

# OSGOOD NEWS

www.cohassetk12.org

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 @JOsgoodppal

## UPCOMING DATES

### November 9

Early Release at 1:20pm

### November 12

Veteran's Day – No School

### November 16

PSO Meeting

### November 21

Early Release at 1:20pm

### November 22 & 23

Thanksgiving – No School

November 5, 2018

Dear Osgood Families,

The weather has changed, the clocks have been set back and at school we are talking about kindness and being thankful. As the end of the year quickly continues to advance upon us, it is time for us to all think about the things, and people that we are thankful for each day. The Osgood staff is very appreciative for all the support that we get from the families, and I am thankful to be working with such a dedicated and wonderful staff, and caring families. Thank you to the entire Cohasset community for making The Osgood .....O So Good !

The procedures and daily activities of your child's classroom should be familiar and comfortable to them by this time in the school year. If your child is still experiencing anxiety or any type of concerns, please contact your child's teacher or Mr. Vinton, school counselor. You are welcome to also include me on those types of communications. We will be happy to speak with you on the phone or to schedule a meeting to talk together regarding ideas to help your child or the situation. Please don't ever hesitate to contact us – we want to help.

My last topic I want to mention is the PSO sponsored Trunk or Treat. This activity was a huge success, thank you to the wonderful PSO and Osgood community. As the fall weather approaches, we would like to remind parents that classes will still be going outside for recess. Please make sure your child is dressed appropriately for the weather.

I wish you and yours a beautiful fall season and a November filled with family and friends, some good books, warm fires and memories to treasure.

Lisa M. Farrell





## FROM THE OFFICE

### Dismissal Time

In order to ensure that dismissal time is a time of organization and safety, please follow the following protocols.

1. If you are dismissing your child or their pick up routine is changing, a note or email – (JOS-NOTES) must be sent to the office by no later than 2:00pm. All notes should be legible, signed, and include your child's first and last names, teacher's name, date and the name of the person picking up your child.
2. All students that are being picked up must leave from the Cafeteria dismissal door. If you decide to stay in your car, your child will be brought out to you. If you would like to take your child from the cafeteria, you must wait outside by the playground. Children will be released to their family member or designated adult.
3. If you are volunteering and would like to dismiss your child at the end of the day, you must go with the families outside in the playground area. If you are dismissing them before 2:45 you should come into the office.

Thank you for following these guidelines, it keeps all children safe and leads to less confusion for the children.

### New Staff Member

Please welcome Vanessa Day next time you are in the office. Vanessa is there to help you, our staff and our students during Judy's absence.

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# The Flu:

## A Guide for Parents

### Flu Information

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that

has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

#### How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

### IMPORTANT:

#### Can my child go to school, daycare or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or to caregivers.

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

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

### Protect Your Child

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

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household every year. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.



### About Flu Vaccine

#### What are the benefits of the flu vaccine?

- Flu vaccine helps protect the person vaccinated from the flu.
- Flu vaccine can make your illness milder if you do get sick and reduces the risk of hospitalizations and deaths.
- Flu vaccine keeps you from spreading the flu to your family and friends. This is particularly important to protect those who are most vulnerable, such as:
  - Those at greatest risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children.
  - Infants younger than 6 months old who are too young to get vaccinated.

#### Is influenza vaccine effective?

Yes. While no vaccine is 100% effective, influenza vaccine is the best protection against getting the flu.

Influenza vaccine tends to be most effective in people who are younger and healthy. It takes about two weeks after vaccination to protect against flu, so vaccination does not protect immediately. Also, flu

viruses are always changing, so the vaccine needs to be updated every year, before flu season starts. When the vaccine isn't a good match with flu viruses that are circulating, it offers less protection.

#### Are there any risks from flu vaccine?

Vaccine reactions, if they occur, are usually mild and can include soreness, redness and swelling where the shot is given. Some people have experienced fever, body aches, headache and fatigue. These reactions usually begin soon after the vaccine is given, and last 1-2 days.

A vaccine, like any medicine, could possibly cause more serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm is **extremely small**.

Life threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

More detailed information about flu vaccine is available at [www.immunize.org/vis](http://www.immunize.org/vis). At this site you will find Vaccine Information Statements about influenza vaccines designed to educate and inform in many languages.



### Other Steps to Take

#### What else can I do to protect my child?

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after use.
- Stay away from people who are sick.
- Wash hands often with soap and water.
- Use an alcohol-based hand rub if soap and water are not available.
- Contact your healthcare provider if your child gets sick, especially if the child is very young (under 5) or has long-term health conditions.
- Seek emergency care if your child has trouble breathing, fast breathing, turns bluish or gray, has severe or persistent vomiting, has trouble waking up, or doesn't interact normally.

#### Much more information is available at:

[www.mass.gov/flu](http://www.mass.gov/flu)  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.immunize.org](http://www.immunize.org)

Or call (617) 983-6800 or your local board of health.



