



## PRINCIPAL'S MESSAGE

Welcome to a new school year! This year at Allemands Elementary School we will celebrate "Sailing the Seas of Success at AES". The faculty, staff and administration worked very hard this summer to prepare for the school year, and we are thrilled to focus on our core business of teaching and learning. Thank you to the families who attended our first event of the year, Meet and Greet/Open House. Developing relationships with our families is a great way to begin our year and continues to be one of our priorities; by working together, we will be able to celebrate your child's success.

Our dedicated teachers and staff met over the summer to develop a strong School Success Plan focusing on academic and social growth and success. Please review this plan on our school's website in the next month; it includes our new Literacy Plan. We appreciate our community and family feedback at our Stakeholder Advisory meetings. Please contact me if you are interested in being part of this group. We are always looking for new ways to include parents and family members in our school. If you would like to learn about other ways to support your child and our school, please contact Valerie Chiasson, Family Center Teacher.

Please make sure that you have downloaded the "Where's the Bus" app on your phone to track your child on the bus. It helps to know when they have left school and the location during their route. We appreciate your patience as we work through this new program.

We are so excited to begin a new school year with our learners. Last year, we finished strong and plan to continue the amazing work needed to help our learners grow each day.

Please read the student handbook carefully. If you have any questions, please call us at 758-7427.

## VISION

Our students are engaged, well-rounded learners who accept others and work as a team.

## MISSION

Lisa Perrin  
Principal

We are committed to ensuring high levels of learning for all students to build a strong foundation to become productive citizens.

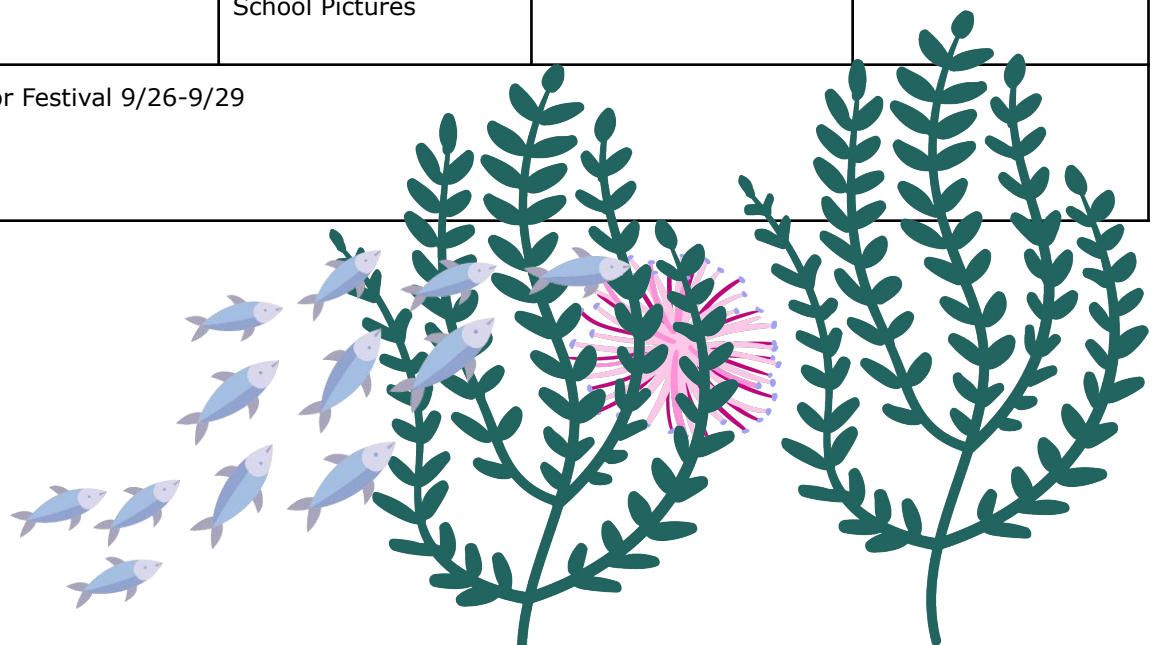
## At Allemands Elementary School, we believe...

- all students can learn to their utmost potential.
- all students will engage in quality experiences.
- a student's success is a collaborative effort among school, students, family, and community.
- a physically and psychologically safe environment is essential to promote student learning.
- excellence is worth the cost.



## September

Mon	Tue	Wed	Thu	Fri
2 Labor Day off	3	4 Playgroup 10 in Family Center  PTA Bd Mtg 1:00 in Family Center	5 Stakeholder Advisory Mtg 9 in Family Center  Volunteer Orientation 10	6 Saints Shirt Day
9	10 DIBLES 8 Results Progress & Report Card Session in the Family Center 6:00pm	11 Playgroup 10 in Family Center	12 Progress Reports go home	13
16	17 ELA & Math Overview 9-10:30 in the Family Center	18 Student Holiday for teacher professional development  Sch Bd Mtg 6:30	19	20 Saints Shirt Day  Community Morning Meeting 9:15
23 PK Artsperience field trip  Begin lunch visitors	24 PTA Pizza & Paint 6:00 in cafeteria	25 Playgroup 10 in Family Center  School Pictures	26	27
30	Alligator Festival 9/26-9/29			





# Sailing the Seas of Success at AES



## **Migrant Education Services Available!**

Any child, ages 3 through 21, who moves with parents or guardians to seek or obtain temporary or seasonal employment in agriculture, or fishing-related activities is eligible for the Migrant Education Program. Families qualify if they have moved to work in traditional crops such as: vegetables, dairy, poultry, livestock, fishing and shrimping, and/or timber.

Migrant Education provides student advocacy within the school district's educational program as well as supplemental educational and supportive services.

If you believe that your child might qualify for this program and are interested please call the school secretary or stop by the office to complete the Migrant Survey.

*St. Charles Parish Public Schools does not discriminate on the basis of race, color, national origin, sex, or disability.*

## **Servicios disponibles para la Educación de Migrantes**

Cualquier niño entre las edades de 3 a 21 años, cuyos padres o representantes legales buscan obtener un empleo temporal o de estación en agricultura o en actividades relacionadas con la pesca, es elegible para el Programa de Educación del Migrante.

Las familias califican si se han movido al área para trabajar en las cosechas tradicionales como las siguientes: vegetales, lecherías, aves de corral, ganado, pesca, camarones y madera.

La Educación del Migrante provee ayuda dentro del programa educacional del distrito, como también servicios educacionales suplementarios y servicios de apoyo.

Si usted cree que su hijo/a puede calificar para este programa y usted está interesado, por favor llame a la secretaria de la escuela o visite la oficina para completar la Encuesta del Migrante.

*Las Escuelas Públicas de la Parroquia de St. Charles no discriminan por raza, color de piel, nacionalidad, orientación sexual y/o discapacidad.*

## **Asbestos Hazard Emergency Response Act (AHERA)**

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.



## Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at [lbutler@wearescpss.org](mailto:lbutler@wearescpss.org) and a copy will be sent home each month with your child. Thank you.

## Early Dismissal & Wednesday Student Holidays

This year, we will have fewer early dismissal days. They will only be held for Parent Teacher Conferences, prior to the Christmas break, and in May. When our school has an early dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to [gesbus@wearescpss.org](mailto:gesbus@wearescpss.org). Please call school if you have any questions about our Early Dismissal procedures.

During the year, we will have teacher workshop days on various Wednesdays. Students will not attend school at all on this day. Below you will find the days that are student holidays and teachers have professional development.

September 18

October 9

January 3

February 12

## Family Engagement is Important to Us!

Allemands Elementary's goal is to have activities that will allow families to have fun while supporting our students in their academic growth. Our school visits will be structured differently to support our School Success Plan. Please make sure to check your child's folder each night to see which activities you can attend. If you have any suggestions, please join our PTA or Stakeholder Group.



# OUR LEARNING



## pre-k

We have been so excited to start school, meet our teachers and make new friends. We have been touring our school, learning our way around, and learning all the procedures that keep us safe and help us learn.

We have been learning how to be a student in the classroom and all around school. We are also learning about our bodies, our senses, and our feelings.



## kindergarten

Kindergarteners have been working hard to learn classroom routines and procedures. We are learning CARES (Cooperation, Assertion, Responsibility, Empathy, and Self Control) to make friends and take care of each other. We are practicing phonemic awareness by listening for rhyming words, counting the words in sentences, and clapping syllables in words. In math, we are sorting objects into groups and counting how many. We are currently working with numbers up to 5, but by the end of kindergarten, we will be able to count up to 20! We are so excited to learn and grow this year!





# OUR LEARNING



## first grade

Welcome back to school, first grade families! Your student has started the year learning about CARES and classroom rules. We discussed the importance of taking care of ourselves, taking care of others, and taking care of Allemands. Our daily morning meetings allow us to get to know the friends in our class. Your child has been working hard reviewing short vowel sounds in words and stories. In Knowledge, we will be listening to Fables that teach us a lesson. After that will be the amazing, human body and how it works. You can help your child learn more about these topics by checking out books at our local library! You will be so surprised at how much they will learn about our amazing, human body. Your student is learning more about solving problems in math and focusing on parts of a whole and counting on. We look forward to sailing the seas of success at AES!



## second grade

Let's set sail on a new learning adventure! Our second graders joyfully participated in many activities in order to build a classroom community. Hopes and Goals were chosen by each student for this exciting school year. In order for everyone to reach their Hopes and Goals, students have been busy practicing classroom expectations, routines, and procedures and have created classroom rules. Measuring length with centimeters, reading fiction, and listening to fairy tales and tall tales, will be our focus. Home support is essential to a successful school year. Please remember to discuss your child's day with him or her and complete homework. Working together we can have a successful year.

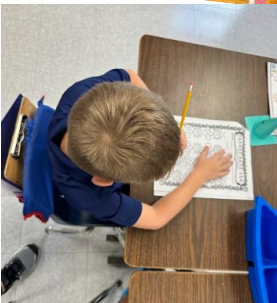


# Let's welcome our students, faculty, and staff!

Please help us welcome our new faculty and staff to  
**Allemands Elementary.**

Abigail Glovingo, speech language pathologist  
Leah Spurgeon, ERT for Kelly Benedict  
Monique Territa, lunch monitor  
Manuela "Nelly" Cortez, kindergarten & lunch monitor  
Stacie Tregle, cafeteria manager  
Kaileigh Loup, paraprofessional  
Megan Spears-West, Talented Theater  
Whitney Burnam-nurse  
Glen Fernandez- APE  
Sharie Mahler-Talented Music

**Our first days: WELCOME BACK!**



# ENRICHMENT

## Librarian's

## Letter

September will be a busy month for us in the library! Students will learn about book care before bringing a library book home this month. We are also launching our school wide reading program: Finley's Fin-tastic Fishies!

Please read the letter on the back of the reading log to learn how the reading program works.

Pre-K and Kindergarten students who read 100 books will be recognized on a bulletin board, as well as all 1st graders and 2nd graders who read 200 books.

Happy Reading!  
Love, Ms. Lacey, librarian

link to reading logs:



## COUNSELOR'S *corner*

Welcome to a new school year!

Did you know that elementary school counselors...

- ...teach classroom lessons on a variety of topics.
- ...counsel students as needed.
- ...consult with teachers/parents to assist students in meeting their needs.
- ...help coordinate the School Building Level Committee (SBLC).
- ...help teach students how to cope with life issues and be their best selves.
- ...care.

I am here to support all of the students at AES. Please feel free to call if you have a concern or a question (758-7427).

Lori Hogan, School Counselor

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

September 2024



# Allemands Elementary Family Center

## Home & School: Together We Can Make a Difference

Valerie Chiasson vchiasson@wearescpss.org

Phone: 985-758-7427

Welcome aboard as we begin our school year journey together. At the Family Center, families are invited to join other parents and children for activities, information and resources. All programs and activities are free. The activities are supported by funds from the Title 1 program and several other local grants. Highlights of the family center include playgroups every Wednesday from 10:00 till 11:00, FACT (Family And Child Time) sessions, literacy library, educational resources, workshops, volunteer days, and much more. We hope you are able to join us throughout the year or that we can be of service to you and your family. Please do not hesitate to contact us for additional support.

It's most important to assist your child as they journey through the school year. Equip, encourage and praise them as they journey along their path to success. Each child will travel toward their own unique destination. We know that the journey can often be frustrating and challenging. Guide them with love and wisdom and most of all encourage them to persevere as they travel through the school year. You just may witness amazing achievements!

### Back to School: A Complete Checklist for Parents

Getting back into the swing of things just may be the most difficult part of returning to school. After having had months away from the rigid schedule of classes, homework and after school events, it's hard for children and parents to get back on schedule. The following are tips for getting back into the swing of things...

- ❑ **Put bedtime battles to rest.** To help adjust to the new schedule, put your children to bed 10 minutes earlier each night. This will help eliminate the shock from a late to early bed time.
- ❑ **Help get organized** when it comes to schedules. There are many free apps and online organizations sites such as *Got Family Get Organized*, *Evernote*, and *Remember the Milk*.
- ❑ **Prepare for lots of paperwork.** Help keep yourself and your student organized and current by checking school bags and folders daily. Make sure all important forms have been completed and returned on time.
- ❑ **Post your child's schedule** and school calendar somewhere you can see. This will help when scheduling appointments. You can also ask more specific questions of the day.
- ❑ **Volunteer your time or expertise.** Research shows that children whose parents are involved in their school do better academically and socially. Teachers appreciate parents who help.
- ❑ **After school, let your child run and play.** Instead of jumping straight to doing chores or homework, let your child have a much needed break. Spend 15 to 30 minutes connecting as a family: play a game, take a walk, talk about the day, eat a snack.

<http://abcnews.go.com/GMA/Parenting/back-to-school-complete-checklist>

### Coming up in the Family Center:



September 2- Labor Day holiday

September 5- 9:00 am Stakeholder meeting

10:00 am Volunteer Orientation- come help us help our teachers and students

September 4, 11, 18, 25 - 10:00 am Playgroup for children birth to five (not enrolled in school)

\*\* Please remember to bring your ID\*\*

September 10- 6:00 pm Parent session on report card changes

September 17- 9:00 am Math and ELA overview for parents

September 20- Community Morning Meeting

September 24 6:00 PTA Pizza and Paint

September 25- Fall Pictures

Remember to have a clear bag and your ID

## SSP Stakeholder Advisory Group

We are looking for parents, grandparents, and community members to work with us! Our School Success Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives. These meetings will be in-person with a virtual option and will last 30-45 minutes.

## Bag Protocol for 2024-2025

The District bag protocol applies to all visitors and events that are hosted by the school. Allowed bags include bags smaller than 4 x 6½ inches and clear bags between 4 x 6½ inches and 12 x 12 inches. Any bag larger than 12 x 12 inches is not allowed. (Exceptions may be allowed for diaper and/or medical bags.) All bags are subject to search.

## Lunch Visitors

We will begin lunch visitors on Monday, September 23, 2024. In order to eat lunch with students, the person must be on the child's emergency card. On the day of the lunch visit, parents wishing to eat lunch with their child must first check-in at the office with identification to receive a visitor's pass and special lunch date pass. Parents will present the pass to cafeteria monitors and sit with their child on the picnic tables outside. Students may not invite friends to join them. Parents must return the visitor pass to the office immediately after lunch. Guests are not allowed to walk with students to class. If you are planning to eat lunch with your child and will need a school lunch, you must notify the cafeteria manager before 9:30 AM on the day you will be eating a school lunch. If you have not pre ordered a cafeteria lunch, one may not be available. Make sure to follow the bag protocol listed above. Please call to verify lunch times. Grade levels may change their lunch time for special events.

## Fall Pictures

**Date:**

**September 25**

**Students must wear school uniforms**



September is Attendance Awareness Month. Please make sure your child attends school everyday and is on time. Drawings for attendance prizes will be held this month. Please refer to flyer sent home.



# More First Days of School



As required by law, information regarding Parental Access to Instructional Materials and the Louisiana Parents' Bill of Rights can be found at <https://www.wearescpss.org/under the FOR COMMUNITY-Legislative compliance page>

## Parent Access to Instructional Materials

# Catfish Character Traits

Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In September, we will focus on responsibility. Our teachers will read a grade-specific book and review the trait during the month. Please help us to reinforce these character traits at home and in the community.

- Week of 9/11 Be a good listener
- Week of 9/18 Pick it up
- Week of 9/25 Responsible decision making

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: \_\_\_\_\_

What did he/she do to show responsibility in your home or the community?

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## Nurse News

Hello! My name is Whitney Burnam, and I am the new school nurse at AES (You can call me Nurse Whitney).

I am so excited to meet and take care of all of our students. For the first time ever, Allemands has a full time school nurse which will help me get to know your child even better and provide great continuity of care. I am so excited to have the best year!

### Reminders:

- If your child has any known health conditions that you have not already informed us about, please do so that we can provide appropriate care and support.
- Please ensure that immunization records are up to date and submitted to the school.
- We will be starting our yearly health screenings in the next few weeks. Consent forms will be sent home for yearly vision screenings. Please sign and return those forms promptly.



# 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 causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 6,000 and 26,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

### What parents should know

#### 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 old and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, 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 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). Some people with the flu will not 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 long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy protects the baby 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 are made using strict safety and production measures. 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 risk of getting sick with flu by about 40 to 60%.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions



and by nearly two-thirds among children without medical conditions.

- 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 long-term health problems.

### 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 as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

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

Children younger than 5 years old – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high 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
- 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.

#### 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 2 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 high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

#### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the 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 and to avoid spreading flu to other children or caregivers.

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

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



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



# La influenza:

una guía para los padres



## ¿Qué es la influenza?

La influenza (también conocida como gripe) es una enfermedad respiratoria contagiosa causada por los virus de la influenza, que infectan la nariz, la garganta y los pulmones. La influenza es diferente a un resfriado y generalmente se presenta de manera repentina. Cada año, los virus de la influenza hacen que millones de personas se enfermen y cientos de miles sean hospitalizadas, y causan miles —o decenas de miles— de muertes en los Estados Unidos.

La influenza puede ser muy peligrosa para los niños. Los CDC estiman que se ha hospitalizado a entre 6000 y 26 000 niños menores de 5 años por la influenza cada año en los Estados Unidos. La vacuna contra la influenza es segura y ayuda a proteger a los niños contra la enfermedad.

## Lo que deben saber los padres

### ¿Qué tan grave es la influenza?

Aunque la enfermedad de la influenza puede variar entre leve y grave, es frecuente que los niños necesiten atención médica. Los niños menores de 5 años y los de cualquier edad con ciertos problemas de salud de largo plazo tienen alto riesgo de presentar complicaciones por la influenza como neumonía, bronquitis e infecciones de oído o infecciones sinusales. Algunos de los problemas de salud que se sabe que hacen que los niños sean más vulnerables a la influenza incluyen el asma, la diabetes y los trastornos del cerebro o del sistema nervioso.

### ¿Cómo se propaga la influenza?

Se cree que los virus de la influenza se propagan principalmente a través de las gotitas que se forman cuando una persona con la enfermedad tose, estornuda o habla. Estas gotitas pueden llegar a la boca o la nariz de las personas que estén cerca. Una persona también puede contraer la influenza al tocar algo que tenga el virus y luego tocarse los ojos, la nariz o la boca.

### ¿Cuáles son los síntomas de la influenza?

Los síntomas de la influenza pueden incluir fiebre, tos, dolor de garganta, moqueo o congestión nasal, dolores en el cuerpo, dolor de cabeza, escalofríos, cansancio y, en algunos casos, vómitos y diarrea (más frecuentes en los niños que en los adultos). Algunas personas con influenza no presentan fiebre.



## Proteja a su hijo

### ¿Cómo puedo proteger a mi hijo de la influenza?

La primera y mejor manera de protegerse contra la influenza es ponerse la vacuna anual contra la influenza y ponérsela a su hijo.

- La vacunación contra la influenza se recomienda para todas las personas de 6 meses en adelante todos los años. Tanto la vacuna

inyectable como la vacuna en atomizador nasal existen como opción para la vacunación contra la influenza.

- Es particularmente importante que se vacunen los niños pequeños y los que tengan ciertos problemas de salud de largo plazo.
- También se deben vacunar las personas que cuiden a niños que estén en alto riesgo de presentar complicaciones por esta enfermedad. (Los bebés con menos de 6 meses de edad tienen un alto riesgo de presentar complicaciones graves, pero son demasiado pequeños para ser vacunados contra la influenza).
- Las mujeres embarazadas también deben vacunarse para protegerse y proteger al bebé. Las investigaciones han mostrado que la vacunación contra la influenza protege al bebé durante varios meses después de que nace.
- Los virus de la influenza cambian constantemente, por lo tanto, las vacunas son actualizadas para que protejan contra los virus que, según indiquen las investigaciones, tengan mayores probabilidades de causar la enfermedad durante la siguiente temporada de influenza.

### ¿Son seguras las vacunas contra la influenza?

Las vacunas contra la influenza se hacen usando estrictas medidas de seguridad y producción. Millones de personas las han recibido de forma segura durante décadas. Tanto la vacuna inyectable como la vacuna en atomizador nasal existen como opción para la vacunación. Diferentes tipos de vacunas contra la influenza están autorizadas para diferentes edades. Cada persona debe ponerse la vacuna que sea adecuada para su edad. Los CDC y la Academia Estadounidense de Pediatría recomiendan que todos los niños de 6 meses de edad en adelante reciban una vacuna anual contra la influenza.

### ¿Cuáles son los beneficios de recibir una vacuna contra la influenza?

- La vacunación contra la influenza puede prevenir que usted y su hijo se enfermen. Cuando los virus de la vacuna coinciden con los que están circulando, la vacunación ha mostrado reducir en aproximadamente la mitad el riesgo de enfermarse.
- Las vacunas contra la influenza pueden prevenir que su hijo sea hospitalizado por esta enfermedad. Un estudio reciente mostró que la vacunación redujo en un 74 % el riesgo de hospitalizaciones de niños en la unidad de cuidados intensivos pediátricos relacionadas con la influenza.
- La vacunación contra la influenza puede prevenir que su hijo muera por esta enfermedad. En un estudio en el que se usaron los datos de temporadas de influenza recientes se halló que en los niños con afecciones de alto riesgo la vacuna redujo en la mitad el riesgo de muerte asociada a la influenza y que en aquellos sin afecciones lo redujo en casi dos tercios.
- En caso de contraer la influenza, la vacunación también puede hacer que la enfermedad sea más leve.

- Si usted y su hijo se vacunan, también pueden proteger a otras personas que quizás sean más vulnerables a enfermarse gravemente, como los bebés y niños pequeños, las personas mayores y las personas que tengan ciertos problemas de salud de largo plazo.

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

Además de ponerse una vacuna contra la influenza, usted y su hijo deben tomar medidas cotidianas para ayudar a prevenir la propagación de los microbios.

Dentro de lo posible, manténganse alejados de las personas que estén enfermas para evitar enfermarse. Si usted o su hijo están enfermos, eviten estar con otras personas lo más posible para no contagiarlos. Además, recuerden cubrirse la nariz y la boca cuando tosan o estornuden, lavarse las manos frecuentemente, limpiar las superficies que puedan estar contaminadas con virus de la influenza y evitar tocarse los ojos, la nariz y la boca. Estas medidas cotidianas pueden ayudar a reducir sus probabilidades de enfermarse y prevenir la propagación de microbios a otras personas. Sin embargo, la vacunación anual contra la influenza es la mejor forma de prevenir esta enfermedad.

## Si su hijo está enfermo

### ¿Qué puedo hacer si mi hijo se enferma?

Hable con el médico pronto si le preocupa la enfermedad de su hijo.

Asegúrese de que descanse mucho y tome suficientes líquidos. Si su hijo tiene 5 años o más y no tiene problemas de salud de largo plazo, pero presenta síntomas de influenza (como fiebre o tos) consulte con su médico según sea necesario.

Los niños menores de 5 —especialmente los que tienen menos de 2 años— y los que tienen ciertos problemas de salud de largo plazo (como asma, diabetes, o trastornos del cerebro o del sistema nervioso) están en alto riesgo de presentar complicaciones graves relacionadas con la influenza. Llame o lleve a su hijo al médico de inmediato si el niño tiene síntomas de influenza.

### ¿Qué debo hacer si mi hijo parece estar muy enfermo?

Incluso los niños sanos pueden enfermarse gravemente por la influenza. Si su hijo tiene alguna de las siguientes señales de advertencia que indiquen que se trata de una emergencia debe llevarlo a la sala de emergencias:

- Respiración rápida o dificultad para respirar
- Coloración azulada o grisácea de la piel
- No tomar suficientes líquidos (no ir al baño o no orinar en cantidades normales)
- Vómitos intensos o persistentes
- No despertar o no interactuar
- Estar tan molesto que no quiere que lo tengan en brazos
- Síntomas de influenza que mejoraron, pero que luego regresaron con fiebre y una tos peor
- Fiebre con sarpullido

## ¿Hay algún medicamento para tratar la influenza?

Sí. Los antivirales son medicamentos recetados que se pueden usar para tratar la influenza. Pueden reducir la duración de la enfermedad y hacerla más leve. También pueden prevenir las complicaciones graves que podrían llevar a una hospitalización. Los medicamentos antivirales son más eficaces si se comienza a tomarlos en los primeros 2 días de la enfermedad. Los medicamentos antivirales se recomiendan para tratar la influenza en las personas muy enfermas (por ejemplo, las personas que están en el hospital) o que tengan alto riesgo de presentar complicaciones graves. Los medicamentos antivirales pueden darse a los niños y a las mujeres embarazadas.



## ¿Por cuánto tiempo puede una persona enferma transmitir la influenza a otras personas?

Las personas que tengan influenza pueden infectar a los demás desde 1 día antes de enfermarse hasta 5 a 7 días después. Las personas que estén muy enfermas y los niños pequeños podrían transmitirla durante más tiempo, especialmente si todavía tienen síntomas.

## ¿Mi hijo puede ir a la escuela, la guardería o el campamento si está enfermo?

No. Su hijo debe quedarse en casa para descansar y evitar contagiarles la influenza a los otros niños y a las personas que lo cuiden.

## ¿Cuándo puede regresar mi hijo a la escuela después de haber tenido la influenza?

Mantenga a su hijo en casa y espere al menos 24 horas después de que ya no tenga fiebre para llevarlo a la escuela, la guardería o el campamento. (La fiebre debe haber desaparecido sola, sin el uso de medicamentos que reduzcan la fiebre). La fiebre se define como una temperatura de 100 °F (37.8 °C) o mayor.

Para obtener más información, visite  
[espanol.cdc.gov/enes/flu](http://espanol.cdc.gov/enes/flu)  
 o llame al 800-CDC-INFO



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

# PTA News

Welcome Back Catfish Families!

My name is Laura Brown and I am excited to introduce myself as your 2024-2025 AES PTA President. I am eager to start this school year and embark on this journey with you.

Our elected PTA Board has already been hard at work planning ahead of new ways to support our students, faculty and staff.

We love our AES parent volunteers and we encourage everyone of you to get involved, share your insights, and contribute your talents to make this year truly exceptional. Your involvement is what makes our PTA successful at supporting and advocating for our students. Whether you have a few hours to spare or are looking to take on a more significant role, there is a place for you in our AES PTA family. Please join us at our next PTA Board meeting on September 4th at 1:00 pm in the AES Family Center.

Thank you for your continued support. Should you have any questions or concerns please feel free to reach out directly to me at [president@allemandspta.org](mailto:president@allemandspta.org). Our PTA is excited for all the adventure waiting for us as we set sail into the 24-25 school year.  
Kindly yours- Laura Brown



**PTA**  
everychild.onevoice.



## MEET THE EXECUTIVE BOARD 2024-2025



LAURA BROWN  
PRESIDENT



JENIFFER ALLEN  
VICE-PRESIDENT



CELESTE MATHERNE  
TREASURER



NELLY CORTEZ  
SECRETARY

## SCHOOL LAISONS



LISA PERRIN  
PRINCIPAL



VALERIE CHIASSON  
FAMILY CENTER



VANESSA CAMARATA  
PRE-K TEACHER

## CHAIRPERSON(S)



CHELSEA SASSIN  
• FACULTY/STAFF MORALE  
• 2ND GRADE SEND-OFF



ERICA DUFRENE  
COMMUNICATIONS



LAURA BROWN  
FAMILY FUN NIGHTS



JENNIFER ALLEN  
SPRING FUNDRAISER



NELLY CORTEZ  
MEMBERSHIP



OPEN CHAIR  
CRAFT NIGHTS



OPEN CHAIR  
SPIRIT WEAR



OPEN CHAIR  
STUDENT MORALE



OPEN CHAIR  
FALL FEST



OPEN CHAIR  
GRADE  
REPRESENTATIVE(S)  
PRE-K, K, 1ST & 2ND

ALLEMANDSPTA.ORG



Scan QR Code for:  
PTA Membership,  
Spirit Shirts, Magnets  
and/or Winter Wear



# CHECK OUT OUR NEW WEBSITE

We are proud to introduce you to our BRAND NEW PTA Website

[www.allemandspta.org](http://www.allemandspta.org)

Please take a moment to visit and look around. On this website you can sign up for PTA hosted events, order spiritwear, find volunteer opportunities, learn more about PTA, our Board Members and available positions, find our faculty/staff information sheets and so much more!

Have any questions? We can help!  
[communications@allemandspta.org](mailto:communications@allemandspta.org)

Allemands Elementary School  
**PTA**  
everychild.onevoice.

Please email us at [allemandspta@gmail.com](mailto:allemandspta@gmail.com) if you would like more information.



JOIN THE PTA



VOLUNTEER



PURCHASE YOUR  
SPIRIT WEAR HERE!



# Say *Yes!* to ESS

## **NOW HIRING SUBSTITUTE TEACHERS, SUBSTITUTE PARAPROFESSIONALS & SUBSTITUTE CLERICAL STAFF FOR ST. CHARLES PARISH PUBLIC SCHOOLS!**

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(EOE)

# St. Charles Parish Public Schools ELEMENTARY MENUS SEPTEMBER 2024

This institution is an equal opportunity provider and employer.  
Menus are subject to change.

## SEPTEMBER IS BETTER BREAKFAST MONTH

Breakfast is considered the most important meal of the day. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day. Consuming a well-balanced breakfast in the morning gives our bodies energy to get our day started the right way.

**Kids who have a healthy meal before school starts consistently perform and behave better at school.**

NATIONALDAYCALENDAR.COM

**Monday, September 2**



**NO  
SCHOOL**

**Tuesday, September 3**

**Breakfast**  
Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Roasted Chicken  
Loaded Mashed Potatoes  
Steamed Corn  
WW Roll  
Apple Wedges

**Wednesday, September 4**

**Breakfast**  
Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Banana  
Brownie

**Thursday, September 5**

**Breakfast**  
Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Beef Dippers  
Macaroni & Cheese  
Broccoli Florets  
Baked Beans  
Pineapple Tidbits

**Friday, September 6**

**Breakfast**  
Waffle  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Chicken Filet Sandwich  
Crinkle Cut Fries  
Lettuce/Tomato/Pickle  
Fresh Orange Wedges

## Available Daily

**With all meals**  
Low Fat White Milk  
Fat Free Flavored Milk

### Cold Lunch Choice

Monday: Sun butter Sandwich  
Tuesday: Charley Box  
Weds.: Deli Sandwich  
Thursday: Entrée Salad  
Friday: Sun butter Sandwich

**Monday, September 9**

**Breakfast**  
Confetti Pancakes  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Red Beans w/Steamed Rice  
Seasoned Mustard Greens  
Steamed Carrots  
Cornbread  
Sliced Peaches

**Tuesday, September 10**

**Breakfast**  
Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Nachos w/Golden Queso  
Steamed Corn  
Refried Beans  
Taco Salad Cup, Salsa  
Apple Wedges

**Wednesday, September 11**

**Breakfast**  
Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Salisbury Steak & Gravy  
Mashed Potatoes  
Broccoli Florets  
Dinner Roll  
Banana, Cookie

**Thursday, September 12**

**Breakfast**  
Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Turkey Stew  
Steamed Rice  
Carrot Soufflé  
Steamed Cabbage  
Strawberry Cup

**Friday, September 13**

**Breakfast**  
Fresh Donut  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Fresh Hot Pizza  
Marinara Sauce  
Garden Salad  
Fresh Orange Wedges



9/11/2001 ♦ We Remember



YOU ASKED FOR IT, YOU'VE GOT IT!



THE NEW BREAKFAST PIZZA  
THAT WAS TASTE-TESTED AND  
APPROVED AT OUR MINI-FOOD SHOWS  
HELD LAST SCHOOL YEAR IS ON THE  
MENU FOR YOU NOW. ENJOY!!

## STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food – like chips, pizza, soup, and even bread!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, September 16

### Breakfast

Pancake on a Stick  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Popcorn Chicken  
Mashed Potatoes w/Gravy  
Cal Blend Veggies  
Cinnamon Apple Slices

Tuesday, September 17

### Breakfast

Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Fish Sticks  
Macaroni & Cheese  
Green Beans  
Cucumber & Tomato Salad  
Pears

Wednesday, September 18



Thursday, September 19

### Breakfast

Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Chicken/Sausage Jambalaya  
Broccoli Florets  
Steamed Carrots  
Pineapple Tidbits  
WW Roll

Friday, September 20

### Breakfast

Scrambled Eggs w/Toast  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Hamburger/Cheeseburger  
Crinkle Cut Fries  
Lettuce/Tomato/Pickle  
Baked Beans  
Orange Wedges

Monday, September 23

### Breakfast

#### Breakfast Pizza

Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Steamed Carrots  
Pears

Tuesday, September 24

### Breakfast

Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Orange Chicken  
Fried Rice  
Asian Chopped Salad  
Edamame Beans  
Tropical Fruit

Wednesday, September 25

### Breakfast

Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Turkey & Sausage Gumbo  
Steamed Rice  
Potato Salad  
Cucumber/Tomato Salad  
Banana

Thursday, September 26

### Breakfast

Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Spaghetti & Meat Sauce  
Italian Salad  
Broccoli Florets  
Garlic Bread  
Pineapple Tidbits  
Jell-O w/Topping

Friday, September 27

### Breakfast

French Toast Sticks  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Mini Corn Dogs  
Tater Tots  
Baby Carrots w/Ranch Dip  
Orange Wedges

## NEW MENU ITEM

TOTCHOS are a combination of  
tater tots and nachos.

We top our crispy tots with taco  
filling and golden cheese sauce.  
The best of both worlds!



Monday, September 30

### Breakfast

Cheesy Grits  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

### Lunch

Totchos  
Steamed Corn  
Cornbread  
Apple Sauce

