



## PRINCIPAL'S MESSAGE

Welcome to a new school year! This year at Allemands Elementary School we will celebrate "Cruising Through the Sea of Knowledge". 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, 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 work together to help your child be successful.

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 Literacy Plan. Our school is a Title I school; we shared some important information at Meet and Greet.

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 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.

Lisa Perrin  
Principal

## VISION

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

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

## MISSION

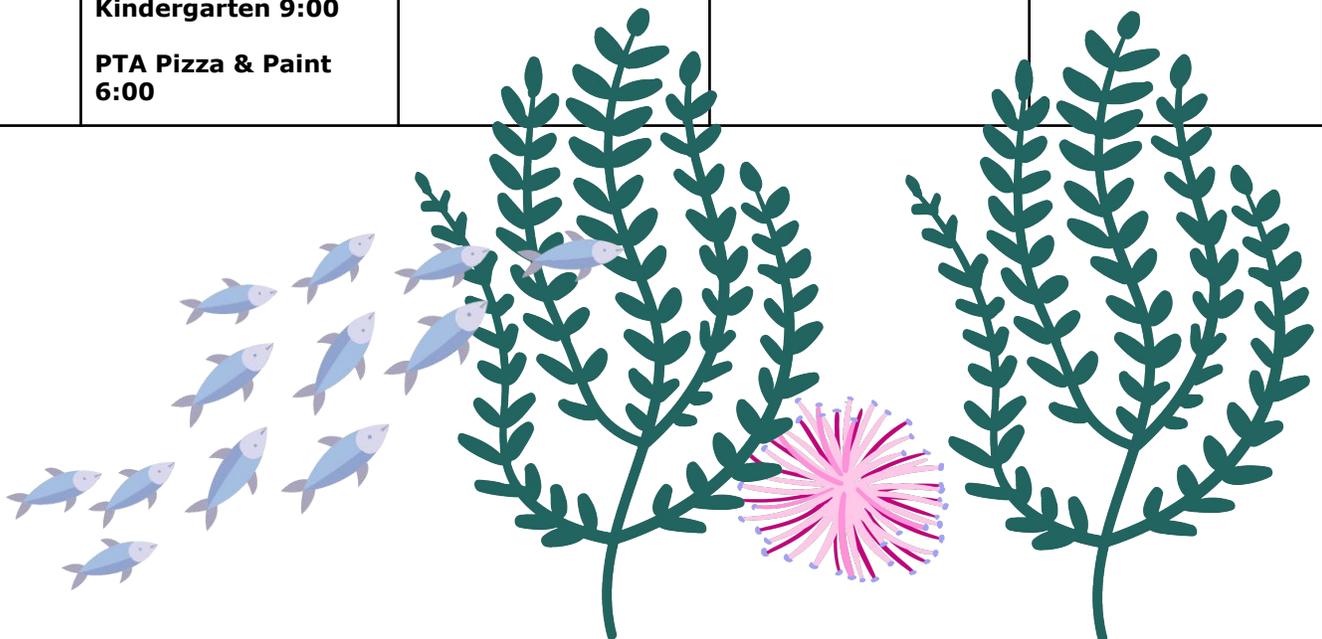
### At Allemands Elementary School, we believe...

- 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
<b>1 Labor Day No School</b>	<b>2 Spanish Speaking Families Check In</b>	<b>3 Playgroup 10:00 PTA Board Meeting 1:00</b>	<b>4 9:00 Stakeholder Advisory Group  10:00 am Volunteer Orientation</b>	<b>5 Saints Shirt Day</b>
<b>8 Frank's Read Aloud 5:30</b>	<b>9</b>	<b>10 Playgroup 10:00  Wetland Watchers at RJ 6-7</b>	<b>11 Progress Reports go home</b>	<b>12 Saints Shirt Day</b>
<b>15</b>	<b>16 Fact Session 2nd grade 9:00</b>	<b>17 Student Holiday  School Board Meeting 6:30 PLC</b>	<b>18</b>	<b>19</b>
<b>22 Begin lunch visitors  Book Fair Week</b>	<b>23 Book Fair Week</b>	<b>24 Playgroup 10:00  Fall Pictures  Book Fair Week</b>	<b>25 Fact Session 1st grade 9:00  Book Fair Week</b>	<b>26 Community Morning Meeting 9:15</b>
<b>29</b>	<b>30 Fact Session Kindergarten 9:00  PTA Pizza &amp; Paint 6:00</b>			





# Cruising through the Seas of Knowledge



## **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@wearescpps.org](mailto:lbutler@wearescpps.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 a few 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@wearescpps.org](mailto:gesbus@wearescpps.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 17
- November 12
- January 5
- March 11

## 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 Advisory 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 and learning all the procedures that keep us safe and help us learn. 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, counting the words in sentences, and clapping syllables in words. In math, we are sorting objects into groups and counting how many in each group. 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. Students also worked together to create classroom rules. Reading fiction and listening to folk tales such as fairy tales and tall tales, will be our focus in reading. Your child will explore place value units in various ways. Have them count in everyday life at home. 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 will sail into a successful second grade year.

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

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

Kristin Woods, speech language pathologist  
Caroline Curole, ERT for Caroline Monrøe  
Alice Hogan, kindergarten & lunch monitor  
Yohana Andry, kindergarten special education teacher  
Brooke Smith, nurse paraeducator  
Michelle Mann & Korie Carriagee- APE  
Blaine Naquin, custodian  
Kali Oldham, resident teacher  
Addison Lamonte, resident teacher  
Casie Oalman, student teacher

**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 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 (985-758-7427).

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 2025



# Allemands Elementary Family Center

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

Valerie Chiasson vchiasson@wearescpps.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 1- Labor Day holiday

September 2- Spanish-speaking families check-in

September 3- PTA Bd Mtg 1:00

September 4- 9:00 am Stakeholder meeting

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

September 3, 10, 24 - 10:00 am Playgroup for children birth to five (not enrolled in school)

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

September 16- 9:00 am 2nd grade Math and ELA overview for parents

September 24 Fall Pictures

September 25 9:00 1st grade Math and ELA overview for parents

September 26- Community Morning Meeting

September 30- 9:00 kindergarten Math & ELA overview for parents; 6:00 PTA Pizza and Paint



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 this year

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 22, 2025. 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 24**

**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.



You and I...  
We are



13855 River Road | Luling, LA 70070

985.785.6289

www.stcharles.k12.la.us

TO: All Principals  
FROM: Kevin Barney, Administrator of Physical Plant Maintenance  
DATE: August 5, 2025  
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., Assistant Superintendent of Operations

Dr. David Schexnayder, Executive Director of Secondary Schools

Rebecca Mathorne, Executive Director of Elementary Schools

Dr. Ken Oertling, Ed. D., Superintendent

SCHOOL BOARD MEMBERS

SUPERINTENDENT

Elis A. Alexander  
DISTRICT 1

Scott Cody  
DISTRICT 3

John L. Smith  
DISTRICT 5

Art Aucoin  
DISTRICT 7

Ken Oertling, Ed.D.

Ray Gregson  
DISTRICT 2

Karen L. Boudreaux  
DISTRICT 4

Becky D. Weber  
DISTRICT 6

Alex L. Suffrin  
DISTRICT 8

# 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.wearescps.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 it each week. 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

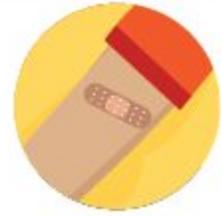


U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



# 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 contagiarlas. 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!

I am thrilled to be returning as your AES PTA President for the 2025-2026 school year! We've got BIG plans ahead and can't wait to work together to make this year the best one yet.

Get Involved!

Whether you have an hour or a whole afternoon, there's a place for you in our AES PTA family. Your ideas, energy, and support help us create amazing opportunities for our students, teachers, and staff.

Save the Date!

PTA Board Meeting

September 3th | 1:00 PM

AES Family Center

Let's make the 2025-2026 school year our most amazing one yet. Get ready, Catfish families—the adventure starts now!

— Laura Brown  
AES PTA President



Allemands Elementary School

**PTA**

everychild. one voice.®



## MEET THE EXECUTIVE BOARD



**LAURA BROWN**  
PRESIDENT



**HANNAH RAWLS**  
VICE-PRESIDENT



**CELESTE MATHERNE**  
TREASURER



**NELLY CORTEZ**  
SECRETARY

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**VALERIE CHIASSON**  
FAMILY CENTER



**VANESSA CAMARATA**  
PRE-K TEACHER

**2025-2026**

[WWW.ALLEMANDSPTA.ORG](http://WWW.ALLEMANDSPTA.ORG)

## CHAIRPERSON(S)



**ERICA DUFRENE**  
COMMUNICATIONS



**ALICE HOGAN & DANIELLE BABIN**  
CRAFT NIGHT



**CHRISTINE NAQUIN**  
CRAFT NIGHT



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FACULTY/STAFF MORALE  
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**TERESA DE LA TORRE**  
STUDENT MORALE



**KRISTY HOGAN**  
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PRE-K GRADE REP



**KELLI FINSTAD**  
KINDERGARTEN GRADE REP



**LEIGH LANDRY**  
FIRST GRADE REP



**OPEN**  
SECOND GRADE REP

Scan QR codes for more information.

Givebacks Website



[aespta.mycheddarup.com](http://aespta.mycheddarup.com)

AES PTA Website



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

PTA School Facebook Page



[www.facebook.com/groups/aesparentsgroup](http://www.facebook.com/groups/aesparentsgroup)



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(EOE)

# September 2025 Elementary Menus

## St. Charles Parish Public Schools

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

### SEPTEMBER IS NATIONAL BREAKFAST MONTH

This highlights the importance of eating a healthy, nutritious breakfast to fuel the body and mind for the day ahead. To get started, you can:

- **Commit to a healthy breakfast** every day throughout September.
- **Focus on balance:** Include a mix of protein, carbohydrates, healthy fats, and dairy in your meal.
- **Explore new breakfast options** and share recipes on social media using hashtags like #BetterBreakfastMonth.
- **Make it a family affair** by enjoying meals together before heading out for the day.

### AVAILABLE DAILY

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

**Cold Lunch Choice**  
Monday: Sunbutter Sandwich  
Tuesday: Charley Box  
Wednesday: Deli Sandwich  
Thursday: Entrée Salad  
Friday: Sunbutter Sandwich

Monday, September 1	Tuesday, September 2	Wednesday, September 3	Thursday, September 4	Friday, September 5
 <b>LABOR DAY</b> <b>NO SCHOOL</b>	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
	<b>Lunch</b> Mesquite Chicken Loaded Mashed Potatoes Steamed Corn Apple Wedges	<b>Lunch</b> Beef Vegetable Soup Grilled Cheese Sandwich Garden Salad Banana Brownie	<b>Lunch</b> Beef Dippers Macaroni & Cheese Broccoli Florets Baked Beans Pineapple Tidbits	<b>Lunch</b> Chicken Filet Sandwich Crinkle Cut Fries Lettuce/Tomato/Pickle Fresh Orange Wedges

Monday, September 8	Tuesday, September 9	Wednesday, September 10	Thursday, September 11	Friday, September 12
<b>Breakfast</b> Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Fresh Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Red Beans w/Steamed Rice Seasoned Mustard Greens Steamed Carrots Cornbread Peaches	<b>Lunch</b> Nachos Steamed Corn Refried Beans Taco Salad Cup Apple Wedges	<b>Lunch</b> Salisbury Steak Mashed Potatoes Broccoli Dinner Roll Banana	<b>Lunch</b> Turkey Stew Steamed Rice Candied Yams Steamed Cabbage Strawberry Cup	<b>Lunch</b> Fresh Hot Pizza Marinara Sauce Garden Salad Orange Wedges Cookie

Monday, September 15	Tuesday, September 16	Wednesday, September 17	Thursday, September 18	Friday, September 19
<b>Breakfast</b> Pancake on a Stick Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>NO SCHOOL</b> <b>PROFESSIONAL DEVELOPMENT DAY</b>	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Pancake Sausage Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Popcorn Chicken Mashed Potatoes & Gravy Cal Bined Veggies Cinnamon Apple Slices	<b>Lunch</b> Jambalaya Broccoli Florets Steamed Carrots WW Roll Pineapple Tidbits		<b>Lunch</b> Fish Nuggets Macaroni & Cheese Green Beans Cucumber & Tomato Salad Pears	<b>Lunch</b> Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Baked Beans Orange Wedges

Monday, September 22	Tuesday, September 23	Wednesday, September 24	Thursday, September 25	Friday, September 26
<b>Breakfast</b> Breakfast Pizza or Egg Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Scone Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Chicken Tenders Waffles Green Beans Steamed Carrots Sliced Peaches	<b>Lunch</b> Orange Chicken Fried Rice Asian Chopped Salad Edamame Beans Mandarin Oranges	<b>Lunch</b> Spaghetti & Meat sauce Italian Salad Broccoli Florets Garlic Bread, Banana Jello w/Topping	<b>Lunch</b> Turkey & Sausage Gumbo Steamed Rice Potato Salad Cucumber/Tomato Salad Pineapple Tidbits	<b>Lunch</b> Mini Corn Dogs Tater Tots Carrots w/Kan-oh Orange Wedges

Monday, September 29	Tuesday, September 30
<b>Breakfast</b> Confetti Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Tostitos Green Beans Applesauce Corn Bread	<b>Lunch</b> Sweet & Sour Meatballs Loaded Mashed Potatoes Steamed Corn Apple Wedges

monthly celebrations

- National Breakfast Month
- National Chicken Month
- National Mushroom Month
- National Honey Month
- National Whole Grains Month
- National Food Safety Education Month
- Fruits & Veggies—More Matters Month
- Hispanic Heritage Month | Sept. 15-Oct. 15
- National Suicide Prevention Month
- National Papaya Month
- National Potato Month
- National Rice Month
- Sourdough September

EVERY COMPLETE MEAL WE SERVE COMES WITH YOUR CHOICE OF LOW FAT OR NONFAT MILK!

