

October 11, 2023, Newsletter

Scenic Park Elementary

3933 Patterson St. Anchorage, Ak, 99504
907 742-1650



Message from the Principal

Happy Fall Scenic Park Families!

It's hard to believe we will be wrapping up the 1st quarter next week. We look forward to seeing you for Parent/Teacher Conferences on Wednesday, October 25th and Thursday, October 26th. Please use the link [CONFERENCE GN UP LINK](#) to sign up for conferences. This is a great time to meet with your child's teacher and discuss their academic progress. Students will be dismissed at 12:30 on conference days.

Student and staff safety is a top priority at Scenic Park. All exterior doors will be closed and locked after the 8:50am bell. If your child arrives after the 8:50am bell, please be sure to use the Main Entrance doors to enter the school.

Thank you all for your continued support and patience as we navigate parent pickup. Just a few reminders:

- Please follow the directions from staff members.
- Pull vehicles as far forward as possible.
- Please do not leave vehicles unattended.

Again, thank you all for your cooperation and support as we continue to make Scenic Park a safe, fun, and engaging learning environment.

We are looking for a crossing guard to help students and families cross Patterson St. The job is Monday-Friday afterschool, 3:15-3:45 and Thursday 8:30-9:00. This is a paid position. If you know someone that would be a great fit, please apply at the following link or contact the office. [CROSSING GUARD](#)

Sincerely,
Marco Christian,
Principal



Upcoming Events

October 13th
Family Movie Night

October 18th
Picture retake.

October 20th
NO School.

October 24th, 25th, & 26th
Book Fair

October 25th 26th Parent Teacher Conferences
Students released at 12:30 pm on both days.

October 27th
No School

Important Announcement

PLC Mondays

Breakfast-9:40
First Bell- 9:50
Tardy Bell rings and class begins - 10:00.
Dismissal- 3:30

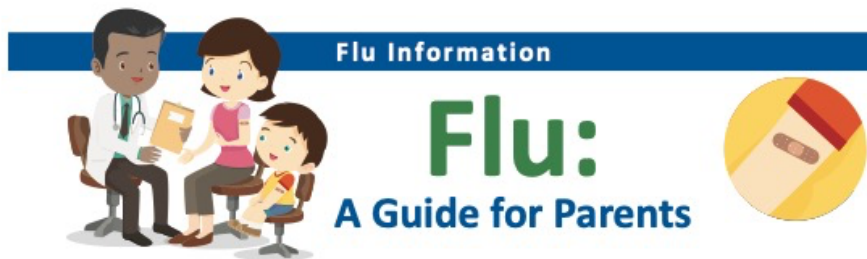
Tues- Friday

Breakfast- 8:40
First bell- 8:50
Tardy bell rings and class begins- 9:00.
Dismissal- 3:30

Message from the nurse:

Makar Eyecare will be visiting Scenic Park at the end of the month. Please let me know if you need help getting a vision screening or glasses due to lack of insurance, or use of all insurance benefits. I have two forms to fill out to be eligible for screenings and glasses at school.

Katie Clausson, BSN RNC
School Nurse
Scenic Park Elementary School
Anchorage School District
(907) 742-1651, Fax: 907 742-1677



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with flu will not have a fever.

Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.
- Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- Flu vaccine can be life saving in children. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



More Important News

Flu Vaccines: Free. Open to the public. No insurance required.

Wednesday, October 25th
From 2pm-7pm

Eagle River High School
West High School
South High School
East High School

Thursday, October 26th
From 1pm-7pm

Wendler Middle School
Romig Middle School
Gruening Middle School
Goldenview Middle School



Please have your child go through the Lost and Found area for missing belongings. The Lost and Found WILL be cleaned out and all items removed after parent/teacher conferences.

and by nearly two-thirds among children without medical conditions.

- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain

- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first two days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

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

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

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO

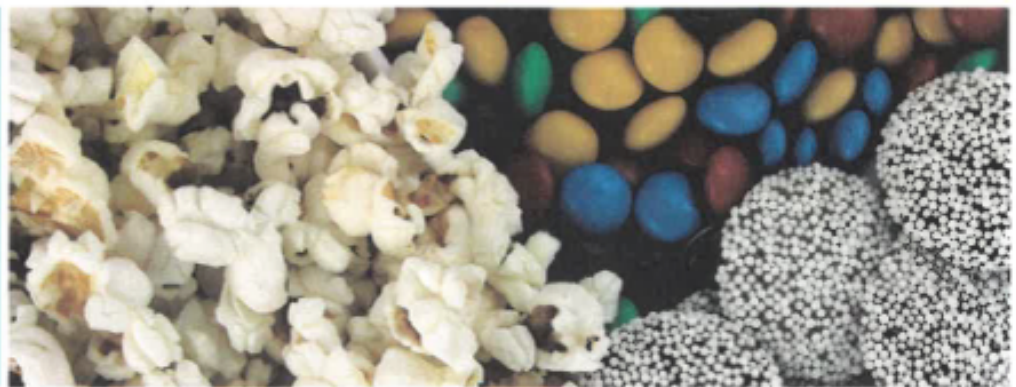


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



October 13th, 2023
 Scenic Park Gym
 Doors open at 6:00pm
 Movie starts at 6:30pm

Bring a pillow and/or chair for
 comfortable seating.
 Food and snacks available
 for purchase.
 Children must be
 accompanied by an adult.



SWANK
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Scenic Park Fall Scholastic Book Fair Coming Soon!

Mark your calendars and save some PFD money for books for your young readers. This year, parents will be able to use Scholastic Book Fair's eWallet to pay online in advance or donate funds to a teacher!

October 24th from 3:30 - 5:30

October 25th from 12:30 - 6:30

October 26th from 12:30 - 3:30

Find out more or access the eWallet portal here:

<https://www.scholastic.com/bf/scenicparkelementaryschool>

Volunteers Needed!

We desperately need volunteers to help run our Scholastic Book Fair. If you can help, here's how to sign up:

We're using SignUp (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp: <https://signup.com/go/KzBpVav>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.

Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.



We had a great Walk to School Day on Wednesday! It was a chilly one, but the hot chocolate and coffee donated by Kaladi Bros and served up by our business partner, Change Point Church made it all worthwhile. A BIG Thank you to our Scenic Park families and ASD community for participating and making it a great start to a wonderful day!



Elmer from Kaladi Bros along with volunteers from Change Point Church served up piping hot beverages to staff, students, and families!



Karen Bronga, our Assembly Member for District 5, joined us on our walk! Mrs. Bronga used to be a part of our Scenic Park staff! It was great to have her join us.



ASD Transportation Presents

Fall Festival

Family Event

\$10 Donation
Up to TWO adults & FIVE children

FACE PAINTING | HOT CHOCOLATE | KIDS ART
KIDS TATTOOS | PUMPKIN SCAVENGER HUNT
AND MORE!

Saturday, October 14th
2:00-5:00pm | 3580 E. Tudor RD

Come join us for this family-friendly event!

More Exciting News!!

Halloween, Oct. 31st, costumes can be worn at school this year! See the guidelines below.



Halloween Costume Rules/Guidelines

- School rules regarding dress code must be followed: No short skirts/shorts/tutus, no bare midriffs, no bare shoulders, or low necklines. Nothing that promotes the use of illegal substances or activities or are derogatory, disrespectful or depict violence.
- Hats & hoods may be worn as part of costume, this day only.
- ALL costume preparations to be completed at home. (No dressing or applying of make-up or colored hairspray once students arrive at school).
- No masks or weapons (nun chucks/sickles/swords/knives/guns, etc).
- Students or parents who have questions about the acceptability of their costume should check with their homeroom teacher prior to wearing the costume to school.
- Students wearing inappropriate costumes will need to call home to have a change of clothes brought up to them.

PARENTS: Please help support and appropriate, distraction-free learning environment for all students by assuring that your student adhere to these guidelines.