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# Trinity Telegram

www.trinitymarysville.org

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September 29, 2009

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## CHAPEL

Mrs. McNabb will be leading the Chapel Service using Exodus 16:1-18 for her message – "God Feeds His People". Our Chapel offering will go to St. Jude's Hospital. The fifth and Mrs. Satterfield's second grade students will serve as ushers and acolytes. Parents, families and friends are always welcome to join the students at Chapel each week.

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## C.E.A. News

The first C.E.A. fundraiser of the year will be held at Jerry's House of Hunan on Sept. 30<sup>th</sup> from 4:00 p.m.-8:00 p.m. You can dine in or carry out, present the coupon that was sent home yesterday and give it to your server. The restaurant will donate a percentage of your bill to C.E.A!

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## Market Day

Paper orders can be brought to school by Thursday, Oct. 1<sup>st</sup>. On-line orders can be placed until noon on Friday, October 2<sup>nd</sup> at [www.marketday.com](http://www.marketday.com). Order pick up is Wednesday, October 7<sup>th</sup> from 3:15-4:30 p.m. in the school foyer.

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**ATTENTION PARENTS:** Please do not park in bus lane in front of the school (the east side of the street) or in the crosswalk on the west side of the street. Our students need to be able to cross the road safely and the bus needs to be able to pull up to the slope to drop off and pick up students. Thank you for your cooperation.

## SCHOLASTIC BOOK FAIR



Thanks to everyone who supported the Scholastic Book Fair! We were able to make about \$3,000.00 to be used for the school library and to help build libraries in the classrooms. Without your support, the book fair would not have been such a success. Thanks again to everyone who participated.

*Lori Leeper*, Chairperson

And...

A very special THANK YOU to Lori Leeper for being the driving force behind the very successful fall book fair. She did an awesome job of organizing the fair and it went very smoothly.

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## CHRISTMAS GREENERY/POINSETTIA SALE

On Monday, Oct. 5, the 5<sup>th</sup> and 6<sup>th</sup> grade students will begin taking orders for Christmas greenery (pine wreaths, candle rings, swags and roping) and poinsettias. This sale will help raise funds for their class trip in the spring. If you are interested in purchasing any greenery or poinsettias for Christmas, please see a member of the 5<sup>th</sup> or 6<sup>th</sup> -grade class or call the school office. Order information will be available in the school office. Delivery will be on December 3<sup>rd</sup> – just in time to decorate!

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## UPCOMING DATES

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| <b>Oct. 7</b>  | <b>Market Day Order Pick-up 3:15-4:30 p.m.</b>   |
| <b>Oct. 13</b> | <b>CDSC Meeting – 7:00 p.m. – Luther Library</b> |
| <b>Oct. 16</b> | <b>Car Pool Day – Grandparent's Day</b>          |
| <b>Oct. 23</b> | <b>No School – Teacher In-Service</b>            |
| <b>Oct. 27</b> | <b>Fall Fundraiser orders due</b>                |

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Parents, Below is some information from the Union County Health Department about the flu. We hope that it will answer any questions you might have.

### **What is the flu?**

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

### **What is novel H1N1 flu?**

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

### **How serious is the flu?**

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

### **How does flu spread?**

Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.

### **What are the symptoms of the flu?**

Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.

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

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with

weakened immune systems and in people infected with novel H1N1 flu.

### **How can I protect my child against flu?**

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Take everyday steps to prevent the spread of all flu viruses. This includes:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Teach your child to take these actions too.

Try to keep your child from having close contact (about 6 feet) with sick people, including anyone in the household who is sick.

Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

Throw away tissues and other disposable items used by sick persons in your household in the trash.

### **Is there a vaccine to protect my child from H1N1 flu?**

A vaccine against novel H1N1 flu is being produced and will be available in the coming months as an option for the prevention of the new H1N1 flu. A vaccine against seasonal flu is available each fall and winter. More information about the new H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site.

### **Is there medicine to treat the flu?**

Antiviral drugs can treat both seasonal flu and the new H1N1 flu. These drugs can make people feel better and get better sooner. But they need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children. The priority use for these drugs is to treat people who are seriously ill or who have a medical condition that puts them at high risk of serious flu complications.

It is important to keep your child home from school if they have a temperature, vomiting and/or diarrhea. They may return to school when they have been without symptoms for a full 24 hours.