

October 4, 2019

Newsletter

PRINCIPAL'S CORNER

District Building Referendum November 5

On November 5, White Bear Lake Area School District residents will vote whether to provide funding for building needs across the district. If approved, the bond funding would provide space for our growing enrollment, improve school safety and security, address deferred maintenance needs and update classrooms for more flexible learning spaces.



We invite you to become familiar with the bond referendum, which impacts all of our buildings and students. The district will continue to provide updates throughout the fall via e-newsletters, voicedrops and social media. Please watch for these updates and familiarize yourself with the information.

The district's website - www.isd624.org/Bond2019- houses the most complete and up-to-date information regarding the bond referendum. Another quick and easy way to learn about the referendum is to view a couple of short videos explaining the "What" and the "Why" of the referendum.

Video Links:

- [2019 Bond Referendum: What?](#)
- [2019 Bond Referendum: Why?](#)

I would be happy to answer any questions Birch Lake families have about the upcoming referendum as well. Thank you for your attention to this important decision for our school district community!

Kindergarten

Thanks to a “soft start” to Kindergarten, we are celebrating an absolutely fabulous beginning to the school year! We have had a great first month together learning our friends’ names, our classroom schedules, routines, and expectations.

The kids have adjusted beautifully and are rocking and rolling now! We especially love Miss Kendra time, going to Musical Trolley, and the Library! We are excited to partner with our parents for a great year!



We are excited to be building a classroom community. We are using curriculum Caring School Community to assist kids with social and academic behaviors. The focus is to help students become caring, responsible members of our school

First Grade News

community. The Birch Lake goal is to ensure a safe and orderly learning environment for students. Please look for Caring School Home Sharing Activity pages highlighting the skills we are working on.

Thank you for your support at home!

Second Grade

Second grade was out in the community this month! We toured the Pine Tree Apple Orchard and learned about how apples are grown, harvested, prepared, and sold. It was wonderful to experience a family owned and operated orchard. The kids will continue to learn about plant life cycles throughout the month.



P.E. News

- Welcome back! I am excited to start another year with the students at Birch Lake. Students will be playing some familiar activities along with new ones. Please make sure students wear tennis shoes to class. I will try to update you of any events happening in PE or in the community. Please continue to check in with your child about their experience in Physical Education.
- Students are all learning about what Physical Education is and the expectations in class. We also have time to do the climbing wall along some cooperative activities.
- K-2nd grade students will be participating in their Locomotor skills and will be assessed at the end of the unit. 3rd-5th grade students will be participating and working on their Soccer skills.
- If you are looking for any information about what we have going on, check out the website at: <https://sites.google.com/a/isd624.org/mr-hoeg-s-pe-dape-website/> I will also be posting current happenings via seesaw as well.

From the Nurse's Office:

Fall is here and we are working hard to keep our classrooms healthy and ready to learn! The weather is changing and with that we often see an increase in contagious illnesses. Remember to review school health policies for guidance regarding when it's best to keep your child home and when it's the right time for your child to return. (Information attached below) If you have any questions please let the health staff know.

Have a great Fall and Welcome back to Birch!

Is My Child Well Enough To Go To School?

Use this sheet to help determine if your child is healthy enough to go to school or if they need to stay home to help prevent the spread of illness. *If your child is home ill, please call the attendance line daily to report the absence and the illness.*

KEEP YOUR CHILD HOME IF:

- They have a **FEVER ($\geq 100^\circ$)**. **Students must stay home until they have been fever free for 24 hours** without the aid of fever reducing medication. Measure your child's temperature before giving medications to reduce fever.
- They are **VOMITING** (two or more episodes). **Students must stay home for 24 hours after last episode.**
- They have **ANY RASH that may be disease related, or the cause is unknown**. Check with your child's physician before returning to school.

If your child has **DIARRHEA**, please abide by the following:

- **Early Childhood/Preschool Aged:** Keep your child home until 24 hours after diarrhea has stopped.
- **School Aged:** Your child can attend school unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently. (Schools may require exclusion during outbreaks.)

Please refer to this chart for information on other common childhood illnesses and exclusion criteria for school.

DISEASE	SYMPTOMS/SIGNS	INCUBATION PERIOD/ CONTAGIOUS PERIOD	SCHOOL EXCLUSION
Chicken Pox	Mild fever, generalized skin rash that begins on the chest, back, underarms, neck, and face. Rash begins as red bumps and within several hours, the bumps turn into small blisters, and then scabs after a few days. The sores commonly occur in batches with different stages (bumps, blisters, and sores) present at the same time.	<u>Incubation:</u> 10 to 21 days after exposure <u>Contagious:</u> From 1 to 2 days before rash begins and until all blisters have become scabs (generally within 5 days)	Exclude until all blisters have dried into scabs; usually by day 6 after the rash began.
Common Cold and Respiratory Infections (Viral)	Runny/stuffy nose, sneezing, chills, tiredness, muscle aches, sore throat, cough that lasts 2 to 7 days. High fever and headache are rare.	<u>Incubation:</u> Up to 10 days <u>Contagious:</u> Shortly before symptoms start through duration of acute symptoms (~5 to 8 days)	Exclude until child is well enough to participate in routine activities. If fever is present, exclude until 24 hours after fever free, without the use of fever reducing medication.
Conjunctivitis (Pink Eye)	Redness, itching, pain, and discharge. Purulent conjunctivitis has a thick white/yellow eye discharge and eye pain Nonpurulent conjunctivitis has a clear, watery eye discharge and no pain	<u>Incubation:</u> 1 to 12 days after exposure (usually 1 to 3 days) <u>Contagious:</u> While symptoms are present	Purulent - Exclude until examined by health care provider and approved for readmission. Nonpurulent - No exclusion.
Fifth Disease	Rash, possibly low-grade fever or sore throat. Rash typically is an intense redness of the cheeks (a "slapped cheek" appearance) at first and spreads to rest of body with a fine, lacy, pink appearance.	<u>Incubation:</u> 4-21 days <u>Contagious:</u> Before the rash appears	No exclusion, if health care provider rules out other rash-causing illnesses.

Impetigo	Typically begins at a break in the skin (ex: cut, bug bite). Sores form on skin and produce a thick golden-yellow discharge that dries, crusts, and sticks to skin.	<u>Incubation</u> : 1 to 10 days <u>Contagious</u> : Until sores are healed or child has been treated with antibiotics for 24 hours	If confirmed by health care provider, exclude until 24 hours after treatment has been initiated and sores are drying or improving.
Influenza	Starts quickly with fever (100°-102°), chills, body aches, fatigue, weakness, headache, cough, runny/stuffy nose, and sore throat. Usually lasts 3 to 7 days.	<u>Incubation</u> : 1 to 4 days <u>Contagious</u> : Most contagious for 24 hours before symptoms begin, after symptoms contagious for up to 7 days	Exclude until 24 hours after fever is gone, without the use of fever reducing medication.
Hand, Foot, Mouth Disease	Low grade fever lasting 1-2 days, runny nose and/or sore throat. Blister-like rash occurs in the mouth, on the sides of the tongue, inside the cheeks, and on the gums. Sores may last 7 to 10 days. Blister-like rash may also appear on palms, fingers, soles of feet, or buttocks.	<u>Incubation</u> : 3 to 6 days after exposure <u>Contagious</u> : For the first week of illness and possibly for several weeks afterwards	Exclude until fever is gone and child is well enough to participate in routine activities (okay if sores or rash are still present)
Head Lice	Itching of the head and neck. Look for crawling lice in hair, eggs/nits glued to hair shaft (usually behind ears and back of neck), and scratch marks on head or back of neck at hairline.	<u>Incubation</u> : 7 to 10 days from when eggs are laid until they hatch <u>Contagious</u> : Until treated with lice treatment product	No exclusion, but treatment is strongly recommended before returning to school.
Mononucleosis	Fever, sore throat, swollen glands (especially behind neck), headache, tiredness, and sometimes a rash.	<u>Incubation</u> : 4 to 6 weeks <u>Contagious</u> : Many weeks to a year or more	No exclusion as long as student is able to participate in routine activities.
Ringworm	Flat, spreading, ring-shaped areas on the skin called a lesion. Edge of lesion may be dry and scaly, or moist and crusted. As lesion spreads outward, the center often becomes clear. On feet, also known as "athlete's foot" and is a patchy scaling or cracking of the skin on the foot.	<u>Incubation</u> : 7 to 21 days <u>Contagious</u> : As long as lesions are present but reduced once treatment has begun	Exclude until treatment has been started.
Scabies	Rash consisting of pink bumps or tiny blisters and intense itching, which may be more severe at night. Rash often in folds of skin between fingers, around wrists and elbows, armpits, knees, waist, thighs, etc.	<u>Incubation</u> : 2 to 6 weeks <u>Contagious</u> : From the time a person acquires the mites (before rash appears) until 24 hours after treatment begins	Exclude until 24 hours after treatment begins.
Streptococcal Sore Throat (Strep Throat)	Sudden fever, red sore throat, and swollen glands. Headache, nausea, abdominal pain, and vomiting possible.	<u>Incubation</u> : 2 to 5 days <u>Contagious</u> : Until 24 hours after antibiotic treatment begins	Exclude until 24 hours after antibiotic treatment begins and child is without fever.

*If you are unsure whether or not to send your child, contact your child's medical provider or school health office.

Information adapted from Hennepin County Medical Center Infectious Disease in Schools Manual, last updated September 2015.

More information is available at <http://www.hennepin.us/ChildcareManual>

This guide is not intended to replace medical care. Please consult your primary care provider for more information.

THIRD GRADE NEWS

3rd Grade has spent the first month having fun and getting to know each other. We have done many STEM and team building activities to help foster growth mindset and class community. We are looking forward to starting our Global Read Aloud, Stella Diaz has Something to Say, and connecting with other classrooms around the world, who are reading the same book. Here's to a wonderful start to the year as a 3rd grade family!

Fourth Grade News

Fourth graders are starting off the year doing a lot of reading and discovering new and exciting books to read! We have been introduced to many of the Maud Hart Lovelace books for 2019 - 20. Soon students will be able to check out books from the school library! Students that have read at least 3 of the 10 nominated books will get the opportunity to vote for the winner in March! To learn more about the Maud Hart Lovelace award, [click here](#).

Fourth graders are also learning about the regions of the United States. We had fun doing some geography map challenges. We also have almost all students participating in "The Great American Reading Challenge"! Our goal is to have students reading a lot, and a variety of books!

We are looking forward to our upcoming team building field trip to Base Camp where we will do rock climbing, archery, and team building activities. It is a fun and memorable experience!

Fifth Grade News

The students started out the year practicing important nonfiction reading skills. We've focused on finding the main Idea and identifying supporting details. We are also working on book choice and stamina during independent reading time. Many students have been successful in finding a "just right" book and are trying to sneak in additional reading time!

In Math we have reviewed multiplication facts. Several students have them mastered and others continue to work on improving their speed and accuracy. In the first unit, these skills have been useful as we have completed word problems that require knowing the basic facts. We have also worked on understanding factors and multiples.

The month flew by, maybe because there is so much excitement about our trip to Wolf Ridge. The students have heard about this for years and now it's their turn to experience the great outdoors in Northern Minnesota. We'll take lots of pictures!