



Community Connections

For our children, our community, our world, our future

Important dates:

Nov. 27
Early Dismissal

Nov. 28-29
Thanksgiving—
No School

Dec. 11
School Board
Meeting
Betz Elementary
6:00 p.m.

**Dec. 23 -
Jan. 3**
Winter Break—
No School

Friends of Cheney Public Schools,

Healthy children have better attendance in school. That statement may not seem surprising to anyone; however, keeping students healthy during the cold and flu season is sometimes a challenge. The number one precaution that we can take is teaching students the regular practice of hand washing. We have proper hand washing posters up in areas throughout our school district, and our teachers and support staff review proper hand washing techniques with our students.

Another precaution that can be taken is making sure that children are immunized. Our District has hosted immunization clinics at the Sunset School Health Center located on the campus of Sunset Elementary School. You may recall that this health center is available to students throughout our entire school district! Other immunizations may also be administered at the center. The center is made possible as a result of strong partnerships: It is operated by CHAS (Community Health Association of Spokane) and sponsored by School Health Care Association of Spokane County.

Another important service available to our students is access to a registered nurse and trained health aide at the school site. Our registered nurses provide care and guidance to children for more serious health conditions such as diabetes management and asthma management. Our health aides offer regular support to children to provide a safe and caring environment for minor medical services. For example, a student reporting a fever may be assessed and returned to class or sent home for the day, depending on the outcome of the assessment. Our health services team does an outstanding job of treating children on-site every day.

Thanks to your support of our schools, we are able to provide health services to our students. As we know, healthy students do better in school.

For our children, our community, our world, our future ~

Debra J. Clemens, Ph.D.
Superintendent

Our essential foundations

- ★ High Expectations and Continuous Progress
- ★ Involvement and Engagement with School District Community
- ★ Stewardship and Planning

Cheney Middle School activities line: (509) 559-4488

Westwood Middle School activities line: (509) 559-4161

Cheney High School activities line: (509) 559-4120

Go to www.cheneyisd.org for current news and information about Cheney Public Schools. Like us on Facebook! Check us out at <https://www.facebook.com/CheneySD>.



Cheney Public Schools complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, religion, national origin, economic status, gender, sexual orientation including gender expression or identity, pregnancy, familial status, marital status, age, honorably discharged veteran or military status, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer/ADA Coordinator or Section 504 Coordinator. Or inquiries may be directed to the Director of the Office of Civil Rights, Department of HEW, Washington, D.C.

Title IX/Chapter 28A.640 Officer/ADA Coordinator
Sean Dotson, Associate Superintendent
Cheney School District, 12414 S. Andrus Rd.
Cheney, WA 99004 Phone: (509) 559-4550

Section 504 Coordinator
Kristi Thurston, Director, Student Support Services
Cheney School District, 12414 S. Andrus Rd.
Cheney, WA 99004 Phone: (509) 559-4507

Requests for Disclosure of Public Records
Sharon Throop, Public Records Officer
Cheney School District, 520 Fourth Street
Cheney, WA 99004 Phone: (509) 559-4502



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CHENEY PUBLIC SCHOOLS

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Cheney, Washington 99004

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Thank you, CHAS and School Health Care Association!

The School Based Health Center at Sunset Elementary School provides medical and limited dental care and is open to all of our students, as well as to siblings of Cheney School District students. Health Center hours are Monday through Wednesday from 8:00 a.m. to 2:15 p.m., on Thursday from 8:00 a.m. to 4:00 p.m., and on Friday from 9:00 to 2:00 p.m. All students are able to receive services at the Health Center regardless of ability to pay. Medical care is provided by an experienced primary care provider, including:

- Evaluation and treatment of common health problem
- Well-child exams
- Immunizations
- Sports physicals
- Oral health evaluations
- Fluoride treatments
- Dental education
- Counseling

Students must be registered with the Health Center in order to receive care. A completed registration for (available at all schools) with the parent or guardian signature is all that is needed to access the services offered.

Helping children stay healthy ...

Tips to keep germs away during this season:

- Wash hands before eating, or touching your eyes, nose or mouth.
- Wash hands after touching anyone who is sneezing, coughing, or blowing their nose.
- Don't share food, utensils, or beverage containers with others.
- Don't share things like towels, chapstick, toys, or anything else that might be contaminated with respiratory germs.

Tips to prevent spreading germs to others:

- Wash hands frequently with soap and warm water.
- Cover nose and mouth with a tissue when sneezing or coughing.
- Stay at home to avoid spreading germs when you have a cough or fever.
- Get lots of rest!



Who needs a flu vaccine?

Everyone, every year.

Everyone age 6 months and older should get an annual flu vaccine. For best protection, get vaccinated as soon as vaccine is available.

People more likely to get flu complications:

- Children younger than 5, but especially children younger than 2 years old

- Adults 65 years of age and older
- People who are more than 100 lbs. overweight
- People younger than 19 years of age who are receiving long-term aspirin therapy
- Pregnant women

The flu can also worsen some chronic health problems, such as: asthma, chronic lung disease, heart disease; blood disorders; neurological and neurodevelopmental conditions, endocrine disorders; kidney, liver, and metabolic disorders; weakened immune system due to disease or medication; or chronic obstructive pulmonary disease.

The district is working with CHAS to possibly once again offer an immunizations clinic at the Sunset School Health Center like the one offered earlier this year.