

Sagebrush Leopard Link

December 6, 2018

Dear Sagebrush Families,

Happy December. There are many exciting things happening here at Sagebrush. Did you know we now have an app? You may download it for both iPhone and Android. Just search for Sagebrush Elementary and you should be able to find it. This will give you the opportunity to keep up to date with all the latest Sagebrush news, receive push notifications from the school and be able to notify us of your child's absence right from your phone.

I wanted to take this opportunity to let you know about school safety. All outer doors of Sagebrush are locked throughout the school day. All visitors must check in with the front office and be scanned through the Raptor system. This is why we ask that adults entering the building have a picture ID. The system then prints a visitor sticker. All staff have been trained to verify that all adults in the building either have a staff ID or visitor sticker.

We practice many safety drills with students to ensure that both staff and students know what to do in an emergency situation. My main message with students is that in any emergency, they are to be silent and listen to the adults. We practice fire drills monthly in which we evacuate the entire building and practice accounting for every adult and child. Each semester we conduct tornado and lockdown drills. During a tornado drill, students and staff move to a safe area of the building and practice duck and cover. With a lockdown drill, I explain to students that we pretend there is nobody at school. We do this by moving to a space in the room that cannot be seen by looking in the windows, turn out the lights, and stay silent.

Student safety is a topic that we are always concerned with. Our intent in practicing these drills is not to unnecessarily worry students and staff, but instead to prepare them in the event that we ever found ourselves in an emergency situation.

Respectfully,

Chris Powell-Principal



Upcoming Events

December 14

Skate City Night

December 18

December 19

Coloradough Pizza Spirit Night

December 21

Sprit Day and **Class Parties at 2:00 pm PLEASE bring I.D**

Dates to remember:

NO SCHOOL

DEC. 17th-JAN. 7th

SCHOOL RESUMES

JAN 8, 2019

WINTER IS HERE!!!

PLEASE remind your children to come to school with a coat, gloves and hats. They do go outside weather permitting.

STUDENTS ARRIVING LATE

It is very important that your child comes to school on time, school starts at 8:00 am and ends at 2:45 pm. Your child will be marked Tardy if they arrive after 8:00 am. If your child is late you will need to sign them in. Please pick up your child promptly at 2:45 pm. For the safety of the students please always bring your I.D.

JUMP IN THE NEW YEAR!!!

Be on the lookout for information regarding Jump Rope for Heart. Kick off will be January 31st 2019.
Stay tuned for more information





NEWS FROM THE CLINIC

What is the flu? Seasonal influenza, which is also called the flu, is a contagious viral infection of the nose, throat and lungs. While anyone can get the flu, school-aged children are a group with a high rate of flu illness according to the CDC.

How is the flu spread? The flu is spread from person to person. The influenza virus can spread to others up to about 6 feet away. According to the CDC the flu virus is mostly spread by droplets when a person will cough, sneeze or talk. These droplets can land in the mouth or nose of others when you are nearby and can be inhaled by the lungs. A person also contract the virus by touching a surface or object that has the flu virus on it; however this is less often than by droplets.

According the CDC most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Symptoms starts typically 1 to 4 days after the virus will enter the body. **A person can infect another even before they themselves have any flu like symptoms.**

Symptoms:

- Fever (typically sudden onset)
- Headache
- Muscle aches
- Dry Cough
- Sore Throat
- Nausea and vomiting may occur

Staying home when sick: To try and avoid getting the flu one should try and stay away from people that are sick with the flu and one should keep their kids homes until there is no more fever for at least 24 hours without the use of fever reducing medications. For questions about when to keep kids at home please contact the school nurse.

Control of Spread:

- The CDC recommends getting **flu vaccine** yearly to help prevent getting the flu

- **Handwashing!!!**
- Children should be taught to cover their nose and mouth with a tissue when coughing or sneezing and then throwing the tissues out right away.
- Avoid touching eyes, nose or mouth.

The Flu Vaccine: The flu vaccine is recommended for everyone that is 6 months of age and older. It is recommended to get the flu shot by end of October as it takes about 2 weeks for the flu shot to be effective. It takes 2 weeks after vaccination for antibodies to develop in the body and provide protection against the influenza virus.

Where to get the flu shot?

You can call your child's primary care physician and make an appointment to receive the flu vaccine. Most local pharmacies have the flu shot available as well.

Tri-County health department has an immunization clinic. You can call them at 303-451-0123 to see if you qualify to get your flu shot from one of their clinic.

If you have any questions regarding flu information or if you are not sure whether to send your child to school please call me and I can assist you in making that decision.

Chana Aminov RN

720-886-8310

LOST AND FOUND



**Please check the lost and found!
It's over flowing!**

Volunteers will be in the last week before break to help sort and display, please stop by during that week, or before, to find anything you are missing!

NEWS FROM THE CAFETERIA



JOIN US FOR OUR ANNUAL HOLIDAY MEAL!

Where:

Your local Cherry Creek School District School Cafeteria

When:

December 18th During Regular Lunch Service

Serving:

Mashed Potatoes w/ Gravy, Dinner Roll, Veggie sides, Fruit Sides and Pumpkin Tart

Gingerbread House Giveaway

Join us for lunch on December 12th and be entered to win a Gingerbread house kit.

PTCO NEWS

12/14 Winter Wonderland at Skate City Night:

4-6PM, Admission \$5, Skate Rental additional \$2.50, or bring your own!

Bus option roundtrip or one way from Sagebrush: Catch the Skate City Fun Bus departing school at 3:40. Bus will return to school at 6:30PM. Students attending without parents are responsible for their own money and must turn in permission slip from Skate City flyer. **We are currently looking for 2-4 parents to ride the bus and/or help with lacing up skates.**

Email: sagebrusptco@gmail.com to volunteer.

12/18 AND 12/19 Coloradough Pizza Spirit Night 3-9PM both days. Mention Sagebrush Spirit Night when ordering, pick up and delivery!

12/21 Spirit Day- wear your Spirit Wear & Class Parties

Follow us on Facebook :<https://www.facebook.com/sagebrushptco/>

WAYS TO HELP OUT SAGEBRUSH

SNACK DRIVE- GIVE BACK SHARE A SNACK

We are asking for snack donations, healthy non-perishable items, no juice. You can drop snacks off at main office or give them to your child's teacher. Anything helps and we appreciate any donations.

KING SOOPERS CARDS

Available for \$5, come preloaded with \$5, continue to reload this card and use when you shop, a portion will go to Sagebrush. These are available at PTCO Events, meetings, and the front office.

All of this helps fund field trips and other supplemental supplies!

Thank you,

Sagebrush PTCO



Planning ahead:

1/25/19- Zumba Family Night! "Neon in the New Year" \$3 per child.
6:30-7:30PM Sagebrush Gym

1/31/19- Spirit Night Chick fil A, must mention Sagebrush Spirit Night when ordering

Please see Thursday folders for information on:



WALK, BIKE OR ROLL TO SCHOOL

As part of CCSD's Safe Routes to School grant, we encourage you to consider the many benefits of safe, active transportation to and from school for you, your children and our community!

Students who walk, bike or roll to school

- Exhibit increased concentration on academics after getting physical activity
- Help reduce traffic congestion, pollution and stress during school drop off and pick up times
- Are more likely to get the recommended 60 minutes of daily moderate to vigorous physical activity
- Develop a better sense of direction and connection to their community
- Gain confidence and independence when old enough to travel alone or with friends
- Spend quality time with a parent or caregiver when accompanied by an adult

What can you do to support safe, active transportation to and from school?

- Teach children rules of the road, use crosswalks and practice safety at all times
- Always wear a helmet when biking, riding a scooter or skateboarding
- Organize a walking school bus where a group of students meet and walk together with adult supervision
- If you live far away, park a distance from school and walk the rest of the way
- Walk, bike or roll to school at least one day a week with your child or encourage them to go with friends
- Learn more by checking out the links below

Click the topics below for research summaries and more information:

[Safe Routes to School Programs](#)

[Pedestrian and Bicycle Information](#)

[Educating Pedestrians and Bicyclists](#)

[Physical Activity and Academic Performance](#)

