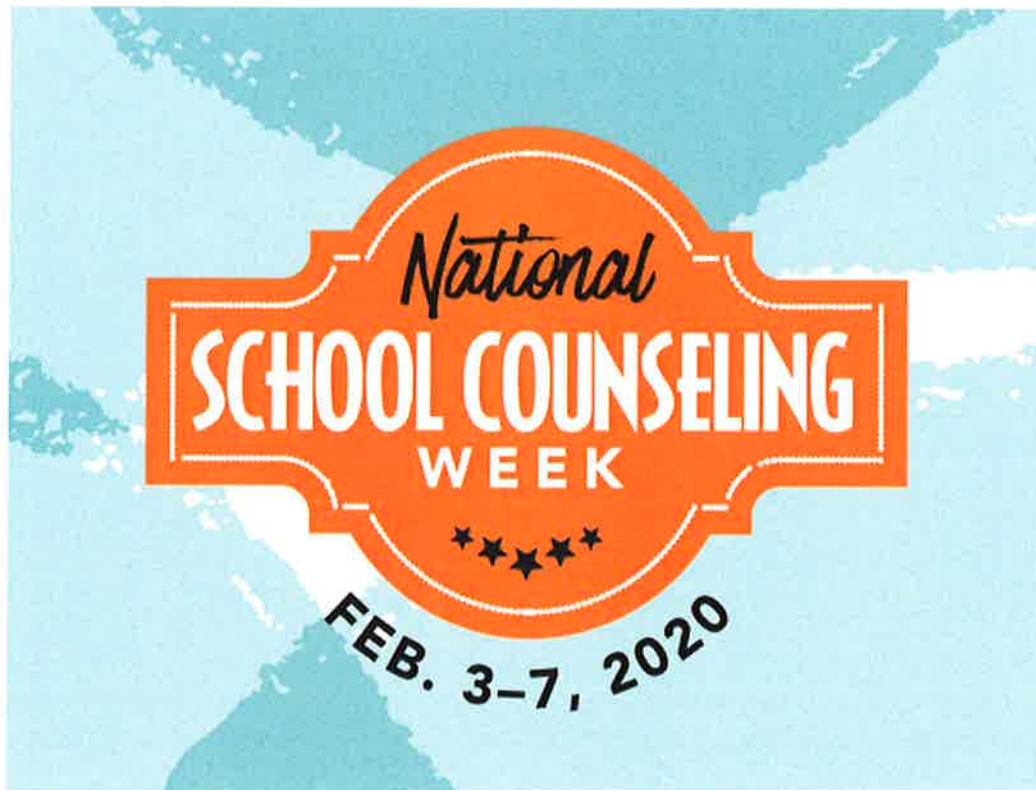
Meetings are the 3<sup>rd</sup> Tuesday of every month at the Gladys E. Kelly Public Library in Webster

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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.



## **Wellness**

Webster Public Schools strives to meet the academic, physical, social, and emotional needs of all of its students. To accomplish this goal, the District has implemented and continues to modify a comprehensive school wellness program. Components of this wellness policy include a nutrition program, nutrition education, wellness/physical education, and health and safety based activities and procedures that are designed to promote student wellness in the schools.

Thus, Webster Public Schools are committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating, physical activity and safe procedures. Therefore, it is the policy of Webster Public Schools that:

- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- All students will receive physical education/wellness instruction taught by a certified physical education/wellness teacher with additional opportunities for physical activity through daily, supervised recess in elementary schools and before and after school sponsored programs in the secondary schools.
- Foods and beverages sold or served during school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and Webster Public Schools Wellness Policy and Guidelines.
- The District Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will make every effort to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will work towards establishing linkages between health education and school meal programs, and with related community services.

Webster Public Schools will establish a district wide School Wellness Committee which will review, and as necessary, revise school nutrition and physical activity guidelines. The School Wellness Committee will act as a resource to individual schools for implementing these guidelines. The School Wellness Committee will consist of individuals representing the schools and community, including parents, students, and representatives from the Food Service Department, members of the School Committee, school administrators, teachers, health professionals, and members of the community. The School Wellness Committee will report to the School Committee Annually.

#### NUTRITION, FOOD ALLERGY and POLICY GUIDELINES

- All foods available at the Webster Public Schools during school hours will comply with the current USDA Dietary Guidelines for Americans and the district's Life Threatening Allergy Policy and Guidelines.

#### NUTRITION EDUCATION/OTHER WELLNESS

Webster Public Schools aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health and is part of not only health education classes, but can also be integrated into the classroom instruction in core academic subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, and taste testing.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other school foods, and nutrition related community services.
- Promotes environmentally-friendly practices such as participation in Farm to School programs and other procurement of locally grown and seasonal foods, school gardens, and non-disposable tableware. Recycling and composting programs will be developed and implemented whenever possible.

- Schools will make available plain potable water to all students during the day without charge. The use of personal water bottles will be permitted throughout the day where appropriate.
- Support the development and implementation of after school programming for students and parents to educate nutrition guidelines and meal preparation.
- An adequate amount of time will be allowed for students to eat meals in adequate lunchroom facilities.
- Physical activities and/or nutrition services or programs designated to benefit staff health will be considered and, to the extent practical, implemented. Life Skills program participation will be considered and, to the extent practical, implemented.
- Mindfulness programs will be explored, developed and implemented whenever possible.

## WELLNESS/PHYSICAL EDUCATION AND ACTIVITIES

All students will receive wellness/physical education instruction taught by a certified physical education/wellness teacher. In addition, all elementary students will have at least 15 minutes a day of supervised recess. All secondary students will have the opportunity to participate in physical activity before and/or after school through intramural and interscholastic sports programs.

Physical education and physical activity opportunities are essential components of maintaining health, academic success, and the development of lifelong wellness practices. Our districts are committed to a physical education, health and wellness program that is designed to accomplish the following:

- Helps students and their families and staff establish and maintain lifelong habits of being physically active.
- Requires a sequential K-12 program of physical education and wellness education that provides moderate to vigorous physical activity, and is taught by a certified Physical Education and/or Wellness Teacher. Meets the National Association for Sport and Physical Education National Standards and/or the Massachusetts State Comprehensive Health Standards.
- Accounts for and respects all students' needs and abilities.



- Emphasizes the connection between physical fitness and all components of wellness that reduce the risk of disease and influences lifelong health. Recognizes that due to sedentary lifestyles, increased childhood diabetes and obesity, activities such as recess, intramurals, before and after school programs, clubs and interscholastic activities should not be substituted for a structured, sequential Physical Education/Wellness program.
- Complement physical education through classroom knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television and other sedentary activities.

## POLICIES FOR MANAGING STUDENTS WITH LIFE THREATENING ALLERGIES

Webster Public School District pursuant to Massachusetts Department of Public Health regulations shall strive to provide and maintain a safe and secure environment for students with medically diagnosed, life threatening allergies. A comprehensive approach to compliance with this policy requires, but is not limited to, a focused effort by parents, students (when developmentally appropriate), school staff and bus/van transportation personnel. It is the intent of Webster Public Schools to provide an effective procedure of communication between home and school regarding any student with potentially life threatening allergies while fostering a commitment to inclusiveness for all students.

First Reading:	October 22, 2019
Second Reading:	November 12, 2019
Third and Final Reading:	November 26, 2019

# 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.



# **COME JOIN US!**

## **Webster Special Education Parent Advisory Council (WSEPAC) Monthly Meeting**



**When: February 12, 2020**

**Where: Webster Middle School Library**

**75 Poland St. Webster, MA 01570**

**Time: 6:30-7:30pm**

**The mission of the WSEPAC is to facilitate understanding, respect and support for all children with special needs in our community. Even if you are not interested in becoming a member, attend the meetings, provide your voice and inspire change.**

**Any questions please contact us on facebook @ WebsterSEPAC**

**Monthly Meetings will be held the second Wednesday of Every Month.  
Babysitting services will be provided by the B.H.S. National Honor Society**



**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"

# Attendance Program

Developing Attitudes and Skills for students with chronic absences

**A.T.T.E.N.D.S.**

Absenteeism and Truancy Training to Engage, Nurture, and Develop Success



The goal of A.T.T.E.N.D.S. is to increase school attendance of students by providing caregivers of students struggling with chronic absences the opportunity to engage in 3 educational modules.

COME AND JOIN US!

TO REGISTER PLEASE

CALL US AT

508-765-9101

 **Family  
Resource Centers**

**Youinc**  
support. care. hope.

**When:**

Every Thursday  
starting February 6,  
2020

**Location:**

**Southbridge  
Resource Center**  
328 Main St  
1<sup>st</sup> Floor  
Southbridge, MA  
01550

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

*Every day*  
**COUNTS!** 

School success starts  
with attendance



*Grandparents  
& Grandchildren*  
are God's gift to each other.

**GRANDPARENTS RAISING GRANDCHILDREN**  
**SUPPORT GROUP**

**THIRD TUESDAY OF EVERY MONTH**

**6:30 p.m. - 8:00 p.m.**

**Gladys E. Kelly Public Library**

**Webster, MA 01570**

Grandparents Raising Grandchildren is a Support Group that meets on the 3rd Tuesday of each month at 6:30 PM in the Meeting Room of the Gladys E. Kelly Public Library. This is a great opportunity for Grandparents who are raising grandchildren to meet and share their strengths, experiences, resources and questions with others. Speakers are invited to share information about resources that may be available to families as well (ie: childcare, after school programs, family activities that are inexpensive and kid friendly, special needs advocacy programs, etc.) Census data presents that about 2.4 million grandparents are now raising 4.5 million grandchildren. If you are a grandparent raising your grandchild/grandchildren - **YOU ARE NOT ALONE!!!** Please join us! If you need assistance, let us help you. Childcare is available and transportation can be arranged if needed, both free of charge.