



# LULING ELEMENTARY SCHOOL

Expect More...Achieve More

September 2023

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Carol Bowie-Cotton, Principal  
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[www.stcharles.k12.la.us/luling](http://www.stcharles.k12.la.us/luling)

## Tiger Cub News

### September's Message from Mrs. Carol Bowie-Cotton

LES Families:

Welcome to the 2023-2024 school year! We are excited about starting this school year and know that our students will continue to GROW both socially and academically throughout the year. Our theme this year is *GROWing Greatness Together at LES... It's GROW Time!!!* Our focus as a school is on literacy. Reading is one of the most important skills that a student can have. Please help us by encouraging a love for reading and for books at home. Throughout the year, we will send home books that can be used to build at home libraries.

I would like to thank everyone who attended our Meet and Greet in August.

Throughout the year, we will have other events such as our Back to School Bash scheduled for September 29, 2023. The various events throughout the year are to support our children and families in both academic and social activities.

I also want to share the importance of our families joining and becoming active in our Parent Teacher Organization (PTO). The PTO not only provides physical help for various activities on our campus but they also provide financial support via fundraisers throughout the year. The PTO is generous to LES each and every year. We would not have many items (swing sets, communication folders, Promethean Boards, etc.) without their support. You may join the PTO by submitting a payment of \$5. You may do this online at

<https://osp.osmsinc.com/StCharlesParish/>. Please also consider purchasing a \$7 pencil pouch for your child to help support the PTO.

Thank you for your support last school year and for your continuous support throughout this school year.

### Luling Elementary Expectations

Expectations		
Purpose: We are a FAMILY. We will treat each other with respect and kindness. These expectations are guidelines for how to do so.		
Take care of yourself	Take care of others	Take care of the environment
<ul style="list-style-type: none"><li>When someone is speaking, keep your eyes on him or her at all times.</li><li>No matter the circumstances, always be HONEST, even if you have done something wrong.</li></ul>	<ul style="list-style-type: none"><li>If someone bumps into you, say "Excuse me," even if it is not your fault.</li><li>Say, "Yes ma'am" or "No sir," when responding to an adult.</li><li>Always say, "Thank you," when you are given something.</li></ul>	<ul style="list-style-type: none"><li>When in line, walk directly behind the person in front of you with your arms at your sides. You should face forward at all times. Hallways are quiet.</li><li>Be responsible for all trash.</li></ul>





Ashley Bennett DeJean Foundation

Loving Stitches by Jill Chilton

United Methodist Church of Destrehan, LA

Cookie Experience by Anne Schexnaydre

Carez Cotton (CJ the Groomer at @ Thee Anointed Hair Studio)

Jose Anderson (The Anointed Barber @ Thee Anointed Hair Studio)

Marcia Kliebert

Guarantee Restoration Services, LLC

Holy Family Catholic Church



# Its GROW Time!



**Be  
adaptable**



**Be  
responsible**



**Be  
Loyal**



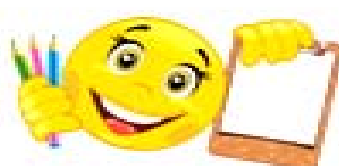
**Be  
Here**



**Be  
optimistic**



**Be  
Compassionate**



**Be  
prepared**

**But...**



**Stay home  
if you are sick.**



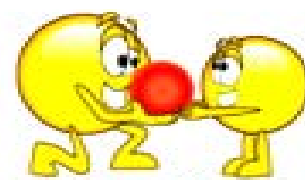
**Be  
courageous**



**Be  
on time**



**Be  
respectful**



**Be to others  
as you would hope  
they would  
be to you**



**Be  
honest**



**Be  
open**



**Be  
ready**



**Be  
trustworthy**

# 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](mailto:lulingcubs@stcharles.k12.la.us)

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

Dismissal Time: 3:40-3:50 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.



## September Upcoming Events

9/4	Labor Day Holiday
9/7	Picture Day
9/8	Early Dismissal
9/29	Back-to-School night

## 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.

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.





## 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

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](http://www.cdc.gov/flu/protect/children.htm)  
or call 800-CDC-INFO



## 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.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

### 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.)

- 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.



- 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.

Asegúrese 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

Esta lista no es del todo inclusiva. 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](http://www.cdc.gov/tfl/protect/children.htm)  
o llame al 800-CDC-INFO



## 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.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

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### ¿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).

§ 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 te enfermas.

§ 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.





# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

#### Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash





# ENFERMEDADES RELACIONADAS CON EL CALOR

## EN QUÉ SE DEBE FIJAR

## QUÉ HACER

### GOLPE DE CALOR

- Alta temperatura corporal (103 °F o más)
- Piel caliente, enrojecida, seca o húmeda
- Pulso acelerado y fuerte
- Dolor de cabeza
- Mareos
- Náuseas
- Confusión
- Pérdida del conocimiento (desmayos)

- Llame al 911 de inmediato, el golpe de calor es una emergencia médica
- Lleve a la persona a un sitio más fresco.
- Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.
- No le dé a la persona nada para beber

### AGOTAMIENTO POR CALOR

- Sudor abundante
- Piel fría, pálida, húmeda y pegajosa
- Pulso rápido y débil
- Náuseas o vómitos
- Calambres musculares
- Cansancio o debilidad
- Mareos
- Dolor de cabeza
- Desmayos

- Vaya a un sitio fresco
- Aflojese la ropa
- Aplíquese paños húmedos en el cuerpo o dese un baño con agua fría
- Tome sorbos de agua

#### Busque atención médica de inmediato si:

- Tiene vómitos
- Sus síntomas empeoran
- Sus síntomas duran más de 1 hora

### CALAMBRES POR CALOR

- Sudor abundante durante ejercicios físicos intensos
- Dolor o espasmos musculares

- Suspenda todo tipo de actividad física y vaya a un lugar fresco.
- Beba agua o una bebida deportiva
- Espere que los calambres desaparezcan antes de realizar más actividades físicas

#### Busque atención médica de inmediato si:

- Los calambres duran más de 1 hora
- Usted sigue una dieta baja en sodio
- Usted tiene problemas cardíacos

### QUEMADURAS SOLARES

- Piel dolorida, enrojecida y tibia
- Ampollas en la piel

- Evite el sol hasta que se le cure la quemadura
- Aplíquese paños fríos en las áreas quemadas por el sol o dese un baño con agua fría
- Aplique loción humectante a las áreas quemadas
- No rompa las ampollas

### SARPULLIDO POR CALOR

- Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)

- Quédese en un lugar fresco y seco
- Mantenga el sarpullido seco
- Use talco (como talco para bebés) para calmar el sarpullido





# Pre-Kindergarten



Our Pre-K students are having loads of fun meeting new friends and exploring their new school! We've started exploring our first thematic unit, *My School and Me*. Through our learning we'll explore the following topics:

- My School
- My Body
- My Senses
- My Feelings

Students will also continue to practice routines and procedures as they adjust to their new learning environment. We can't wait to see their love for school continue to grow!



## It's STILL GROW TIME with our Kindergarten Geniuses!

We are excited to start our second month in kindergarten. The kids are continuing to work very hard to learn all of the procedures and routines needed to be successful in kindergarten.

We are ecstatic to begin unit two in our CKLA skills curriculum. Blending is a critical skill for reading. They will learn to blend individual sounds known as phonemes to say two- and three-sound words. Towards the latter part of the month, we will begin unit 3. In unit 3, the students will begin to make connections between sounds and symbols. They will continue to practice blending sounds into words and they will be taught several of the symbols used when reading and writing. The students will learn to identify and draw the “picture” for the /m/, /a/, /t/, /d/, /o/, /c/, and /g/ sounds. We do not refer to the alphabets learned as letters. We refer to them as “pictures” of the sounds. Once the students learn the sounds, they will start to build, read, and write words. For example, after the /m/, /a/, and /t/ sounds are taught, the children will learn to read and write words including the words, *am*, *mat*, and *Tam* from the sounds taught in class.

In mathematics, we will continue to practice counting sets of objects to answer *how many*. The students will continue to strategize to count objects in configurations (circular, scattered, and linear). The students will also continue to match a set of objects to a numeral, write numerals, and create sets of objects up to 10,

We look forward to blooming and growing with you and your child. It's GROW Time!!



# 1<sup>st</sup> GRADE



## WELCOME BACK TO SCHOOL!

Students and teachers are gearing up for a great 2023-2024 school year! The beginning of the year is always a busy time for our first graders. We are working hard to learn the routines, procedures, and expectations of our new classrooms.

In Skills, we will be reviewing the sounds and spellings taught in kindergarten as a review. Students will review short vowels sounds, consonant sounds, consonant digraphs and double letter spellings. Students will also learn new tricky words and begin reading 'Snap Shots'.

In Math, students will organize data to make counting and comparing easier and advance to apply counting on as a strategy for addition. Students will compare equivalent ways to make the same total and reason about the meaning of the equal sign.

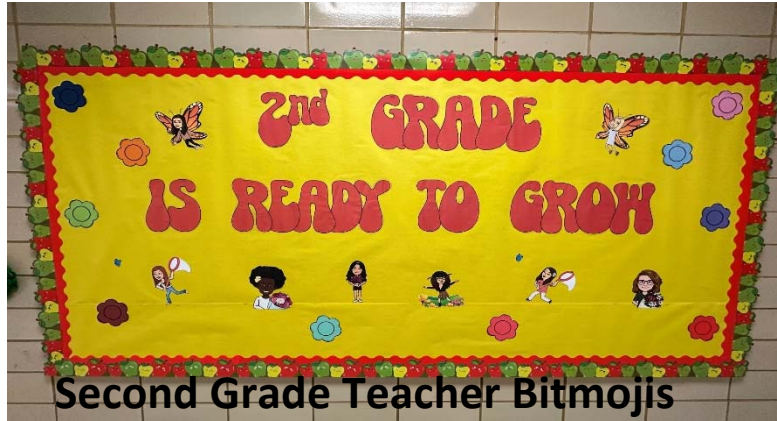
In Knowledge, students will listen to some well know fables that teach morals, increase their vocabulary and reading comprehension, and become familiar with key elements and parts of a story.

### Reminders:

- Check your child's homework folder nightly.
- Send a healthy snack and water bottle daily.
- Weekly Wednesday folders go home every Wednesday. Please review and discuss work with your child, then sign and return it on Thursday.
- Remember to return the pink emergency card, student handbook last page, and pay for the \$20 technology fee and \$8 supply fee.



# Welcome to 2<sup>nd</sup> Grade!



Second Grade Teacher Bitmojis

We are so excited for the 2023-2024 school year! The students have set goals and are off to an amazing start! Second grade is doing so well with learning and following all procedures and expectations at Luling Elementary. Just a few reminders to ensure you and your child have a successful start to the school year. Please turn in the \$8 supply fee and



Second Grade Hallway

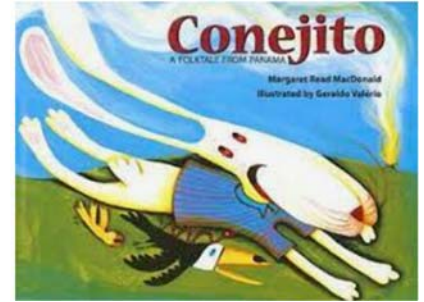
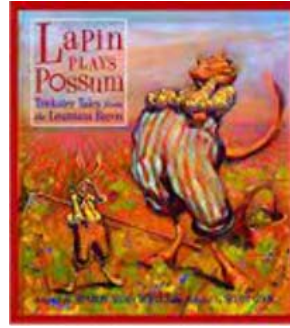
the \$20 technology fee to your child's homeroom teacher. The supply list is posted on the Luling Elementary website. If you have not done so already, please ensure your child has their supplies for the school year. Please make sure that you have turned in all beginning of the year paperwork to your child's teacher. Also, it is very beneficial for students to practice cleanliness procedures (washing hands) at school and at home. Please review procedures with your child to keep everyone healthy and safe. We look forward to blooming and growing with you and your child! Our second graders are ready to GROW!

**Third Graders are**

**Growing Geniuses!**



In **ELA**, Students are working in Unit 1 of the Louisiana Guidebook. This unit anchor book is titled “Lapin Plays Possum”. Students will explore various folktales with emphasizing on cajun culture. They will begin to write details using a SPO (single paragraph outline).



Students work together to create classroom rules. Then they sign to show that they understand and will commit to the expectations set by their peers and self.

In science, students are reading about 1900 Galveston Hurricane. They are learning about severe weather and how to prepare and keep safe.



In **math**, students are being introduced to multiplication using repeated addition and skip counting skills to find the total to different multiplication equations.

Students are practicing the routine and procedure for our daily silent reading.



# 4<sup>TH</sup> GRADE NEWS

## Learning Focus

ELA: This month in ELA we will begin reading the novel *The Whipping Boy* by Sid Fleischman. The novel is set in the middle ages.

SS: We are taking this time to strengthen our skills using maps and primary and secondary sources. We are looking forward to learning Ancient History beginning in mid September.

Math: Students are working on identifying, representing, and interpreting multiplicative comparisons in patterns, tape diagrams, multiplication equations, measurements and units of money

Science: Students are discovering how natural processes shape the features of Earth's surface over time. We will spend the first quarter trying to answer the Essential Question: How did the Grand Canyon's features form?

## Contact Us:

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## 5th Grade's August Newsletter Article

As we begin our first unit *Birchbark House*, geniuses will read fiction and nonfiction texts about how Native Americans and global explorers laid the foundation for the United States. Then, they will explore how we learn about our past and how that impacts who we are today. Make sure to ask them to summarize the parts of the story we will read every day.

In our preparation for the new Louisiana State standards in social studies, geniuses will take this opportunity to review and straighten vital social studies skills that will be needed in order to ensure success. Specific skills we will work on in class are map reading, governmental structures, analytical source reading, and how to correctly state historical facts during an academic discussion.

This month, Science geniuses further their investigation of why the Statue of Liberty's appearance changed as we model and discuss boiling and condensation of water. Through those investigations, we'll determine when heating and cooling substances form new substances. After reviewing and assessing the properties of matter in all forms and heating and cooling substances, we'll discuss and investigate what happens when substances are mixed and dissolved. By observing weight changes as well as the properties before and after mixing and dissolving, we'll be able to determine when a new substance forms. This sequence of investigations will lead us to determine which environmental factors surrounding the Statue of Liberty may have caused a change in its appearance.

Math geniuses will continue their work with dividing whole numbers fluently and will evaluate numerical expressions. Geniuses will solidify Module 1's study of place value concepts of whole numbers by solving word problems by applying their understanding of multiplying and dividing whole numbers. Around the middle of September, they will begin Module 2 with the study of addition and subtraction with fractions. This will include us interpreting fractions as division expressions, writing quotients as both mixed numbers or fractions, and using models to represent fractions as division. From there, we'll move on to adding and subtracting fractions with related units using pictorial models, area models, and numerically.





Miriam Gomez-Rosa, 985-331-8059, [Mgomez1@stcharles.k12.la.us](mailto:Mgomez1@stcharles.k12.la.us)

*"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."*

*~Jane Hull*

## September 2023

First and foremost, welcome to the new school year! My name is Miriam Gomez Rosa, and I am proud to say that I am the new Family Literacy teacher for Luling Elementary. The family center is located on Luling's campus and is here to help you, your child's first teacher 🍎. My mission is to empower you with the knowledge and resources that will help you feel capable to help your child reach their academic potential. We will have many opportunities for volunteers as well as continue hosting grade level learning sessions accompanied with a "learning walk," an opportunity for you to witness the teaching and learning happening in your child's classroom. In the near future, we will begin our **Community Kindergarten Readiness Playgroups**. Our playgroups will be on Thursdays at 10:00am this year and we will begin hosting September 7. So mark your calendars and tell your family and friends to bring their children, ages birth-5 years old who are not enrolled in a school, so that when it comes time for them to enter Kindergarten, they will be ready! We hope you come to visit the Family Learning Center one day and see all that is here to help you set your child up for success. We will announce the date for our Family Center Open House night soon. I look forward to meeting and working alongside of you. Should you need resources to help your child, my contact information is above. Have a great school year!

*"Al final del día, la clave más abrumadora para el éxito de un niño es la participación positiva de los padres." ~Jane Hull*

## septiembre 2023

En primer lugar, ¡bienvenidos al nuevo año escolar! Mi nombre es Miriam Gomez Rosa y me enorgullece decir que soy la nueva maestra de familia y literatura de la escuela primaria Luling. El centro familiar está ubicado en el campus de Luling y está aquí para ayudarlo a usted, el primer maestro de su hijo. Mi misión es empoderarlo con el conocimiento y los recursos que lo ayudarán a sentirse capaz de ayudar a su hijo alcanzar su potencial académico. Tendremos muchas oportunidades para los voluntarios y continuaremos organizando sesiones de aprendizaje de nivel de grado acompañadas de una "caminata de aprendizaje", una oportunidad para que usted sea testigo de la enseñanza y el aprendizaje que sucede en el salón de clases de su hijo. Pronto comenzaremos nuestros grupos de juego comunitarios de preparación para el kinder. Nuestros grupos de juego serán los jueves a las 10:00 am este año y comenzaremos a organizar el **7 de septiembre**. Así que marque sus calendarios y dígalos a sus familiares y amigos que traigan a sus hijos, desde el nacimiento hasta los 5 años que no estén inscritos en una escuela, para que cuando llegue el momento de que ingresen a kinder, ¡estarán listos! Esperamos que algún día venga a visitar el Centro de aprendizaje familiar y vea todo lo que hay aquí para ayudarlo a preparar a su hijo para el éxito. Pronto anunciaremos la fecha de nuestra noche de puertas abiertas del Family Center. Espero conocerlo y trabajar junto a ti. Si necesita recursos para ayudar a su hijo, mi información de contacto está arriba. ¡Que tengas un gran año escolar!





# PHYSICAL EDUCATION



PE classroom

*Exercise not only changes your body. It changes your mind, your attitude, and your mood.*

School is back in full swing and so are our PE classes! We have been going over all our rules and procedures to keep us safe in PE. Please ask your child what rules we learned to keep them safe. We are also learning more about daily physical activity and why it is good for our bodies and mind.

It's going to be a GREAT year!

## Activities to try at Home:

- Create an indoor obstacle course
- Take a family walk or hike for 20 minutes
- Run up and down your driveway for 5 minutes
  - Run 3 laps around your house
- Build a cup tower then bowl it over with a ball
  - Plank for as long as you can
  - Jump rope for 10 minutes



# Literacy

Welcome back. The literacy department has been busy learning about new ways to help accelerate our Geniuses. We have been assisting teacher with the Dibels screener and doing diagnostic testing to gain a deep understanding of what each student needs to make their learning grow.



# 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 too soon. We need to set high expectations, but give children time to grow and meet the expectations we set. 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



*You and I...  
We are*



13855 River Road | Luling, LA 70070

985.785.6289

[www.stcharles.k12.la.us](http://www.stcharles.k12.la.us)



TO: All Principals  
FROM: Kevin Barney, Director of Physical Plant Maintenance  
DATE: August 9, 2023  
RE: AHERA Management Plan

Due to federal regulations, I am responsible to notify you annually of the Asbestos Hazard Emergency Response Act (AHERA) management plan at your school. Please communicate to parents through your school newsletter the following notice regarding the AHERA publication:

**Notice:** In 1986 all asbestos materials were identified in all school buildings. A management plan was developed for each school as per the Asbestos Hazard Emergency Response Act (AHERA). The management plan is located in a binder in the main office of each school. The binders are available for review upon request.

Since the plan was developed, most of the asbestos has been removed. In a few buildings, some floor tile still remains that contains asbestos. All of the schools meet the health requirements that pertain to the regulation. If you have any questions concerning this topic, please contact Kevin Barney, Director of Physical Plant Maintenance at 985-331-3600 between the hours of 7:00 a.m. and 4:00 p.m.

You must copy the notice verbatim to include as an article in your newsletter. A copy must also be posted in your faculty lounge. A similar notice will appear in the August 24<sup>th</sup> and August 31<sup>st</sup> editions of the St. Charles Herald Guide and on Channel 8, the district cable channel.

Approved:

John P. Rome Jr., Chief Plant Services & Security Officer

David Schexnaydre, Executive Director of Secondary Schools

Angelle Babin, Executive Director of Elementary Schools

Dr. Ken Oertling, Ed. D., Superintendent

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