



LULING ELEMENTARY SCHOOL

Expect More...Achieve More

December 2023

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www.stcharles.k12.la.us/luling

Tiger Cub News

December's Message from Mrs. Carol Bowie-Cotton

December is officially here! Our first half of the school year has been one of great success! We have hosted our Back to School Night, "A Taste of Kindergarten" literacy night, and "Third Grade Trinity" literacy night. Thank you to our entire LES family for your continued support. In addition to the hard work Geniuses put in each day here at school, please continue to support your Genius's academic progress at home daily by ensuring that homework is completed and that skills are practiced and reinforced.

Thank you for all of your donations and support of various fundraisers that have taken place throughout the year such as the various dress down days which have supported many organizations, along with sending your child with money to purchase snacks which supports our student incentive program. Early in 2024, we will have our annual PTO fundraiser. More information will be sent at a later date. Please consider supporting this fundraiser as this is the main income for the many additional supports provided to our school community by PTO. All of the PTO funds raised are directly put back into our school and provide experiences for our students, materials and activities for student appreciation week, as well as materials and supplies used by students throughout the school.

As we reflect on the first half of this school, let us close 2023 with a continued focus on our Core Business, which is "Teaching and Learning". Teachers will continue to have engaging lessons for geniuses and our geniuses will continue to focus on maximizing their learning. Please continue to support our LES family as we make our school the best learning environment for all.

I want to wish you, your family, and friends a very Happy Holiday season and Happy New Year. Remember, when we Expect More ... we Achieve More. It's GROW Time at LES!! Thank you for your continued partnership in your "Genius" education.



POSITIVE THOUGHTS & AFFIRMATIONS

- | | |
|---|---|
| 1. There is no one better to be than myself. | 27. I am proud of myself. |
| 2. I am enough. | 28. I deserve to be happy. |
| 3. I get better every single day. | 29. I am free to make my own choices. |
| 4. I am an amazing person. | 30. I deserve to be loved. |
| 5. I can work through my problems. | 31. I can make a difference. |
| 6. Today I am a leader. | 32. Today I choose to be confident. |
| 7. I forgive myself for my mistakes. | 33. I am in charge of my life. |
| 8. My challenges help me grow. | 34. I have the power to make my dreams true. |
| 9. I am perfect just the way I am. | 35. I believe in myself and my abilities. |
| 10. My mistakes help me learn and grow. | 36. Good things are going to come to me. |
| 11. Today is going to be a great day. | 37. I matter. |
| 12. I have courage and confidence. | 38. My confidence grows when I step outside of my comfort zone. |
| 13. I can control my own happiness. | 39. My positive thoughts create positive feelings. |
| 14. I have people who love and respect me. | 40. Today, I will work through my challenges. |
| 15. I stand up for what I believe in. | 41. I am open and ready to learn. |
| 16. I believe in my goals and dreams. | 42. Every day is a fresh start. |
| 17. It's okay not to know everything. | 43. If I fall, I will get back up again. |
| 18. Today I choose to think positive. | 44. I am whole. |
| 19. I can get through anything. | 45. I only compare myself to myself. |
| 20. I can do tough things. | 46. I can solve problems and challenges. |
| 21. I give myself permission to make choices. | 47. It is enough to do my best. |
| 22. I can do better next time. | 48. I can be anything I want to be. |
| 23. I have everything I need right now. | 49. I accept who I am. |
| 24. I am capable of so much. | 50. Today is going to be an awesome day. |
| 25. Everything will be okay. | |
| 26. I believe in myself. | |





Its GROW Time!

 <p>Be adaptable</p>	 <p>Be responsible</p>	 <p>Be Loyal</p>	 <p>Be Here</p>
 <p>Be optimistic</p>	 <p>Be Compassionate</p>	 <p>Be prepared</p>	<p>But...</p>  <p>Stay home if you are sick.</p>
 <p>Be courageous</p>	 <p>Be on time</p>	 <p>Be respectful</p>	 <p>Be to others as you would hope they would be to you</p>
 <p>Be honest</p>	 <p>Be open</p>	 <p>Be ready</p>	 <p>Be trustworthy</p>

REMINDERS

ANYONE picking up your child from school

- ★ **Must be listed on your child's emergency card** and
- ★ **Must present photo identification** to the school office specialist in the main office. Otherwise, your child will not be released.
- ★ **Photo identification** will also be required at **car riders** if you do not have your placard.
- ★ In addition, only those on a child's emergency card will be allowed to pick him/her up from car riders.



If you are checking your child out from school, you must do so by **3:30 p.m.** **We will not take changes over the phone.** Car rider or after care notes may be sent with your child to school. You may also fax or email notes. **Bus changes are not allowed.**

Fax- 985-785-9933

E-mailed- lulingcubs@stcharles.k12.la.us

Check in time 8:30-8:40 a.m.

Dismissal Time: 3:40-3:50 p.m.

Early Dismissal: 12:45-12:55 p.m.

If you have not completed your child's paperwork (emergency card or release forms) sent home on the first day of school, please do so as soon as possible. Remember, some of this can be completed online.

Important
FORMS

If you have not paid your child's \$20.00 technology fee or \$8.00 supply fee, please send this in as soon as possible.



Attendance Requirements:

ELEMENTARY students shall be in attendance a minimum of 167 days a school year. **Students may only be absent 10 days.** ELEMENTARY students who accrue more than 10 absences will NOT be eligible for promotion. Extenuating circumstances may apply. For more information, please refer to the 2023-2024 Student Code of Conduct District Handbook.

December

Upcoming Events

12/8	Science/Social Studies Fair
12/12	Winter Band and Choir Concert @ LES @ 6:00PM
12/16	Science/Social Studies Fair
12/21	Early Dismissal
	End of Grading Period
12/22-1/5	Christmas Holidays

We would like to welcome our newest Tiger Cub member, Officer George Cunningham to our Luling Family. He is a 24 1/2 year veteran of the St. Charles Parish Sheriff's Office and will be servicing elementary schools on the West Bank.



welcome TO THE TEAM



I am super excited to continue my administrative career at Luling Elementary. Throughout my career, I have experienced being a classroom teacher, literacy teacher, inclusion teacher, and an administrative assistant. My first 10 years of teaching were a mix of Carver Elementary and Luling Elementary. I spent the next ten years at Ethel Schoeffner Elementary. My last 4.5 years were at R.J. Vial as the Administrative Assistant. I look forward to getting to know and supporting the students, faculty, staff, and community at Luling Elementary.



I am honored and looking forward to being part of the Administrative Team at Luling Elementary School. Prior to joining Luling I have served Destrehan High School, RK Smith Middle School and Harry Hurst Middle School as a Science Teacher and Coach for 20 years, and Landry Educational Programs Center as an Administrator. I am a 1995 graduate of Hahnville High School. I received my Bachelor's Degree in Biology from Nicholls State University 1999 and my Teacher Certification from Nicholls State University in 2003. I earned my Master's Degree in Leadership in 2015.

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04 Kindergarten Field Trip	05	06	07	08 Science/ Social Studies Fair	09
10	11	12 Winter Band and Choir @LES 6PM	13	14	15	16 Science/ Social Studies Fair
17	18	19	20	21 Early Dismissal Quarter 2 Ends	22 Christmas Holidays Begin	23
24	25	26	27	28	29	30
31	<div>Christmas Break 12/22-1/5</div> 					



Tips for a Healthy Holiday Season From the CDC

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

<https://www.cdc.gov/healthequity/features/holidayseason/index.html>



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 long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years – especially those younger than 2 years – and children with certain chronic health conditions (including asthma, diabetes and disorders of the brain or nervous system), are at higher 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 that is not controlled by fever-reducing medicine
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

CDC/HRSA

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 higher risk of flu complications like pneumonia, and 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 signs and 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). Not everyone with the flu will 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 chronic health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)

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

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or infants may be able to spread 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 until their symptoms have improved to avoid spreading flu to other children or caregivers.

When can my child go back to school, daycare, or camp after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (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.

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



- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Flu vaccination during pregnancy protects babies 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.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. 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 40 to 60 percent.
- **Flu vaccines can keep your child from being hospitalized from flu.** A recent study showed that flu vaccine reduced children's risk of severe life-threatening influenza as much as 75%.
- **Flu vaccine can be life saving in children.** A study using data from multiple flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions and by nearly two-thirds among healthy children.
- **Flu vaccination also may make your illness milder if you do get sick.**



Flu Information



Flu:

A Guide for Parents

Influenza (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 from the 2010-2011 season to the 2019-2020 season, flu-related hospitalizations among children younger than 5 years old have ranged from 6,000 to 27,000 annually in the United States. The flu vaccine is safe and helps protect children from flu.



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- **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 chronic health problems.

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 two 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 increased risk of serious flu complications. Antivirals can be given to children and pregnant people.

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; cover your cough and sneezes; wash your hands often with soap and water; do not touch your eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

These everyday actions are a good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick. However, a yearly flu vaccine is the best protection against flu illness.



Si su hijo está enfermo

¿Qué puedo hacer si mi hijo se enferma?

Hable temprano con su médico si está preocupado por la enfermedad de su hijo.

Aségurese de que su hijo descanse lo suficiente y beba suficientes líquidos.

Si su hijo tiene 5 años o más y no tiene problemas de salud a largo plazo y tiene síntomas de gripe, como fiebre y/o tos, consulte a su médico según sea necesario.

Los niños menores de 5 años, especialmente los menores de 2 años, y los niños con ciertas afecciones de salud crónicas (que incluyen asma, diabetes y trastornos del cerebro o del sistema nervioso) corren un mayor riesgo de sufrir complicaciones graves por la influenza.

Llame a su médico o lleve a su hijo al médico de inmediato si presenta síntomas de gripe.

¿Qué pasa si mi hijo parece estar muy enfermo?

Incluso los niños sanos pueden enfermarse gravemente a causa de la gripe. Si su hijo experimenta las siguientes señales de advertencia de emergencia, debe ir a la sala de emergencias:

- § Respiración rápida o dificultad para respirar
- § Labios o cara azulados
- § Costillas contrayéndose con cada respiración
- § Dolor torácico
- § Dolor muscular intenso (el niño se niega a caminar)
- § Deshidratación (sin orina durante 8 horas, boca seca, sin lágrimas al llorar)
- § No estar alerta o interactuar cuando está despierto
- § Convulsiones
- § Fiebre superior a 104 °F que no se controla con medicamentos para reducir la fiebre
- § En niños menores de 12 semanas, cualquier fiebre
- § Fiebre o tos que mejoran pero luego regresan o empeoran
- § Empeoramiento de condiciones médicas crónicas

¿Qué tan grave es la gripe?

Si bien la enfermedad de la gripe puede variar de leve a grave, los niños a menudo necesitan atención médica debido a la gripe. Los niños menores de 5 años y los niños de cualquier edad con ciertos problemas de salud a largo plazo corren un mayor riesgo de sufrir complicaciones de la gripe, como neumonía e infecciones de los senos paranasales y del oído. Algunos problemas de salud que se sabe que hacen que los niños sean más vulnerables a la gripe incluyen asma, diabetes y trastornos del cerebro o del sistema nervioso.

¿Cómo se propaga la gripe?

Se cree que los virus de la gripe se propagan principalmente a través de gotitas que se forman cuando alguien con gripe tose, estornuda o habla. Estas gotas pueden caer en la boca o la nariz de las personas cercanas. Una persona también puede contraer la gripe al tocar algo que tiene el virus de la gripe y luego tocarse la boca, los ojos o la nariz.

¿Cuáles son los signos y síntomas de la gripe?

Los síntomas de la gripe pueden incluir fiebre, tos, dolor de garganta, secreción o congestión nasal, dolor de cuerpo, dolor de cabeza, escalofríos, cansancio y, a veces, vómitos y diarrea (más comunes en niños que en adultos). No todas las personas con gripe tendrán fiebre.

Protege a tu hijo

¿Cómo puedo proteger a mi hijo de la gripe?

La primera y mejor manera de protegerse contra la gripe es vacunarse anualmente contra la gripe para usted y su hijo.

§ Se recomienda la vacunación contra la influenza para todas las personas mayores de 6 meses cada año. Las vacunas contra la gripe y las vacunas contra la gripe en aerosol nasal son ambas opciones para la vacunación.

§ Es especialmente importante que los niños pequeños y los niños con ciertos problemas de salud crónicos vacunarse

§ Cuidadores de niños con mayor riesgo de gripe complicaciones deben vacunarse contra la gripe. (Los bebés menores de 6 meses corren un mayor riesgo de sufrir complicaciones graves por la gripe, pero son demasiado pequeños para vacunarse contra la gripe).

Esta lista no es el todo inclusivo. Consulte a su proveedor médico por cualquier otro síntoma que sea grave o preocupante.

¿Por cuánto tiempo una persona enferma puede contagiar la gripe a otras personas?

Las personas con gripe pueden infectar a otros desde un día antes de enfermarse hasta cinco o siete días después. Las personas gravemente enfermas o los bebés pueden transmitir la gripe por más tiempo, especialmente si todavía tienen síntomas.

¿Puede mi hijo ir a la escuela, a la guardería o al campamento si está enfermo?

No. Su hijo debe quedarse en casa para descansar hasta que sus síntomas hayan mejorado para evitar contagiar la gripe a otros niños o cuidadores.

¿Cuándo puede mi hijo volver a la escuela, la guardería o el campamento después de tener gripe?

Mantenga a su hijo en casa y no vaya a la escuela, la guardería o el campamento durante al menos 24 horas después de que haya desaparecido la fiebre y hayan mejorado o desaparecido los síntomas. (La fiebre debe desaparecer sin el uso de un medicamento para reducir la fiebre). Una fiebre se define como 100 °F (37,8 °C) o más.

*Muchas autoridades utilizan 100 (37,8 grados Celsius) o 100,4 °F (38,0 grados Celsius) como límite para la fiebre, pero este número puede variar según factores como el método de medición y la edad de la persona.

Para obtener más información, visite www.cdc.gov/tfl/protect/children.htm o llame al 800-CDC-INFO



§ Las personas embarazadas deben vacunarse contra la gripe para protegerse a sí mismas ya su bebé de la gripe. La vacunación contra la gripe durante el embarazo protege a los bebés de la gripe durante varios meses después del nacimiento.

Los virus de la influenza cambian constantemente y, por lo tanto, las vacunas contra la influenza se actualizan con frecuencia para proteger contra los virus de la influenza que, según las investigaciones, tienen más probabilidades de causar enfermedades durante la próxima temporada de influenza.

¿Son seguras las vacunas contra la gripe?

Las vacunas contra la gripe tienen un excelente historial de seguridad. Millones de personas han recibido vacunas contra la influenza de manera segura durante décadas. Las vacunas contra la gripe y las vacunas contra la gripe en aerosol nasal son opciones de vacunación. Los diferentes tipos de vacunas contra la influenza están autorizados para diferentes edades. Cada persona debe conseguir uno que sea apropiado para su edad. Los CDC y la Academia Estadounidense de Pediatría recomiendan una vacuna anual contra la influenza para todos los niños de 6 meses en adelante.

¿Cuáles son los beneficios de obtener un

vacuna contra la gripe?

§ Una vacuna contra la gripe puede evitar que usted y su hijo se enfermen. Cuando se combinan los virus de la vacuna y los virus en circulación, se ha demostrado que la vacunación contra la influenza reduce el riesgo de contraer la influenza en un 40 a 60 por ciento.

§ Las vacunas contra la gripe pueden evitar que su hijo sea hospitalizado a causa de la gripe. Un estudio reciente mostró que la vacuna contra la influenza redujo el riesgo de los niños de sufrir una influenza grave que amenaza la vida hasta en un 75 %.

§ La vacuna contra la gripe puede salvar la vida de los niños. Un estudio que utilizó datos de varias temporadas de gripe encontró que la vacuna contra la gripe redujo el riesgo de gripe muerte asociada a la mitad entre los niños con condiciones médicas de mayor riesgo y a casi dos tercios entre los niños sanos.

§ La vacunación contra la gripe también puede hacer que su enfermedad más leve si se enferma.

Información sobre la gripe



Gripe:

Una guía para padres

La influenza (gripe) es una enfermedad respiratoria contagiosa causada por los virus de la influenza que infectan la nariz, la garganta y los pulmones. La gripe es diferente a un resfriado y generalmente aparece de repente. Cada año, los virus de la gripe causan millones de enfermedades, cientos de miles de hospitalizaciones y miles o decenas de miles de muertes en los Estados Unidos.

La gripe puede ser muy peligrosa para los niños. Los CDC estiman que, desde la temporada 2010-2011 hasta la temporada 2019-2020, las hospitalizaciones relacionadas con la gripe entre niños menores de 5 años oscilaron entre 6000 y 27 000 al año en los Estados Unidos. La vacuna contra la gripe es segura y ayuda a proteger a los niños de la gripe.



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§ Vacunarse a usted y a su hijo también puede proteger a otras personas que pueden ser más vulnerables a la gripe grave, como bebés y niños pequeños, personas mayores y personas con ciertos problemas de salud crónicos.

¿Existe algún medicamento para tratar la gripe?

Si. Los medicamentos antivirales son medicamentos recetados que se pueden usar para tratar la enfermedad de la gripe. Pueden acortar su enfermedad y hacerla más leve, y pueden prevenir complicaciones graves que podrían resultar en una hospitalización. Los antivirales funcionan mejor cuando se inician durante los dos primeros días de la enfermedad. Se recomiendan medicamentos antivirales para tratar la gripe en personas que están muy enfermas (por ejemplo, personas que están en el hospital) o personas que tienen un mayor riesgo de sufrir complicaciones graves por la gripe. Los antivirales se pueden administrar a niños y personas embarazadas.

¿De qué otras maneras puedo proteger a mi hijo contra la gripe?

§ Además de vacunarse contra la gripe, usted y su hijo deben tomar medidas cotidianas para ayudar a prevenir la propagación de gérmenes.

§ Manténgase alejado de las personas enfermas; cubra su tos y estornudos; Lávese las manos frecuentemente con agua y jabón; no se toque los ojos, la nariz y la boca; y limpie y desinfecte superficies y objetos que puedan estar contaminados con virus de la gripe.

Estas acciones diarias son una buena manera de reducir sus posibilidades de enfermarse y prevenir la propagación de gérmenes a otras personas si se enferma. Sin embargo, una vacuna anual contra la gripe es la mejor protección contra la enfermedad de la gripe.



This month in Pre-K!

For the month of December, we will continue on Theme 4 of Compare and Contrast. We will compare stories such as the Three Little Pigs and The Three Little Fish.

We will also compare and contrast real and make believe and then opposites. We are looking forward to a great ending to 2023, and look forward to watching our Pre-K kids grow into 2024!





Our kindergarten geniuses are ready to shine even brighter during the month of December! During the middle of the month of November, the geniuses finished the first quarter and started a new module in Eureka Math Squared, a new unit in CKLA skills, and a new domain in CKLA knowledge.

In math, our geniuses will continue to learn about comparing as they compare numbers within 10. They will compare the number of objects in a set and describe the comparison by using the terminology more, fewer, greater, less, and equal to. The geniuses will develop a toolbox of comparison strategies that vary in complexity and precision. As they experience more complicated comparison situations, the geniuses will find that matching and counting strategies are reliable ways to compare sets. They will have opportunities to self-select tools to use for comparing, and they will evaluate the tools' effectiveness. In skills, the geniuses will continue to use the relationship between letters and sounds to practice segmenting and blending sounds to read and spell words by engaging in engaging and meaningful activities. The geniuses will use their reading strategies to read the big book, *Ox and Man*. They will also learn the tricky word, look. In CKLA knowledge, the geniuses will wrap up their domain on the five senses and begin to dig into familiar stories in domain 3 titled, "Stories". The geniuses will listen to some of our classic stories including "The Three Little Pig" and "The Three Billy Goats Gruff." They will acquire an understanding of the elements of a story including characters, plot, and setting.

The geniuses will experience Polar Express Day at LES. They will watch the movie and engage in several fun Polar Express activities as they stay warm and cozy in their pajamas! We hope all of our kindergartener geniuses have a relaxing, fun-filled, and Merry Christmas with their family and friends! We look forward to seeing our geniuses return on January 8, 2024!



Fabulous First Grade!!!!

We made it to December! We are excited to continue our learning and wrap up quarter 2!



In math, students will continue to use the unit of ten to make easier problems by decomposing addends and grouping them in any order. They will use strategies such as counting on, making ten, taking from ten, subtracting to get to a ten, and relating operations to break down larger addition and subtraction problems. We will explore the concept of place value. The students will begin to recognize and using tens and ones. These strategies may seem odd, but please

refer to the parent helper in front of each



homework

In CK Skills, students are working in Unit 3. Students learned spelling 'oo' as in boot and book. This can be very difficult as it letters, but two possible sounds. Students will 'ou', 'oi', and 'aw'. Our third reader will focus Students will read fables with these sound patterns. Students will have started SPELLING TESTS! Spelling words should be practiced nightly.

the tricky the same also learn, on fables.



In CK Knowledge we will finish Domain 4: Early World Civilizations!

Domain 4 is all about how both civilizations thrived because of access to water. They also both created writing systems and had leaders such as kings and pharaohs. We will close the unit by learning of three ancient world religions:

Christianity, Judaism, and Islam. Students will learn about important people, buildings of worship, important holidays, and names of their holy books and followers. We can't wait to wrap up the first half of the school year!!



There's no Turkeys in First Grade!



SENSATIONAL

Second Grade

It's December, and this month second graders are working hard! We are excited for the upcoming holiday season, but we have a lot of fun teaching and learning to do before we say goodbye to 2023 and hello to 2024!



In math, we will continue Module 2, which focuses on addition and subtraction within 200! Students use the properties of operations, the relationships between numbers, and place value understanding, to add and subtract within 200! Students love to use manipulatives to count, sort, add together, and subtract from!

In ELA, we are continuing our 95% groups and flex groups! In these groups, students are practicing vowel sounds, blends, diagraphs, etc. They practice these sounds by reading and writing them. Students also work on reading accurately and with fluency. Students are soaring to new heights and crushing their reading goals in these groups!



3rd Grade

Greetings to all our wonderful LES families! As we continue in the year 2023, there are lots of exciting things ahead! Here is what LES 3rd graders will be up to this month.



Students work with partners during a math lesson.

Math- Students will apply multiplication and division strategies for units of 0, 1, 6-9, and multiples of 10.

$$\begin{array}{c} 5 \times 8 \qquad \qquad 1 \times 8 \\ \begin{array}{|c|c|c|c|c|c|} \hline 8 & 8 & 8 & 8 & 8 & 8 \\ \hline \end{array} \\ \underbrace{\hspace{10em}}_n \qquad \qquad | \\ (5 \times 8) + (1 \times 8) \\ 40 + 8 = 48, n = 48 \\ 6 \times 8 = 48 \end{array}$$

ELA- Students are continue to learn about the value of companionship, the joy of finding friends in unexpected places. Students will explain how the character's actions, feelings, and thoughts are changing throughout the many events that are happening in the story.



Social Studies- Students will continue working on Unit 3 Colonial LA. Students will examine how and why the Acadians came to Louisiana and investigate how Cajun people contributed to Louisiana's unique culture.

Science- Students will analyze how a caterpillar's environment is suitable for its survival and we will investigate how living in a group can benefit animals and how do they cope with changes in their environment.



WEEKLY NEWSLETTER

LEARNING FOCUS

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Mrs. Pfister: hpfinger@stcharles.k12.la.us
Mrs. Richard: brichard1@stcharles.k12.la.us
Mr. Schulze: aschulze@stcharles.k12.la.us

Luling Elementary: (985) 785-6086

Please allow us 24 hours to return your call, email or text.

All students should read for at least 20 minutes nightly. Students may also be read to by a parent or a sibling. Please ensure that your child gets a full night of sleep every day.

ELA and Social Studies

In ELA this month, students will continue reading *The Lightning Thief* as they build their understanding of how quests influence the theme of a novel. This month they will be focusing on analyzing the characters and mythical elements in the text.

Geniuses will continue with the new curriculum "Bayou Bridges". We will continue discussing early human civilization, exploring how these early humans survived by being hunter-gatherers. Students will compare and contrast the world we live in today versus an early human civilization.

Math and Science

In math this month, we have been studying multiplication and division while working through Module 3. We have studied multiple strategies on how to divide and multiply numbers to up the thousands place by using place value charts, area models, long division, and the vertical method.

In Science, we have been learning about what energy is, as well as how it transfers and transforms. We studied this through several investigations involving collisions and items that transform energy.

FUN

in 5th grade
AND MORE

ELA- In the month of January, our analysis of the informational texts related to "Making of a Scientist" will continue in our second unit. Students will read informational and literary texts to understand how different scientific theories have changed over time. They will express their understanding about these theories and the process of scientific inquiry by gathering evidence and comparing and contrasting different theories. They will write an essay that identifies and explains the lesson Richard Feynman's father was trying to teach Richard about science, using examples, details, and quotations to develop the explanation.

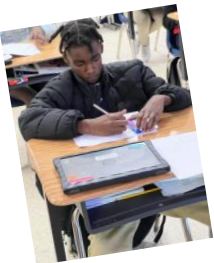


Math- During the month of December, the 5th Grade geniuses will continue Module 3 with fraction and whole number division. Prior to the winter break, they will conclude their study of multiplying and dividing with fractions in Module 3. In preparation for the end of the 2nd 9 weeks, students will be reviewing previous essential standards daily and have homework nightly.

Social Studies- During the next few weeks, as part of our study of the Bayou Bridges Louisiana Social Studies Curriculum, your child will be learning about the medieval world. They will learn about the events that shaped the Middle Ages in Europe and the Middle East. In this unit, students will study the geography of Europe and the Middle East; explore historical events such as the rule of Charlemagne, the development of feudalism, the Crusades, the Black Death, and the Hundred Years' War; analyze primary sources; and evaluate claims and evidence.



Science- This month, our 5th grade student scientists will continue and conclude Module 2 of their PhD Science's unit on ecosystems as they investigate their phenomenon question, "How can a tree support so much life?" Science discussions will center on matter cycling among organisms and the environment, how animals receive matter and store energy, and how plants harness energy from the sun. They will continue to examine the relationships within ecosystems between plants, animals, and decomposers as well as explore how to maintain balance within an ecosystem.



'Twas the month before Christmas... all the library was abuzz
With visitors and reading and Grinchy green fuzz.

The students were searching the shelves with care
For the perfect book, or maybe even a pair.

Book exchange with Mrs. Heather, a smile on her face,
Scanning and reshelving at a very quick pace.

Ms. Sun taught skills read aloud All the students all engaged
To hear the Christmas stories, and --- a very excited crowd.



Sharing information books and story books,
analyzing characters and setting
Discussing digital wellness.
What knowledge they were getting!



When what to their wondering eyes did appear?
But the *Who-ville* Encore team
Coming to spread good cheer
Christmas was coming...
It was practically here!

Then the Grinch showed up
In his Santy Clause coat and hat
With Max by his side in the Library they sat.

With library books in their school bags
And smiles on their faces,
Students boarded buses or cars,
Whichever the case is.



And I heard them exclaim 'ere they drove out of sight....
"We love LES with all our might!"

Winter Vacation: 5 Reading Ideas for Families

Winter vacation is a great time to read with your kids. It's also a good time to make reading (and writing) fun! Try some of the ideas below — and remember that it's ok to do these activities [in your home language](#)!

Being together

- **Read together.** Look for some time to read together and discuss the books you read. If you have extra time, read a longer chapter book or children's novel aloud to your child. You will enjoy being together and discovering a good story.
- **Tell stories:** Use some of your holiday time together to tell stories from your childhood. Ask relatives and friends to share their own stories, too. Storytelling helps children become better readers. [Family stories](#) are also an important part of your child's heritage.

At the library

- **Visit the library:** Check your library's holiday hours and, if you have time, take your children [to the library](#). Encourage your child to browse the children's section — it's the perfect opportunity to see what's on the shelves.

The gift of reading

- **Give books:** Give your child a book for the holidays. It doesn't have to be new — you can share one of [your favorite books](#) or look for a special old book from a used bookstore! If relatives are looking for gift ideas for your child, ask them to give a book this year.

Writing ideas

- **Make lists:** Ask your child to help write shopping lists, activity ideas, or television and movie schedules. This is good writing practice — and a big help to the adults, too!

Even if your time is limited, a few extra minutes or hours reading together can make an important difference to your child. Who knows? You may even create a new reading routine for the New Year!

Las vacaciones de invierno: 5 sugerencias para fomentar la lectura

Las vacaciones de invierno son un buen momento para leer con los niños. También son un buen momento para divertirse con la lectura — ¡y la escritura! Hagan la prueba con las ideas que sugerimos — ¡y recuerden que se pueden realizar estas actividades en su propio idioma natal, el español!

Pasar tiempo juntos

- **Leer juntos:** Busquen tiempo para leer juntos y hablar sobre los libros que han leído. Si disponen de tiempo extra durante las vacaciones, lean un libro más largo en voz alta, como por ejemplo, un libro de capítulos o una novela infantil. Disfrutarán del tiempo que pasen juntos y de descubrir un buen cuento.
- **Contar cuentos:** Aproveche la época de fiestas para contar historias de su niñez. Pida a sus parientes y amigos que compartan sus historias también. El escuchar historias ayuda a los niños a mejorar su lectura. Además, las historias familiares son una parte importante de la herencia de su hijo.

En la biblioteca

- **Visitar la biblioteca:** Averigüe las horas de la biblioteca durante las vacaciones, y, si tiene tiempo, lleve a sus hijos a la biblioteca. Dele tiempo a sus hijos para revisar algunas selecciones en el área infantil. ¡Es el momento perfecto para ver lo que hay en los estantes!

El regalo de la lectura

- **Dar libros:** Regale a su hijo un libro para las fiestas. No tiene que ser nuevo, puede compartir un libro favorito suyo o buscar un libro antiguo e interesante en una tienda de libros usados. Si sus parientes buscan ideas sobre un regalo, pídales este año que regalen un libro.

Ideas de escritura

- **Hacer listas:** Pida a su hijo que le ayude a escribir listas de compras, ideas de actividades o los horarios de televisión y películas, lo cual es una buena práctica para la escritura — ¡y una gran ayuda para los adultos también!

Aún si no tiene mucho tiempo en estas vacaciones, el dedicar algunos minutos u horas extra leyendo juntos puede marcar una diferencia importante para su hijo. ¿Y quién sabe? ¡Tal vez creará una nueva rutina de lectura para el año nuevo!



Encouragement

Many times, parents try to get their children to behave in a certain way by pointing out what the children are not doing properly or by criticizing them.

“Because you didn’t pick up your clothes, your room looks like a garbage dump”.

“Will you ever learn that you are supposed to do your homework right after school?”

Unfortunately, this common tactic does not work. Psychological research has repeatedly shown that only a small percentage of children actually improve their behavior as a result of this type of interaction.

Encouraging children is a better approach. This means finding whatever good there is in a situation and mentioning only that. This may seem impossible when the child’s bedroom is an embarrassing sight and his/her grades are falling because homework isn’t being turned in on time. However, recognition of good qualities motivates children to try harder. This, in turn, enables them to improve.

Expecting Too Much Too Soon

It is important not to expect too much from your child.

If you do, you might not provide the encouragements that your child needs to improve his/her performance. Remember that you can break any skill into small segments and work at accomplishing each small part until your child learns the desired behavior

Dr. Frank Clavelle Jr.

Professional School Counselor

Our students are

LOVING LITERACY

Our geniuses are learning how to identify patterns in words in order to become accurate and fluent readers! Every day, they are given the opportunity to practice applying these patterns during reading and writing activities. We are so excited to be able to watch our students GROW!

I got a bit of fruit juice
on my new blue suit.
If you value your friends, do not
argue.

