

TIGER TALES

THANKFUL

November 7, 2019

Craft Fair

The 8th annual Durham Community School PTA craft fair will be on December 7th in the school gym. If you would like to rent a table please contact Kim Simoneau at durhammepta@gmail.com

Upcoming Middle School Basketball Practice Schedule:

Girls 5:15-6:45pm
Boys 6:45-8:15pm

Tuesday 11/12
Wednesday 11/13
Thursday 11/14
Friday 11/15 (no practice - school social)

REMINDER:

NO school for students on Friday, November 8th and Monday, November 11th

FLU CLINIC

*** **Seasonal Flu Vaccine** ***
Available for RSU No.5
STUDENTS - FAMILIES - STAFF
Vaccines are **FREE** for Students

PLEASE BRING YOUR HEALTH INSURANCE CARD

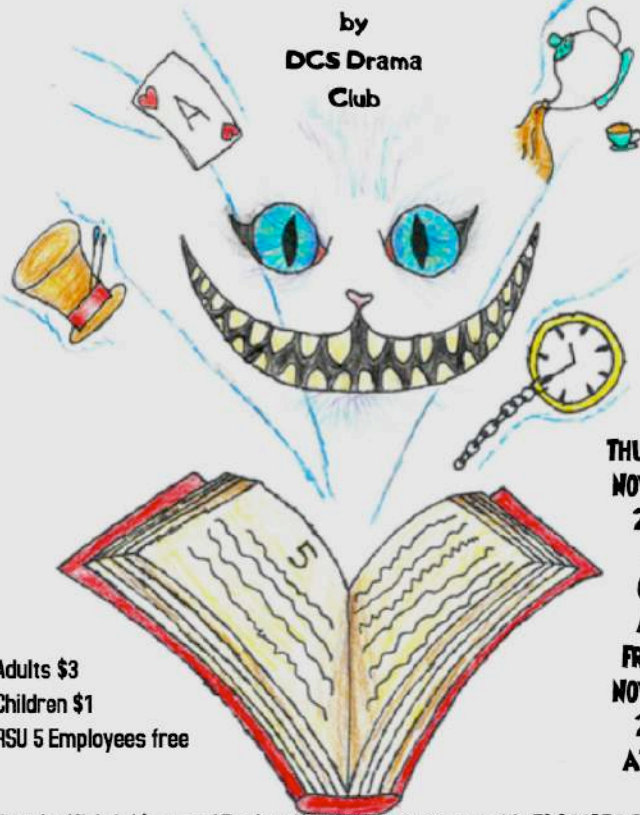
November 13, 2019 3:30-6:30pm
Freeport High School Cafeteria

REMINDER:

Middle School Fall Sports Awards Night
is tonight November 7
6:30pm

ALICE IN WONDERLAND

Presented
by
DCS Drama
Club



Adults \$3
Children \$1
RSU 5 Employees free

THURSDAY
NOVEMBER
21ST
AT
6:30
AND
FRIDAY
NOVEMBER
22ND
AT 6:30

Written by Michele Vacca and Produced by special arrangement with CLASSICS ON STAGE!
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Thanksgiving



STUDY SUPPORT

Study support is available for middle school students Monday-Friday from 8:00-8:30am in room 206



FREEPORT HIGH SCHOOL PRESENTS

KIDS NIGHT OUT


@FHS-CAFETERIA

2ND ANNUAL

DROP YOUR ELEMENTARY KIDS OFF FOR A NIGHT FULL OF FUN ACTIVITIES! \$15 PER CHILD \$10 FOR EACH ADDITIONAL CHILD

FRIDAY NOV 15
5:30-7:30PM

SCAN TO SIGN UP



DCS LUNCH BUNCH

DURHAM COMMUNITY SCHOOL'S 3RD & 4TH GRADES SUGGESTED NEW MENUS TO THE NUTRITION PROGRAM AND VOTED ON THEIR NEW MEALS. THE ENTIRE SCHOOL WILL GET TO ENJOY THEIR FAVORITES THIS MONTH!

NOVEMBER 14

Crispy Chicken and Waffles
Homemade Fruit Waffle Sauces
Maine Apple and Cranberry Slaw
Homemade Maine Blueberry Crisp



NOVEMBER 21

Chicken Lo Mein Noodles
Teriyaki Chicken Skewers
Crab Rangoon
Sesame-Soy Asian Veggies
Fresh Fruit Salad



Annual Pasta Drive!

NO GLASS JARS PLEASE

Bring in donations of pasta and sauce starting Monday, November 18 through Friday, November 22. Donations can be dropped off on the bench in the lobby.

The Pasta Parade will happen on Friday, November 22 at 8:45 am.



NOV
15

Sports Theme **DANCE**



MIDDLE SCHOOL DANCE

**Friday, November 15th
6pm - 8:30pm
Admission cost \$5.00**



**WEAR YOUR FAVORITE
TEAM JERSEY**



**PARENTS: IF YOU ARE ABLE TO HELP WITH
CHAPERONING OR PROVIDING SNACKS
PLEASE SIGN UP AT**

<https://www.signupgenius.com/go/9040845AEAA28A31-dcssocial1>

SEASONAL ILLNESS PARENT NEWSLETTER

Message from the School Nurse

Over the past few weeks, we have seen flu-like illness, along with cases of other respiratory illness, pneumonia, strep, gastrointestinal illness, etc.

The information poster, *Is it a COLD or the FLU?* may be helpful to answer your questions and reduce the risk of spreading the flu. It is not too late to get a Flu vaccine. If you suspect your child has symptoms of the flu, contact your physician for possible early treatment.

The School Nurse is responsible for tracking and reporting certain communicable diseases and absentee rates to the Maine CDC. The following actions will help us manage student and staff illness throughout the school year:

Whenever your child is out sick... **CALL the school and REPORT** the specific symptoms: respiratory (cough, sore throat), gastrointestinal (stomach ache, vomiting, diarrhea), skin rashes (blotchy, itchy, blisters, hives, etc.), other (headache, fever, red runny or crusty eyes, etc.) ... OR report the actual PHYSICIAN's DIAGNOSIS, such as Strep, Conjunctivitis, Impetigo, Mono, Pertussis, Pneumonia, Influenza, etc; do not report that your child has the 'FLU' unless a physician has made this diagnosis

KEEP YOUR CHILD HOME until: fever free for 24 hours (temp <100 without fever reducing medication), acute symptoms have subsided for 24 hours (disruptive/persistent cough), vomiting, diarrhea, etc, able to participate in school workday

PREVENTION ROUTINE: Daily prevention habits can reduce the spread of germs that cause many different illnesses: COVER A COUGH & SNEEZE with a tissue or by coughing into your sleeve/elbow instead of into your hands, throw away tissues promptly, HANDWASHING...HANDWASHING...HANDWASHING! Use soap & water for 15-20 seconds and dry with a paper towel to throw away, do not share personal items, avoid touching your eyes, nose and mouth which will spread germs.

THANK YOU for your cooperation. If you have further questions PLEASE contact the School Nurse, Kim Gormely, RN, BSN, 353-9333.

Is it a Cold or the Flu?



Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high as 102° F in infants and small children	Usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle Aches	Mild	Usual, and often severe
Tiredness and Weakness	Mild	Often extreme, and can last two or more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe



Department of Health and Human Services
Maine Center for Disease Control and Prevention
www.mainepublichealth.gov