



Carl Sundahl Elementary School

# DOLPHIN DATELINE

www.carlsundahl.com 989-9182 (Fax 989-2510)

September 9, 2009

**Thursday, September 17, 2009**

6-7pm -Math Night

**Friday, September 25, 2009**

1:45-3:15pm – PTA Book Swap

**Thursday, September 24, 2009**

Dazzling Dolphin Dessert Day

**Tuesday, October 6, 2009**

Fall Picture Day



**FALL PICTURES**

Fall picture day will be Tuesday, October 6. Order forms will be sent home in a couple of weeks. If your child is absent, there will be a makeup day November 10.

**One Way Bus Passes**

One way bus passes may be purchased in the school office. The cost is \$3.00 per ticket – **cash only. Checks are not accepted.** You may also order them from the Transportation Department.

**Reminder for Parents/Students**

Please help your student to remember nightly homework. Due to impacted night custodial schedules, we will be unable to open classrooms for homework after 4pm. Thank you for your support. Mrs. Hays

**VOLUNTEER INFORMATION**

Before you volunteer in your child’s classroom, please make sure you have a current Category 1 Volunteer Application on file, along with a current TB Test. A TB test is good for 4 years. A volunteer application is required each school year.

**SCHOOL OFFICE HOURS**

**Monday – Friday  
7:30 a.m. to 4:00p.m.**

**Dr. Tap Dance Recital**

**Mark your calendar...The students and staff will start their dance lessons next week. We are looking forward to some great entertainment. The dates for the “Pump up the Jam” dance recital are Thursday and Friday, October 22 & 23. More information will be forthcoming in the next few weeks.**

***DONATION ITEMS FOR SEPTEMBER***

- Anti Bacterial Hand Sanitizer*
- Clorox Wipes*
- Copy Paper*

*Any of these items would be appreciated. Please deliver to the school office. Thank you for your generosity.*

**OFFICE DEPOT**

**5% BACK TO SCHOOLS PROGRAM**

When you shop at your local Office Depot store, on line at [www.officedepot.com](http://www.officedepot.com) or at 800-463-3768, please give our school ID #70007927. 5% of all qualifying purchases will be tallied and sent to Carl Sundahl. It’s an easy way to earn money for our school.

**Enrichment Classes**

There is still time to sign your child up for the after school enrichment classes (Sundahl Dynamic Dolphin Club). Classes begin on September 21 – there are still spots in Drawing Art Wise – Guitar – Song Flute. Pick up a registration form in the school office.

## Health Focus: Colds and Flu, H1N1 influenza, What Should You Do? What preventive measures are we providing at Sundahl?

Dear Parents,

Folsom Cordova is extremely fortunate to have Mary Ann Delleney, Health Programs Coordinator, serving as our director of Health Services in this district. As her title implies, she coordinates and supervises the health care received by all students in the district through her job as supervisor of school nurses. As a result, the level of care your children receive is of the highest quality, due to her ability to coordinate with both local providers as Glenna Trochet, MD, Director of Public Health Services for Sacramento County, and national agencies, such as the CDC. (Center for Disease Control)

Health Programs, under Mary Ann's direction, has developed a written protocol for caring for students with influenza signs and symptoms in the health office. Some of these protocols include isolation of the student in the health office until the parent/guardian is allowed to pick them up. Personal Protective Equipment is available and will be used by staff in efforts to prevent the spread of influenza. Students are advised to return to school 24 hours AFTER they have been fever free without the use of antipyretic drugs (acetaminophen, ibuprofen, etc. and no child with any fever should ever be given aspirin) and when other symptoms are gone. It is also recommended that students remain home until 24 hours after any vomiting has occurred.

We can all help to slow the spread of colds and flu this season. Prevention is best so consider the following precautions:

- ✓ Get a flu shot
- ✓ H1N1 (swine flu) vaccine is in production and currently expected to first be available by mid-October. Get the vaccine for you and your children.
- ✓ Wash your hands often with soap and water often to prevent the spread of germs.
- ✓ Washing hands before touching food and after using the restroom is most important.
- ✓ Try not to touch your eyes, nose or mouth
- ✓ Cover your mouth and nose if you cough or sneeze
- ✓ Eat a healthy diet and get regular exercise.
- ✓ Don't share eating utensils such as forks and spoons or drink from someone else's cup.
- ✓ Wash surfaces like sinks, tables, cutting surfaces and desktops with a disinfectant cleaner

If you or your children become ill call a physician for immediate care if any of the following symptoms are present:

- If noisy, rapid or difficulty breathing
- Neck pain or stiffness
- Blue or gray color around the lips, mouth or fingernails
- If they have difficulty waking up
- Not drinking enough liquids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Extreme irritability
- Sudden dizziness, confusion
- Flu-like symptoms improve but then return with fever and worse cough

When to call a physician for advice or information:

In Children:

- Fevers of 100.2 F or higher rectally for babies ages 2 months or younger
- Fevers of 101 F or higher for babies ages 3-6 months
- Fevers of 103 F or higher for over 6 months of age
- Body rash
- Worsening pain in one or both ears
- Cannot keep fluids down or refuses to drink fluids
- Infants with fewer wet diapers or no tears
- Cold symptoms lasting more than 10 days
- Any other symptoms that concern you

What can be done to help you or your child feel better?

- Drink extra water, juice or soups
- Limit activity and get as much rest as possible
- Gargle with warm water and salt.
- Apply a cool compress to your child's forehead to help relieve fevers
- Vaporizers and humidifiers help reduce coughing
- Administer acetaminophen or ibuprofen for fevers.

Following these practices should help you and your children stay healthy. Be assured we are working together to prevent the spread of colds and influenza at school. If you have any questions or concerns, please direct them to Mrs. Hays @ 989.9182 or [dchays@fcusd.org](mailto:dchays@fcusd.org).

Denise Ryhal, R.N./School Nurse