

Momot Bearfacts

Where Each Day is Momentous

October 29, 2009 Edition 8

Plattsburgh City School District Web Site: [http:// www.plattscsd.org](http://www.plattscsd.org)

Events Calendar

Please check this column each week as new dates and events will be added.

Nov 3	PTO Meeting 6:30 Music Room
Nov 4	School Improvement Team 2:50
Nov 5	Principal's Luncheons- Caught You BEE HAVING
Nov 9	Pizza Delivery 4:30-7 Gym
Nov 10	Science Fair 6-7PM
Nov 11	NO SCHOOL Veteran's Day
Nov 12	School is a Feeling K/1 10:00-10:30 2/3 10:45-11:15 4/5 11:30-12:00
Nov 12	Board of Education Meeting 7:30 Duken
Nov 16	NYS 5 th Grade Social Studies Test: Part 1
Nov 17	NYS 5 th Grade Social Studies Test: Part 2
Nov 19	Family Night at Momot Details to be announced
Nov 23	Go Home Drill 2:00
Nov 24	Spelling Bee Grades 3-5
Nov 24	Papa John's Spirit Night 4-9
Nov 25-27	NO SCHOOL Thanksgiving Recess
Nov 30	DWEIC 3:15 Duken
Dec 1	PTO Meeting 6:30 Music Room
Dec 3	Parent Teacher Conferences 6-8PM
Dec 4	NO SCHOOL FOR STUDENTS Parent Teacher Conferences 8-1
Dec 7-11	Book Fair
Dec 10	EARLY RELEASE 11:30
Dec 10	Holiday Decorating Night
Dec 10	Board of Education 7:30 Duken
Dec 15	Momot Choral Concert
Dec 21	School is a Feeling K/1 10:00-10:30 2/3 10:45-11:15 4/5 11:30-12:00
Dec 21	DWEIC 6:30
Dec 22	Papa John's Spirit Night 4-9
Dec 24- Jan 1	NO SCHOOL HOLIDAY RECESS

Some things to know about the flu

During the spring of 2009 a new flu virus started making people sick in the United States and throughout the world. At first this illness was called "swine flu," but now you may hear it called H1N1 influenza. To date, most people effected with the H1N1 flu virus have experienced mild to moderate illness, similar to seasonal flu. However, the flu can be serious, and many more people may get the flu this school year.

What can you do?

Sick kids should stay home! They should NOT go to school, work, or out in public. If you think you have the flu, you should stay home and away from others. Individuals with flu-like symptoms should remain home for at least 24 hours after fever has disappeared (without the use of fever-reducing medication).

Practice healthy habits. Cover your mouth and nose when you cough or sneeze with a tissue – not your hand. If you don't have a tissue, cough or sneeze into your sleeve. Wash hands often with soap and warm water, especially after you cough or sneeze. Wash and rub hands for 20 seconds – as long as it takes to sing Happy Birthday twice. Avoid touching your eyes, nose or mouth. Germs spread that way.

Flu in our schools

We expect that some people in our school will get the flu. Treatment for the H1N1 flu is the same as for seasonal flu. Rest, fluids and medicine to reduce body aches and fever, are all that most of us need to recover. For people with certain underlying medical conditions, such as those with asthma and other chronic diseases, flu can be more serious, and these individuals should contact their health care provider.

-Excerpt from New York State Department of Health
<http://www.health.state.ny.us/publications/7226/>

Halloween 2009

Students have already begun anticipating Halloween and discussing their costumes! More details will follow but in order to help families plan we will be celebrating Halloween using the following guidelines:

- Students should bring their costumes to school and change after lunch on October 30th.
- Students need to wear NON VIOLENT costumes. No play weapons can be brought to school.
- Classrooms will have parties and Halloween activities during the afternoon. Letters including the details and any special activities regarding the classroom parties will be sent home by your child's teacher.
- We also are asking that refreshments for classroom parties follow our district wellness and nutrition guidelines for healthy eating.
- Various activities such as writing Halloween stories, reading and sharing poems etc. will be integrated into our curriculum throughout the day.
- In order to provide for a less stressful day we will not be having a school parade. We have found this causes safety concerns with the large number of adults in our gym, as well as increasing anxiety and stress for our students. Teachers have found that small parades and visiting other classrooms provides for a safer atmosphere.

We believe that by using the guidelines above we can provide our students with a fun, safe and positive Halloween experience. Thank you for your cooperation.

**VERY IMPORTANT DATE:
Pizza Delivery
Momot Gym
4:30-7:00 PM
Monday, November 9th
Thank you to all our families
For selling pizzas!
Please call Mr. Tracy Rotz
at 563-5553
if you have any questions.**

Please return Emergency Evacuation Sheets

We have sent home orange emergency evacuation sheets with the oldest child of each Momot family. The information on these sheets is critical for our school safety procedures.

Each year our school conducts several safety drills in addition to our fire drills. One of our drills will be the Go Home Drill on November 23rd. On this day we will be calling each Momot family using the phone numbers given to us on the emergency evacuation sheet to notify you of the drill. The purpose of this drill is to test our communication system with our families in the event of an emergency evacuation at school.

PTO Sponsors Our Second and Hopefully Final Major Fundraiser for 2009-2010

Each year our PTO sponsors a major fall fundraiser which begins on Wednesday, November 4th and ends on Monday, November 16th. A letter explaining all the details of this fundraiser will be sent home on November 4th.

Our PTO has been extremely generous and supportive of our school. Thanks to this annual fundraiser we have been able to add whole new sections to our playground, new technology to our school such as SMARTboards, digital cameras and we also purchased a brand-new public address system. This fundraiser also provides dollars for our annual family events such as kindergarten celebration, 5th grade moving up day, Holiday Decorating Night and Family Fun Night.

We are very hopeful that this fundraiser will meet all of our PTO needs and that we will not have to conduct any additional fundraisers this school year.