



# Superintendente Goguen

23 de septiembre de 2019

Estimados estudiantes, familias y personal,

Bienvenido a otoño!

Gracias a todos los que asistieron a las jornadas de puertas abiertas en nuestras escuelas. ¡Esperamos que, al asistir, haya podido aprender más sobre los maestros de sus hijos y sobre lo que les espera para el aprendizaje de este año!

Continuamos instando a los padres a involucrarse en nuestras escuelas. Aquí hay algunas ideas:

1. Conviértase en un Representante del Consejo Escolar - contacte al director de la escuela
2. Hágase miembro del PAE PTO - contacte [parkavepto@hotmail.com](mailto:parkavepto@hotmail.com)
3. Hágase miembro del Grupo Asesor Webster SPEDPAC - contacte [WebsterSepac@gmail.com](mailto:WebsterSepac@gmail.com). **Estamos organizando una Noche Informativa para Padres para el Sped PAC el 16 de octubre en la Oficina Administrativa del Distrito desde las 6:00 p.m. a las 7:00 p.m.**
4. Hágase miembro del **Webster ELL Parent Advisory Group** - contacte a Margarita Nieves @ [mnieves@webster-schools.org](mailto:mnieves@webster-schools.org)
5. Conviértete en un maestro sustituto aprobado. **Estamos ofreciendo entrenamientos esta semana en el Distrito Oficinas administrativas el 25 de septiembre a las 4:00 p.m. y el 26 de septiembre a las 10:00 a.m.**
6. Hágase miembro **de la Fundación Educativa Webster**. Esta organización necesita voluntarios y trabaja para apoyar la programación educativa en nuestro distrito. Con los años, la cantidad de voluntarios para esta organización ha disminuido y le recomendamos que considere unirse a este grupo para que no se disuelvan. Póngase en contacto con Becky Snyder @ [beckysnyderwef@gmail.com](mailto:beckysnyderwef@gmail.com) o Amy Huchowski @ [amyprscila526@yahoo.com](mailto:amyprscila526@yahoo.com)

## **Seguridad: los peligros de las notificaciones de vapeo:**

Continuamos educando a nuestros estudiantes sobre los peligros del vapeo. Con todas las noticias recientes, comparto los recursos que recibí de Tina Grosowsky, Coordinadora de proyectos de Central MA Tobacco Free Community Partnership.

## **Recursos:**

- **My Life, My Quit** es un recurso gratuito para ayudar a los jóvenes a dejar de vapear. Materiales promocionales de Massachusetts próximamente.
  - ♦ Los adolescentes pueden llamar o enviar un mensaje de texto con la palabra "comenzar mi renuncia" al 1.855.891.9989 o pueden visitar [www.mylifemyquit.com](http://www.mylifemyquit.com) para recibir asesoramiento en tiempo real.
  - ♦ Through A través del programa, los adolescentes trabajan con un entrenador que escucha y comprende sus necesidades únicas, les brinda apoyo personalizado y les ayuda a crear un plan para dejar de fumar y liberarse de la nicotina.

## **Seguridad: los peligros de las notificaciones de vapeo:**

### **Los recursos no:**

- El Departamento de Salud Pública lanzó un video de 2 minutos para educar a los padres sobre los daños del vapeo: **el nuevo aspecto de la adicción a la nicotina.**

### **Otras actualizaciones**

- **Aviso de salud de los CDC: enfermedad pulmonar grave asociada con el uso de productos de cigarrillos electrónicos**
  - \* **Los jóvenes y los adultos jóvenes no deben usar productos de cigarrillos electrónicos.**
  - \* **Las mujeres embarazadas no deben usar productos de cigarrillos electrónicos.**
  - \* Los adultos que actualmente no usan productos de tabaco no deben comenzar a usar productos de cigarrillos electrónicos.
  - \* If Si usa productos de cigarrillos electrónicos, no debe comprar estos productos en la calle (por ejemplo, productos de cigarrillos electrónicos con THC u otros cannabinoides).
  - \* No debe modificar los productos de cigarrillos electrónicos ni agregar sustancias a estos productos que no estén diseñadas por el fabricante.
  - \* Los fumadores adultos que intentan dejar de fumar deben usar tratamientos basados en evidencia, que incluyen asesoramiento y medicamentos aprobados por la FDA. Si necesita ayuda para dejar los productos de tabaco, incluidos los cigarrillos electrónicos, comuníquese con su médico u otro proveedor médico.

### **Datos MCAS**

- Los datos de MCAS 2019 se darán a conocer mañana, martes 24 de septiembre, y pronto se enviará más información.
- El Departamento de Educación Secundaria y Primaria dio a conocer la siguiente información sobre el MCAS ELA 2020. Como parte de los esfuerzos de DESE para reducir el tiempo de evaluación para los estudiantes, los diseños de las evaluaciones para las pruebas MCAS de Artes del Lenguaje en Inglés 2020 en los grados 3-8 y 10 han cambiado.

Los cambios incluyen:

- ⇒ a eliminación de un ensayo operativo en cada grado;
- ⇒ la adición de elementos de opción múltiple, incluidos elementos de lenguaje y lectura;
- ⇒ un pequeño ajuste a los porcentajes de categorías de informes; y
- ⇒ Una pequeña reducción en el número total de puntos en los grados 6-8 y 10 exámenes.

### **AHORRE LA FECHA - ¡Chad Hymas presente a la comunidad Webster!**

Fuimos muy afortunados de tenerlo aquí en nuestra Convocatoria del Distrito para comenzar el año escolar 2019/2020 y él regresará para presentarse en nuestra comunidad el 21 de octubre. Esta presentación será en la Biblioteca Gladys E. Kelly de 6:00 p.m. a 7:30 p.m.

Chad es un autor y orador reconocido internacionalmente. El Wall Street Journal llama a Chad Hymas | **una de las 10 personas más inspiradoras del mundo**". Es uno de los más jóvenes en recibir el **Premio a la Excelencia del Consejo de Compañeros** y en ser incluido en el prestigioso **Salón de la Fama del Presidente Nacional**.

En 2001, a la edad de 27 años, la vida de Chad cambió en un instante cuando una paca de heno de 2,000 libras destrozó su cuello, dejándolo tetrapléjico, pero los sueños de Chad no se paralizaron ese día.

En cambio, se convirtió en un ejemplo de lo que es posible. Y está aquí para recordarnos a todos lo que es posible.

**Gracias a United Way & Mapfre Volunteers por sus esfuerzos!**

El viernes pasado fue el Día del Cuidado de United Way. Muchos voluntarios regresaron este año para ayudar a embellecer los terrenos en Park Avenue y Webster Middle School. Si bien fue un día hermoso, ¡el trabajo fue duro y, como puede ver en las imágenes, transformador! ¡Gracias a nuestros dedicados voluntarios por su esfuerzo y tiempo!



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](mailto: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](http://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](http://www.mass.gov/flu)  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.immunize.org](http://www.immunize.org)

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

