

## Monday, January 28 ... E day

*No Special Events*

Lunch: Chicken fajitas, broccoli, chocolate chip bar, fruit & vegetable bar, milk

## Tuesday, January 29 ... A day

*No Special Events*

Lunch: Corn dogs, oven fries, sliced carrots, fruit & vegetable bar, milk

## Wednesday, January 30 ... B day

*6<sup>th</sup> grade to Symphony*

Lunch: Chicken fried steak, mashed potatoes & gravy, corn, fruit & vegetable bar, milk

## Thursday, January 31 ... C day

*No Special Events*

Lunch: Spaghetti, garlic bread, green beans, fruit & vegetable bar, milk

## Friday, February 1 ... D day

*No Special Events*

Lunch: Calzones, mixed vegetables, chocolate pudding, fruit & vegetable bar, milk

*Dates to remember:*

*Thursday, February 14 – No School*

*Friday, February 15 – No School*

*Friday, March 8 – 1:50 Dismissal*

*Tuesday, March 12 – 1:50 Dismissal*

*Thursday, March 14 – 1:50 Dismissal*

*Friday, March 15 – No School*

### Contact Mrs. Rusk

*Give me a call, stop in, or shoot an e-mail my way!*

rusk@esu2.org • 402.374.2154

January 28–February 1, 2019

# TEKAMAH-HERMAN ELEMENTARY

*"ONE TEAM, ONE DREAM"*

## TEAM – Together Everyone Achieves More

Parents-

Unfortunately, flu season is upon us! Some schools in our area have already closed due to the number of students with influenza, but so far we have been lucky enough to not have many cases of it. However, we all need to do our part to be aware of the signs and symptoms and keep everyone as healthy as possible.

Symptoms of the flu include:

- fever (not everyone with the flu will have a fever)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

You may be able to pass the flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others with the flu virus for an even longer time.

For more information on Influenza, please visit:

<https://www.cdc.gov/flu/keyfacts.htm>

### Open Gym

The Tekamah-Herman gym will be open to elementary students from 1:00-2:15 p.m. on the following Sundays:

January 27th

February 3rd, 17th and 24th

Please see the attached document for more information about open gym.

### It's cold outside!

Please consider the weather when sending your children to school each day, and ensure that they are wearing **coats**, **sweatshirts**, **gloves** and **hats** when appropriate. Students will go outside for recess unless it is raining or the "feels like" temperature is below 10° Fahrenheit.

### Health Reminders

Students who exhibit a fever of 100 degrees Fahrenheit or higher shall not be permitted to attend school until they have been fever free without medication for 24 hours.