



THE RUSTY REPORT

Rustic Oak Elementary

SADDLED UP FOR A GREAT YEAR!



Week of January 13th



SCHOOL HOURS

Grades PK-4.....7:55 AM – 3:15 PM
 Front Doors Open.....7:15 AM
 Breakfast Served.....7:15 AM – 7:50 AM
 Students Enter Class.....7:45 AM
 Class Begins.....7:55 AM

*Students must be inside the building by 7:55 AM.

Students entering the building after this time will be tardy. If a student is tardy, parents are required to park and come into the lobby to sign them in.

School dismisses at 3:15pm and instructional time is until then. Please try to schedule any and all medical appointments after 3:15pm or as close to dismissal as possible. Teachers work hard daily on their lesson plans to make your student is successful and attendance is a huge factor in success!

Kindness CAMPAIGN

During our Kindness Week (Feb. 18-21st) we'll have our annual community service project. This year, we will be collecting canned food donations for Christian Helping Hands. More info to come!

Save the Date

- 1/8-1/20 No lunch visitors
- 1/16 Coffee with the Counselors 9:00AM (virtual)
- 1/20 MLK Jr. Holiday
- 1/30 100th Day of School
- 2/7-14 Book Fair
- 2/13 Math/Science Night
- 2/17 Student Holiday
- 2/18-21 Kindness Week
- 2/24 Reading Challenge Due to Mrs. Kelly

HELPFUL LINKS

[Lunch Menu](#)

[Absence Notes](#)

[School Cafe](#)

[Rustic Oak Student Handbook](#)

[Pearland ISD Calendar](#)

CHARACTER TRAIT FOR JANUARY:



PERSEVERANCE



Consistency is hard. Have each person in the family commit to 1 thing they will do each day this week. Maybe it is flossing, drinking a certain amount of water, getting to bed at a certain time, limiting screen time, or exercising. Create a place where each person can tally their progress and see who can keep their streak going the longest!



WAVES OF PAGES READING PROGRAM

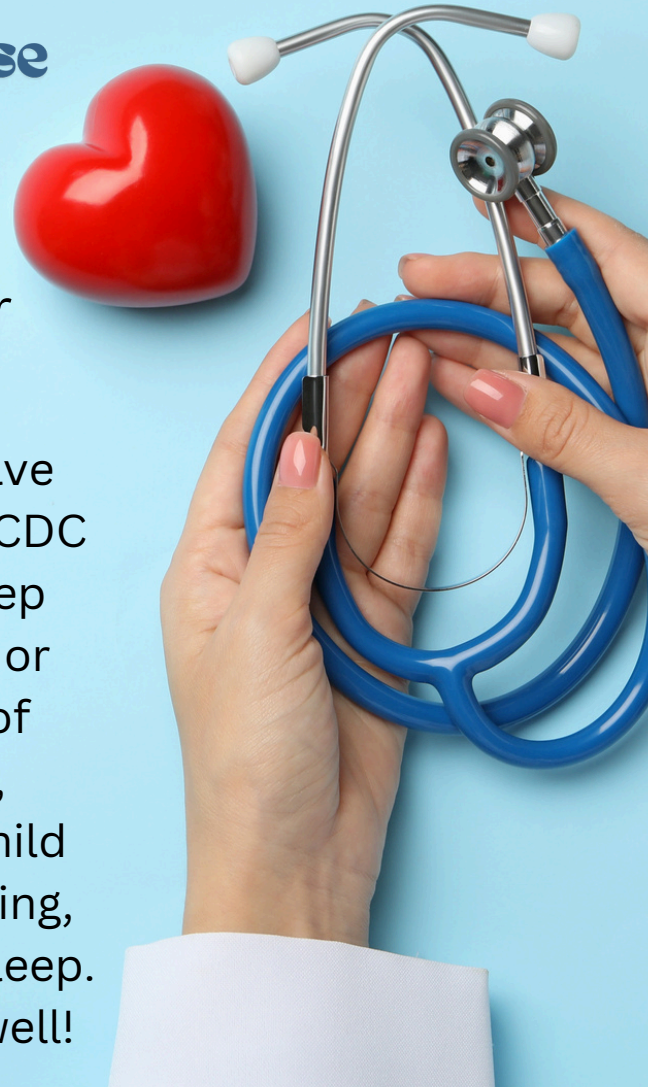
Dec. 16th-Feb. 21st – Waves of Pages reading program begins. Log all reading minutes on paper logs that are going home to earn a FREE Schlitterbahn Water park Ticket to redeem this summer. You need to read 600+ minutes to reach the goal. ALL logs due Feb. 24th to Mrs. Kelly.

news

from the nurse

The cold weather is upon us. Please change out your child's extra set of clothes in their backpacks with a warmer option.

Cold and Flu season is also in full swing. I have attached some helpful information from the CDC on Flu season. Per district policy, please keep your child home until they are fever (100.0 or greater) free for 24 hours without the use of medication to reduce their fever (Tylenol, Ibuprofen, etc.). Please also talk with your child about covering their cough, good hand washing, staying well hydrated, and getting plenty of sleep. Thank you for helping me keep our Buffalos well!



IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU





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 between 2010 - 2020, between 6,000 and 27,000 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 increased 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 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 most children.

§ It's especially important that young children and children with certain long-term 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. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.

§ Flu viruses are constantly changing 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 risk of getting sick with flu by about 40 to 60%.

§ **Flu vaccines can keep your child from being hospitalized for flu** in the pediatric intensive care unit. 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** for 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 higher 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 of any age with certain

long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu

complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor 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

§ Blue lips or face

§ Ribs pulling in with

§ 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 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 higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

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 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 or call 800-CDC-INFO



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



KINDNESS WEEK



**KINDNESS IS A CHOICE! EVERY DAY IS A GOOD DAY TO BE KIND.
JOIN US TUESDAY, FEB. 18TH THROUGH FRIDAY, FEB. 21ST IN
OUR KINDNESS SPIRIT WEEK!**

TUES., FEB. 18

Shine bright
with kindness!

Wear bright
colors or
sparkles

WED., FEB. 19

Peace, love &
kindness!

Wear tie-dye

THURS., FEB. 20

Think with your
head before
speaking & be
kind!

Wear a hat

FRI., FEB. 21

Nothing beats
kindness!

Wear your
favorite team
gear