



Superintendent Goguen

September 23, 2019

Dear Students, Families, and Staff,

Welcome to Fall!

Thank you to all who attended the Open Houses at our schools. We hope that by attending you were able to learn more about your child's/children's teachers and what is in store for the learning this year!

We continue to urge parents to get involved in our schools. Here are some ideas:

1. Become a **School Council Representative** – contact the school principal
2. Become a member of the **PAE PTO** – contact parkavepto@hotmail.com
3. Become a member of the **Webster SPEDPAC Advisory Group** – contact WebsterSepac@gmail.com. **We are hosting a Parent Informational Evening for the Sped PAC on October 16th at the District Administrative Office from 6:00 p.m. to 7:00 p.m.**
4. Become a member of the **Webster ELL Parent Advisory Group** – contact Margarita Nieves @ mnieves@webster-schools.org
5. Become an approved **substitute teacher**. **We are offering trainings this week at the District Administrative Offices on September 25th @ 4:00 p.m. and on September 26th @ 10:00 a.m.**
6. Become a member of the **Webster Educational Foundation**. This organization is in need of volunteers and works to support the educational programming in our district. Over the years, the amount of volunteers for this organization has dwindled and we urge you to consider joining this group so they don't dissolve. Please contact either Becky Snyder @ beckysnyderwef@gmail.com or Amy Huchowski @ amyprscila526@yahoo.com

Safety - The Dangers of Vaping Notifications:

We continue to educate our students about the dangers of vaping. With all the recent news, I am sharing resources that I have received from Tina Grosowsky, Project Coordinator for Central MA Tobacco Free Community Partnership.

Resources :

- ◇ **My Life, My Quit** is a free resource to help youth quit vaping. Massachusetts promotional materials coming soon.
 - ◆ Teens can call or text “start my quit” to 1.855.891.9989 or they can visit www.mylifemyquit.com for real-time coaching.
 - ◆ Through the program, teens work with a coach who listens and understands their unique needs, provides personalized support, and helps them build a quit plan to become free from nicotine.

Safety - The Dangers of Vaping Notifications:

Resources con't:

- The Department of Public Health released a 2-minute video to educate parents about the harms of vaping: [The New Look of Nicotine Addiction](#).

Other Updates

- **[CDC Health Advisory: Severe Pulmonary Disease Associated with Using E-Cigarette Products](#)**
 - * [Youth and young adults should not use e-cigarette products.](#)
 - * [Women who are pregnant should not use e-cigarette products.](#)
 - * Adults who do not currently use tobacco products should not start using e-cigarette products.
 - * If you do use e-cigarette products, you should not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids).
 - * You should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.
 - * Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, including e-cigarettes, contact your doctor or other medical provider.

MCAS Data

- The 2019 MCAS data will be released on tomorrow, Tuesday September 24th and more information will be forthcoming soon.
- The Department of Secondary and Elementary Education released the following information regarding the **2020 MCAS ELA**. As part of DESE's efforts to reduce testing time for students, the [test designs for the 2020 English Language Arts MCAS](#) tests in grades 3–8 and 10 have changed.

Changes include:

- ⇒ the elimination of one operational essay in each grade;
- ⇒ the addition of multiple choice items, including both language and reading items;
- ⇒ a small adjustment to reporting category percentages; and
- ⇒ a small reduction in the total number of points on the grades 6–8 and 10 tests.

SAVE THE DATE – Chad Hymas Present to the Webster Community!

We were so fortunate to have him here at our District Convocation to kick off the 2019/2020 school year and he is returning to present to our community on October 21st. This presentation will be at The Gladys E. Kelly Library from 6:00pm to 7:30pm.

Chad is an internationally recognized author and speaker. The Wall Street Journal calls Chad Hymas "**one of the 10 most inspirational people in the world**". He is one of the youngest ever to receive the **Council of Peers Award of Excellence** and to be inducted into the prestigious **National Speaker Hall of Fame**.

In 2001, at the age of 27, Chad's life changed in an instant when a 2,000-pound bale of hay shattered his neck, leaving him a quadriplegic - but, Chad's dreams were not paralyzed that day.

Instead, he became an example of what is possible. And, he's here to remind all of us of what is possible.

Thank you to United Way & Mapfre Volunteers for their efforts!

This past Friday was the United Way Day of Caring. Many volunteers returned this year to assist with beautifying the grounds at Park Avenue and Webster Middle School. While it was a beautiful day, the work was hard and as you can see from the pictures transformational! Thank you to our dedicated volunteers for their efforts and time!



Kind Regards,
Ruthann Petrino-Goguen Ed.D

Special Education Parent Meeting

Wednesday,
October 16, 2019

Location:

District
Administration Office
77 Poland Street,
Webster, MA 01570

Time of event:

6:00 p.m. to 7:00 p.m.

Contact information:

[kbaris@webster-
schools.org](mailto:kbaris@webster-schools.org)
508-943-0104

*Please join the Director of Student Support Services,
Kathy Baris, for an informational meeting for
Special Education Parents.*

*Information regarding the status of the Special
Education Parent Advisory Council will be discussed
along with plans for the Basic Rights Training to be
scheduled this fall.*

Hope to see you there!

Substitute Teaching

OPPORTUNITIES EVERYDAY!

WHEN: Taking Applications Now!

WHERE: Webster Public Schools

- Bartlett High School (BHS) ~ Grades 9-12
 - Webster Middle School (WMS) ~ Grades 5-8
 - Park Ave Elementary School (PAE) ~ PreK-4
- Email: Lori Glennon at lglennon@webster-schools.org
 - Call: 508-943-0104 x 40011
 - In Person: 77 Poland Street, Webster, MA 01570

Substitute Training

Where: Administration Office, Michael Makara Conference Rm.
77 Poland Street, Webster, MA 01570

- September 25, 2019 at 4:00 p.m.
- September 26, 2019 At 10:00 a.m.

Substitute Teaching

\$85.00 per day

Paraprofessional

\$78.00 per day

Also in need of Substitute
Cafeteria Workers



FREE COMMUNITY EVENT

"One of the 10 Most Inspirational People in the World!" – The Wall Street Journal

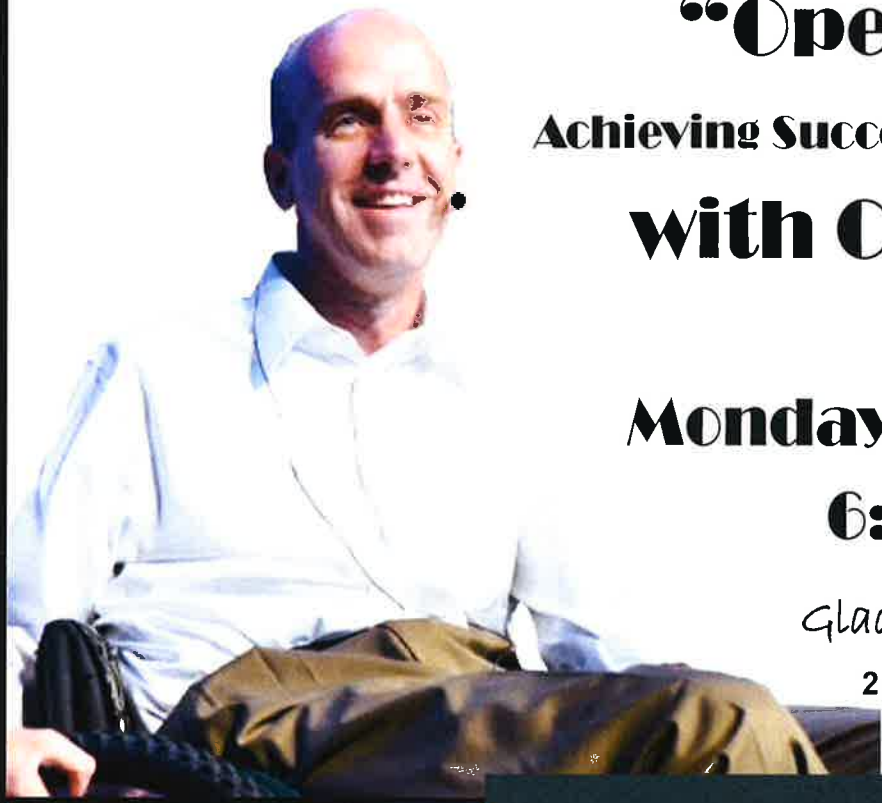
“Opening Doors: Achieving Success in School and in Life” with Chad Hymas

Monday, October 21, 2019

6:00 – 7:30 PM

Gladys E. Kelly Public Library

2 Lake Street, Webster, MA 01570



NOT TO BE MISSED!

BEST SELLING AUTHOR

APPEARED ON OPRAH AND
DOCTOR PHIL

RECOGNIZED WORLD-CLASS
WHEELCHAIR ATHLETE

In the summer of 2003, Chad set a world record by wheeling his chair from Salt Lake City to Las Vegas (513 miles).

AWARD WINNING SPEAKER

At 37 years of age, Chad is the youngest person to ever receive the CPAE award and to be inducted into the National Speaker Hall of Fame.

THE **WEBSTER PUBLIC SCHOOLS**
INVITES COMMUNITY MEMBERS,
PARENTS, TEACHERS, AND STUDENTS
TO ATTEND A VERY SPECIAL EVENING
PRESENTATION WITH **CHAD HYMAS**

Chad inspires, motivates, and moves audiences, creating an experience that touches hearts for a lifetime. And he's coming to Webster to share his incredible story and inspirational wisdom with all of us and our community!

You won't want to miss this once-in-a-lifetime opportunity! His stories are relevant and moving, his courage unprecedented, and his insights... profound.

FUNDED THROUGH TITLE IV, Part A OPEN TO THE PUBLIC ALL ARE WELCOME



The Flu:

A Guide for Parents

Flu Information

What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that

has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

IMPORTANT:

Can my child go to school, daycare 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 to caregivers.

When can my child go back to school after having the flu?

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

Protect Your Child

How can I protect my child against flu?

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household **every year**. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.



About Flu Vaccine

What are the benefits of the flu vaccine?

- Flu vaccine helps protect the person vaccinated from the flu.
- Flu vaccine can make your illness milder if you do get sick and reduces the risk of hospitalizations and deaths.
- Flu vaccine keeps you from spreading the flu to your family and friends. This is particularly important to protect those who are most vulnerable, such as:
 - » Those at greatest risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children.
 - » Infants younger than 6 months old who are too young to get vaccinated.

Is influenza vaccine effective?

Yes. While no vaccine is 100% effective, influenza vaccine is the best protection against getting the flu.

Influenza vaccine tends to be most effective in people who are younger and healthy. It takes about two weeks after vaccination to protect against flu, so vaccination does not protect immediately. Also, flu

viruses are always changing, so the vaccine needs to be updated every year, before flu season starts. When the vaccine isn't a good match with flu viruses that are circulating, it offers less protection.

Are there any risks from flu vaccine?

Vaccine reactions, if they occur, are usually mild and can include soreness, redness and swelling where the shot is given. Some people have experienced fever, body aches, headache and fatigue. These reactions usually begin soon after the vaccine is given, and last 1-2 days.

A vaccine, like any medicine, could possibly cause more serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm is **extremely small**.

Life threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

More detailed information about flu vaccine is available at www.immunize.org/vis. At this site you will find Vaccine Information Statements about influenza vaccines designed to educate and inform in many languages.



Other Steps to Take

What else can I do to protect my child?

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after use.
- Stay away from people who are sick.
- Wash hands often with soap and water.
- Use an alcohol-based hand rub if soap and water are not available.
- Contact your healthcare provider if your child gets sick, especially if the child is very young (under 5) or has long-term health conditions.
- Seek emergency care if your child has trouble breathing, fast breathing, turns bluish or gray, has severe or persistent vomiting, has trouble waking up, or doesn't interact normally.

Much more information is available at:

www.mass.gov/flu
www.cdc.gov/flu
www.immunize.org

Or call (617) 983-6800 or your local board of health.

