

# BHCS PANTHER PRESS

Winter 2019

Volume 24, Issue 2

Happy Holidays  
from the  
BHCS Faculty & Staff






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**CALENDAR OF EVENTS**  
*December 2019, January, February & March 2020*



- Dec. 7 SAT  
Dec. 10, 11, 12 Kris Kringle Corner for Students  
Dec. 13 15 Week Progress Reports Distributed / Grades 3 - 12  
Dec. 14 ACT  
Dec. 18 Belleville Henderson Art Show  
Dec. 18 Winter Concert @ 7:00 PM / Elementary, Middle & High School Chorus & Band  
Dec. 23-Jan. 1 Holiday Recess - School Resumes on January 2, 2020
- Jan. 2 School Resumes  
Jan. 6 Board of Education Meeting @ 7:00 PM  
Jan. 8 PTO Meeting in the Library @ 5:30 PM  
Jan. 10 Deadline to Register for February 8 ACT - Late Registration January 17, 2020  
Jan. 11 Junior Class Dance Winter Ball @ 7:00 - 10:00 PM  
**Jan. 20 Martin Luther King Day - NO SCHOOL**  
Jan. 21-24 Regents Exams  
Jan. 24 Winter Bi-County Rehearsal @ TBA 9:00 - 2:00 PM - Select Vocal Ensemble / Jazz Band  
Jan. 25 Winter Bi-County Rehearsal & Concert @ Alex Bay 9:00 - 2:00 PM  
Jan. 24 20 Week Report Cards Mailed Home  
Jan. 27 Board of Education Meeting - 7:00 PM
- Feb. 8 ACT  
Feb. 10 Board of Education Meeting - 7:00 PM  
Feb. TBA PTO Meeting in the Library @ 5:30 PM
- Feb. 14 
- Feb. 14 Senior Class Dance - 7:00 - 10:00 PM  
Feb. 14 Deadline to Register for March 14 SAT - Late Registration March 3, 2020  
Feb. 17-24 National FFA Week  
Feb. 17-21 President's Day & Winter Vacation  
Feb. 24 Board of Education Meeting - 7:00 PM  
Feb. 28 Deadline to Register for April 4 ACT—Late Registration March 13, 2020
- Mar. 6 25 Week Progress Reports Distributed  
Mar. 6 & 7 School Musical **"Little Shop of Horrors"** - 7:00 PM  
Mar. 9 Board of Education Meeting - 7:00 PM  
Mar. 10 Deadline to Register for April 4 ACT - Late Registration January 17, 2020  
Mar. 14 SAT  
Mar. 16 JV & Varsity Spring Sports Start  
Mar. TBA PTO Meeting in the Library @ 5:30 PM  
Mar. 23 Modified Spring Sports Start  
Mar. 23 Board of Education Meeting - 7:00 PM  
Mar. 25-26 Grades 3 - 8 NYSED ELA (paper-based)  
Mar. 31 Spring Bi-County Rehearsal @ South Jeff - 9:00-2:00 / Elem. Band, Jr. High Chorus

## CALENDAR OF EVENTS

### April, May & June 2020

April 3	Deadline to Register for May 2 SAT - Late Registration April 21, 2020
April 3	Spring Festival Rehearsal @ South Jeff / 9:00 - 3:00 / High School Band
April 4	Spring Festival Rehearsal @ South Jeff / 9:00 AM/ Concert @ 12:30—Elem. Band & 2:00 PM Jr. High Chorus, High School Band, Senior Soloist
April 4	ACT
April 6	Board of Education Meeting - 7:00 PM
April 8	Spring Concert - 7:00 PM Band Only
April 9	30 Week Report Cards Mailed Home
April 10	Good Friday
April 13 - 17	Spring Vacation
April 21	Board of Education Meeting - 7:00 PM
April 23	FFA Banquet—7:00 PM
April TBA	PTO Meeting in the Library @ 5:30 PM



May 2	SAT
May 5	Public Hearing @ 6:30 PM
May 5	Board of Education Meeting - 7:00 PM
May 8	Deadline to Register for June 6 SAT - Late Registration May 27, 2020
May 8	Deadline to Register for June 13 ACT - Late Registration May 22, 2020
May 8 & 9	NYSSMA Solo Festival @ Carthage High School
May 14 - 16	FFA State Convention @ Syracuse
May 19	Spring Concert - 7:00 PM Chorus Only
May 19	Annual Budget Vote / Election in the Foyer 2:00 - 8:00 PM & BOE Meeting - 8:00 PM
May 21	35 Week Progress Report Distributed
May TBA	PTO Meeting in the Library @ 5:30 PM
May 21-22	3 - 8 NYS Math (paper-based)
May TBA	4th / 8th Grade Science Performance
May 22 - 25	Memorial Day—No School
May 28	Grandparents Day Performance for Parents @ 6:30 PM
May 29	Grandparents Day Performance @ 1:00PM

June 1	Board of Education Meeting - 7:00 PM
June 1	4th / 8th Grade NYS Science Written
June 2	Regents Day
June 6	SAT
June 13	ACT
June 15	Board of Education Meeting - 7:00 PM
June 17-25	Regents Exams
June 26	Last Day of School / Elementary Report Cards Sent Home
June 27	Baccalaureate @ 5:30
June 27	Alumni Banquet
June 28	Graduation @ 2:00 PM
June 30	Report Cards MS/HS Mailed Home







## *A MESSAGE FROM THE SUPERINTENDENT, Jane Collins*

As 2019 winds down and the winter season settles in, again, for yet another adventure of snow and bitter cold conditions, the Belleville Henderson Board of Education, administration, teachers and staff send you a heartfelt “thank you” for your continued support and backing of our educational programs. Our families and students mark the spirit of this great district and we take our role seriously in offering a warm, caring environment with strong academic programs and enriching extracurricular activities.

Our academic programs are among the best in this region. The teachers are most talented and they are committed to student success. They genuinely care about the students. This year, with the support of Mrs. Ashleigh Barnhart-Burto, the elementary staff are focusing on our revised *Response to Intervention Program*, as well as, our *Academic Intervention Services*. These initiatives are determined to bring students to even greater heights of achievement. Additionally, the Technology Committee is researching the best classroom conditions to create 21<sup>st</sup> Century settings for all students.

In November, the high school participated in a review program offered by a group called the Southern Region Education Board. A team of eight educators visited our school and some of our teachers and counselor visited other area schools. The focus of the review was on career pathways. We will receive a report that will provide us with some information to assess our strengths and areas we may choose to grow.

Our winter sports season is off to a great start. We hope you can make some of our boys and girls home basketball games! The newly renovated seating and padding in the gymnasium look great thanks to the last capital project. In addition, the Belleville Henderson Cheer Team hopes to continue to hold the Frontier League and Section III Championship Titles. They will be performing at some of the home games, as well.

If you are looking for a holiday program, you will want to attend Belleville Henderson Central School’s Winter Concert (Band & Chorus) on December 18, 2019 in the newly renovated School Auditorium. The program starts at 7:00 PM!

The capital project work at the bus garage is complete on the roof, the heating system and the Small Vehicle Storage area. Our bus drivers do a great job getting our students to and from school safely in all kinds of weather. We have the best fleet of personnel! The Buildings and Grounds staff are pleased to have the upgrades in the classrooms with the new heating systems. We have a great team of staff overseeing the school buildings and grounds. In the spring, the sod on the varsity fields will be into a second growing season. We are happy to report the field renovations progressed as planned!

As we complete another year, I would like to extend warm Holiday wishes from all of us here at Belleville Henderson. We wish you, *A Happy New Year!* I hope to see you in 2020! We are Panther Strong!





## Happy Holidays from the Principal

Boy have times changed. Growing up in a home where the only phone in the house hung on the wall with a cord connected to it seems like forever ago. Kids played outside from morning until night. What a great way to get exercise and get “the stink blown off you!” After dinner allowed a quiet time to settle in for the night. I was at a gas station recently and a young driver had never heard of a full-service station. A brief explanation caused her jaw to drop. Thirty years ago, there were no electronics or technology to pass the time. Families spent time together playing board games or watching television.

Back in the day, there was a show on PBS called Mister Rogers’ Neighborhood. The show ran for 33 years beginning in 1968. During the show, the soft-spoken Mr. Rogers talked into a camera to children as if they were physically sitting with him. Mr. Rogers shared his thoughts and feelings with his “audience children” and even had a segment called The Land of Make Believe. Each episode focused on kindness and caring for others, while teaching children about various topics. Children often took a television field trip to a local museum or had a visit from the neighborhood mail carrier (Speedy Delivery); all focusing on kindness.

Mr. Rogers gave kids a chance to be kids, a chance to be themselves. Through the magic of television, Mr. Rogers was able to connect with kids on their level, as well as serving as a role model for parents.

Mr. Rogers’ led us through his neighborhood with incredible kindness toward all walks of life. As we enjoy the holiday season, won’t you join me in modeling kindness to and for our children? After all, they deserve it.

### **On another note...**

There are numerous awards, accolades, and scholarships given to students in schools. Some of these include Citizenship and Effort Awards, Academic Awards, Athletic Awards, Extracurricular Awards, and Art and Music Awards. I would like to acknowledge a student who received one of Boy Scout’s highest honors not often accomplished by today’s teens.

After completing 21 required merit badges and a service project, Ethan Smith, age 14 at the time, officially registered for Eagle Scout status. This made him the youngest scout from Troop 586 to join this elite group. On Saturday, November 9<sup>th</sup>, I attended an Eagle Scout Court of Honor held at a local church in Henderson, New York to honor Ethan. By recognizing accomplishments and plans for the future, as well as stories of his scouting experiences, Ethan was bestowed the recognition he truly deserves.

Other recent graduates of Belleville Henderson who have achieved the title of Eagle Scout include John Cobb, Class of 2019, Brandon Cook, Class of 2012, Jerome O’Rourke, Class of 2011, Jon DeFoe, Class of 2009.

Belleville Henderson is extremely proud to recognize Ethan Smith, 2022 graduate into its “Class of Eagle Scouts.”



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## Please post these contacts:

Parents' Bill of Rights for Data Privacy and Security – For information on Education Law 2D Stephen Magovney who is the Data Protection Office for Belleville Henderson Central School District, 8372 County Route 75, Adams, NY 13605, [smagovney@bhpanthers.org](mailto:smagovney@bhpanthers.org), 315-846-5826.

Code of Conduct – Persons with questions regarding the District's Code of Conduct please contact Mr. Storey, Principal.

ADA Compliance Officer for Americans with Disabilities Act for 1990 is Scott Storey, Principal, contact information is (315)846-5121 and email [sstorey@bhpanthers.org](mailto:sstorey@bhpanthers.org).

Title IX Compliance Officer is Scott Storey, Principal, contact information is (315)846-5121 and email [sstorey@bhpanthers.org](mailto:sstorey@bhpanthers.org).

English Language Learners Contact person is Scott Storey, Principal, contact information is (315)846-5121 and email [sstorey@bhpanthers.org](mailto:sstorey@bhpanthers.org).

Civil Rights Compliance Officer is Scott Storey, Principal, contact information is (315)846-5121 and email [sstorey@bhpanthers.org](mailto:sstorey@bhpanthers.org).

Section 504 Compliance Officer is Erica Pettitt who can be reached at [epettitt@bhpanthers.org](mailto:epettitt@bhpanthers.org) or (315)846-5121.

Title 1 contact person is Scott Storey, Principal, contact information is (315)846-5121 and email [sstorey@bhpanthers.org](mailto:sstorey@bhpanthers.org).

School Vaccination Requirements in NYS – Contact our school nurse, Karen Bertram (315)846-5323.

McKinney-Vento Homeless Liaison Officer is Shaun Gagan who can be contacted via email: [sgagan@bhpanthers.org](mailto:sgagan@bhpanthers.org) or phone 315-846-5825.

The District's Dignity for All Student's Act (DASA) -Compliance Officer is Shaun Gagan email: [sgagan@bhpanthers.org](mailto:sgagan@bhpanthers.org) or phone 315-846-5825. If you wish to file a complaint under DASA, you may make an appointment to file such complaint with either the Superintendent of School, the Principal or with the District's DASA compliance officer listed above. The Bullying Incident Reporting Form is accessed on the website or in the guidance office.

Drug Free Work Place – Belleville Henderson School District is a Drug Free Work Place. Questions are to be directed to the Superintendent, Jane Collins.

Records Access Officer is Stephen Magovney whose address is Belleville Henderson Central School District, 8372 County Route 75, Adams, NY 13605, [smagovney@bhpanthers.org](mailto:smagovney@bhpanthers.org), 315-846-5826.





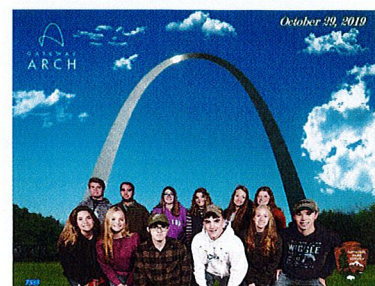
## National FFA Convention

Twelve members of the Belleville Henderson FFA attended the National FFA Convention from October 27th through November 2nd. Along the way, students toured a variety of agribusinesses. The first stop was at Jungle Jim's International Food Market in Cincinnati, Ohio. Jungle Jim's started out as a small produce stand and has grown into a major grocery store, carrying 180,000 items, with 60,000 of those being hard to find international items! The has everything you can want, and more and covers 6.5 acres of floor space! Members also visited Rood and Riddle, an independent equine hospital serving many racehorses in the Lexington, Kentucky area. Members saw vets performing surgeries, x-ray machines, recovery stalls and barns, the breeding facility, MRI machines, bone scans and more! Also, while in Lexington, members visited the Blue Grass Stockyards. The original facility was located downtown, but the facility burned to



the ground in a fire and was rebuilt at its current location. Students were able to sit it on the auction, as animals were sent through. They were also able to tour the back of the operation and see how the cows were sorted, all on horseback. The facility is also environmentally conscious, collecting rainwater and using it for the animals they are housing. On Tuesday, FFA members visited the St. Louis Arch. The arch was built to honor Thomas Jefferson and celebrate westward expansion. Students were able to ride the tram, which was a combination of an

escalator, elevator and Ferris wheel to the top of the 630' structure. The St. Louis Arch is the world's tallest arch. Students also visited Casey, Illinois whose motto is "big things in a small town". When the residents learned that the new highway was going to go around their town, they worried that they would loose business. So, in order to



attract people to their little town, they started to build some of world's largest things; including world's largest wind chime, rocking chair, mailbox, pitchfork and knitting needles! On Wednesday morning, students visited Hunter's Honey Farm and learned about everything from the bees, to the bottling of honey. Students also visited Traders Point Creamery, a rotational grazing dairy that is located within the metropolitan Indianapolis area. In addition to the farm, they have creamery, restaurant and event barn. While at the National FFA Convention, students were able to visit the College and Career Expo, where they could speak to representatives from agriculture colleges across the nation, as well as visit booths from agribusinesses, such as Tractor Supply, John Deere, Merck and more! Students were also able to attend sessions in Lucas Oil

Stadium that were hosted by the National FFA Officers. Students heard from keynote speakers including Bob Goff and Michelle Poler, who encouraged students to face their fears and chase their dreams. All in all, the National FFA Convention was a great experience for all members who attended. It opened their eyes to the diverse array of college and career options for agriculture students.





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## Fall Athletics Roundup

### From Mrs. Barnhart-Burto

What an exciting fall Belleville Henderson's athletic teams had. This fall we were able to host Modified, JV, and Varsity boys soccer teams as well as Modified and Varsity girls soccer teams. Our Modified boys team was coached by Coach Fusilli and they ended their season with a record of 4-5-2. The Modified girls team was coached by Coach McGrath and they were 4-4-2. Coach Vaughn coached the JV boys who ended with a record of 5-6. We also had a student-athlete who was very successful swimming for South Jefferson. Laura Zehr set records participating on the Varsity swim team as well.

This season we saw great success from our varsity girls team who is coached by Coach Costello. One of my favorite things I observed is the amount of time she put into team bonding activities. My favorite team bonding activity was when the girls attended a goat yoga session at Old McDonald's Farm. I think these opportunities and bonding experiences were just as fun for the girls to participate in as they were for me to hear about. While the girls created some lasting memories they also finished their season with a record of 12-3-1. Watching these girls you could see the determination, energy and grit with which they played each game.

Being able to have a JV boys soccer team will help to continue to build and instill an even greater tradition of excellence set forth by Coach Maloney. Our Varsity team finished as Frontier League Champions as well as Frontier League Playoff Champions. They ended their perfect season in sectional play with a final record of 17-1. At the end of each season coaches turn their scorebooks into me for safe keeping. My favorite thing this fall was when I opened up Coach Maloney's and saw this message "Best Year Ever!" despite the season ending sooner then we were hoping. This quote from Coach sums up how we all felt about watching our boys team this season.

As the athletic coordinator and spectator for many games this fall, I was moved by the amount of support our community members showed for our Panthers. The sidelines were packed with fans which was quite inspiring and exciting to me, and our student-athletes.

Thank you to everyone who came out in all types of weather to cheer, give treats, and offer such immense support to our athletic teams!

I look forward to seeing community members in the stands throughout the long winter months at our basketball games as well.





**MUSIC NEWS--be sure and check the school, Music Department website and music calendar whenever you need information or details about music events!**

### **Music Festivals**

Belleville Henderson was represented by 15 students at the fall Bi-County festival which took place at Lowville Academy on October 29 and November 1 & 2. Madelyn Green, Grace Peters, Trentin Misercola and Hazel Matiland sang in the Elementary chorus. Our Junior High band participants included: Avery Pritchard, Ella Poulin, Selene Davis and Miranda Hubbard on flute, Meredith Smith on trumpet and Cayden Randall on tuba. Emily Dick, Kenny Zehr & Jared Bast, Brandon Bast and Nicholas Henry were accepted into the High



### **Area AllState**

On November 22 and 23 four of our BHCS musicians attended Area Allstate at Indian River High School. Emily Dick, Brandon Bast and Nicholas Henry were in the chorus and Laura Zehr represented in the band on baritone horn. These students were chosen based on their NYSSMA solo scores earned last spring. BRAVO!





### Happening in December:

The winter concert and art show will be on Wednesday, Dec. 18. This concert will include all 6 of our performing ensembles. Student artwork will be selected and displayed AND the art club will hold a raffle of some art baskets. Winners will be announced at the concert. You can look forward to sitting in our newly refurbished auditorium seats and enjoying the beautiful new curtains on the stage! We are most excited to show off our



Auditions for the school musical, **Little Shop of Horrors**, will be held on December 12 after school. Audition sign-ups and materials will be available after Thanksgiving. Students in grades 6-8 who are members of Middle Level chorus are welcome as well as all 9-12 students. The show will be on March 6 & 7 at 7:00 p.m.

#### Some **Little Shop** facts:

The film was made in 1986 and was based on the Off-broadway musical with music by Alan Menken and book by Howard Ashman (Disney collaborators on *The Little Mermaid*, *Beauty and the Beast* & *Aladdin*). The film starred Rick Morenus as Seymour and Steve Martin as the dentist and was quite popular. In 2003 the show was revived on Broadway with updated orchestrations and songs.

The musical is set in the 1960's and is narrated by a 3-girl "Greek chorus". They tell the tale of a failing florist shop on Skid Row and how the hero, Seymour (an average Joe) saves the day with his amazing, unusual plant. But, as you will see, fame comes with a price--WATCH OUT!!





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# BUY YOUR Yearbook

## 2019-2020 Belleville Henderson Yearbook

The 2020 yearbook is on sale now for \$40. This is the lowest price of the year so buy your yearbook now! Reserve your copy online today at **JostensYearbooks.com**, or bring this completed order form and cash or check made out to *Belleville Henderson CSD* to the **main office**. *Don't delay, order today!*

**Student Name:** \_\_\_\_\_

**Contact Number** \_\_\_\_\_

**Number of Yearbooks** \_\_\_\_\_ **x \$40 =** \_\_\_\_\_

**Method of payment: Cash OR Check #** \_\_\_\_\_

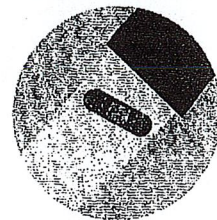
The Jostens logo is written in a stylized, cursive script. The word "Jostens" is in a dark blue or black color, with a registered trademark symbol (®) at the end. The letters are fluid and connected, with a slight shadow or outline effect.





# The Flu:

## A Guide for Parents



Influenza (also known as 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 viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The 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 and children of any age with certain long-term health problems are at high 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 the 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 vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and 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.

#### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. 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 the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.



- **Flu vaccine can prevent your child from dying from flu.**  
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions 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.

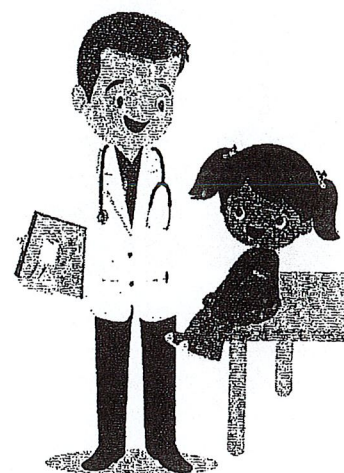
Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away 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 2 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 high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

#### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 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.



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

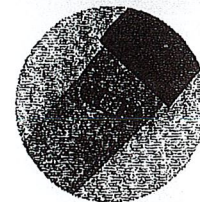
For more information, visit [www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm) or call 800-CDC-INFO





# La influenza:

una guía para los padres



## ¿Qué es la influenza?

La influenza (también conocida como gripe) es una enfermedad respiratoria contagiosa causada por los virus de la influenza, que infectan la nariz, la garganta y los pulmones. La influenza es diferente a un resfriado y generalmente se presenta de manera repentina. Cada año, los virus de la influenza hacen que millones de personas se enfermen y cientos de miles sean hospitalizadas, y causan miles —o decenas de miles— de muertes en los Estados Unidos.

La influenza puede ser muy peligrosa para los niños. Los CDC estiman que se ha hospitalizado a entre 6000 y 26 000 niños menores de 5 años por la influenza cada año en los Estados Unidos. La vacuna contra la influenza es segura y ayuda a proteger a los niños contra la enfermedad.

## Lo que deben saber los padres

### ¿Qué tan grave es la influenza?

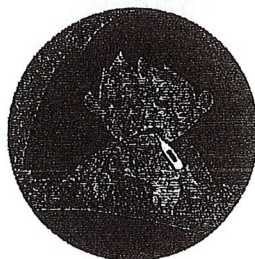
Aunque la enfermedad de la influenza puede variar entre leve y grave, es frecuente que los niños necesiten atención médica. Los niños menores de 5 años y los de cualquier edad con ciertos problemas de salud de largo plazo tienen alto riesgo de presentar complicaciones por la influenza como neumonía, bronquitis e infecciones de oído o infecciones sinusales. Algunos de los problemas de salud que se sabe que hacen que los niños sean más vulnerables a la influenza incluyen el asma, la diabetes y los trastornos del cerebro o del sistema nervioso.

### ¿Cómo se propaga la influenza?

Se cree que los virus de la influenza se propagan principalmente a través de las gotitas que se forman cuando una persona con la enfermedad tose, estornuda o habla. Estas gotitas pueden llegar a la boca o la nariz de las personas que estén cerca. Una persona también puede contraer la influenza al tocar algo que tenga el virus y luego tocarse los ojos, la nariz o la boca.

### ¿Cuáles son los síntomas de la influenza?

Los síntomas de la influenza pueden incluir fiebre, tos, dolor de garganta, moqueo o congestión nasal, dolores en el cuerpo, dolor de cabeza, escalofríos, cansancio y, en algunos casos, vómitos y diarrea (más frecuentes en los niños que en los adultos). Algunas personas con influenza no presentan fiebre.



## Proteja a su hijo

### ¿Cómo puedo proteger a mi hijo de la influenza?

La primera y mejor manera de protegerse contra la influenza es ponerse la vacuna anual contra la influenza y ponérsela a su hijo.

- La vacunación contra la influenza se recomienda para todas las personas de 6 meses en adelante todos los años. Tanto la vacuna

inyectable como la vacuna en atomizador nasal existen como opción para la vacunación contra la influenza.

- Es particularmente importante que se vacunen los niños pequeños y los que tengan ciertos problemas de salud de largo plazo.
- También se deben vacunar las personas que cuiden a niños que estén en alto riesgo de presentar complicaciones por esta enfermedad. (Los bebés con menos de 6 meses de edad tienen un alto riesgo de presentar complicaciones graves, pero son demasiado pequeños para ser vacunados contra la influenza).
- Las mujeres embarazadas también deben vacunarse para protegerse y proteger al bebé. Las investigaciones han mostrado que la vacunación contra la influenza protege al bebé durante varios meses después de que nace.
- Los virus de la influenza cambian constantemente, por lo tanto, las vacunas son actualizadas para que protejan contra los virus que, según indiquen las investigaciones, tengan mayores probabilidades de causar la enfermedad durante la siguiente temporada de influenza.

### ¿Son seguras las vacunas contra la influenza?

Las vacunas contra la influenza se hacen usando estrictas medidas de seguridad y producción. Millones de personas las han recibido de forma segura durante décadas. Tanto la vacuna inyectable como la vacuna en atomizador nasal existen como opción para la vacunación. Diferentes tipos de vacunas contra la influenza están autorizadas para diferentes edades. Cada persona debe ponerse la vacuna que sea adecuada para su edad. Los CDC y la Academia Estadounidense de Pediatría recomiendan que todos los niños de 6 meses de edad en adelante reciban una vacuna anual contra la influenza.

### ¿Cuáles son los beneficios de recibir una vacuna contra la influenza?

- La vacunación contra la influenza puede prevenir que usted y su hijo se enfermen. Cuando los virus de la vacuna coinciden con los que están circulando, la vacunación ha mostrado reducir en aproximadamente la mitad el riesgo de enfermarse.
- Las vacunas contra la influenza pueden prevenir que su hijo sea hospitalizado por esta enfermedad. Un estudio reciente mostró que la vacunación redujo en un 74 % el riesgo de hospitalizaciones de niños en la unidad de cuidados intensivos pediátricos relacionadas con la influenza.
- La vacunación contra la influenza puede prevenir que su hijo muera por esta enfermedad. En un estudio en el que se usaron los datos de temporadas de influenza recientes se halló que en los niños con afecciones de alto riesgo la vacuna redujo en la mitad el riesgo de muerte asociada a la influenza y que en aquellos sin afecciones lo redujo en casi dos tercios.
- En caso de contraer la influenza, la vacunación también puede hacer que la enfermedad sea más leve.



- Si usted y su hijo se vacunan, también pueden proteger a otras personas que quizás sean más vulnerables a enfermarse gravemente, como los bebés y niños pequeños, las personas mayores y las personas que tengan ciertos problemas de salud de largo plazo.

### ¿De qué otras maneras puedo proteger a mi hijo contra la influenza?

Además de ponerse una vacuna contra la influenza, usted y su hijo deben tomar medidas cotidianas para ayudar a prevenir la propagación de los microbios.

Dentro de lo posible, manténganse alejados de las personas que estén enfermas para evitar enfermarse. Si usted o su hijo están enfermos, eviten estar con otras personas lo más posible para no contagiarlos. Además, recuerden cubrirse la nariz y la boca cuando tosan o estornuden, lavarse las manos frecuentemente, limpiar las superficies que puedan estar contaminadas con virus de la influenza y evitar tocarse los ojos, la nariz y la boca. Estas medidas cotidianas pueden ayudar a reducir sus probabilidades de enfermarse y prevenir la propagación de microbios a otras personas. Sin embargo, la vacunación anual contra la influenza es la mejor forma de prevenir esta enfermedad.

## Si su hijo está enfermo

### ¿Qué puedo hacer si mi hijo se enferma?

Hable con el médico pronto si le preocupa la enfermedad de su hijo.

Asegúrese de que descanse mucho y tome suficientes líquidos. Si su hijo tiene 5 años o más y no tiene problemas de salud de largo plazo, pero presenta síntomas de influenza (como fiebre o tos) consulte con su médico según sea necesario.

Los niños menores de 5 —especialmente los que tienen menos de 2 años— y los que tienen ciertos problemas de salud de largo plazo (como asma, diabetes, o trastornos del cerebro o del sistema nervioso) están en alto riesgo de presentar complicaciones graves relacionadas con la influenza. Llame o lleve a su hijo al médico de inmediato si el niño tiene síntomas de influenza.

### ¿Qué debo hacer si mi hijo parece estar muy enfermo?

Incluso los niños sanos pueden enfermarse gravemente por la influenza. Si su hijo tiene alguna de las siguientes señales de advertencia que indiquen que se trata de una emergencia debe llevarlo a la sala de emergencias:

- Respiración rápida o dificultad para respirar
- Coloración azulada o grisácea de la piel
- No tomar suficientes líquidos (no ir al baño o no orinar en cantidades normales)
- Vómitos intensos o persistentes
- No despertar o no interactuar
- Estar tan molesto que no quiere que lo tengan en brazos
- Síntomas de influenza que mejoraron, pero que luego regresaron con fiebre y una tos peor
- Fiebre con sarpullido

## ¿Hay algún medicamento para tratar la influenza?

Sí. Los antivirales son medicamentos recetados que se pueden usar para tratar la influenza. Pueden reducir la duración de la enfermedad y hacerla más leve. También pueden prevenir las complicaciones graves que podrían llevar a una hospitalización. Los medicamentos antivirales son más eficaces si se comienza a tomarlos en los primeros 2 días de la enfermedad. Los medicamentos antivirales se recomiendan para tratar la influenza en las personas muy enfermas (por ejemplo, las personas que están en el hospital) o que tengan alto riesgo de presentar complicaciones graves. Los medicamentos antivirales pueden darse a los niños y a las mujeres embarazadas.



### ¿Por cuánto tiempo puede una persona enferma transmitir la influenza a otras personas?

Las personas que tengan influenza pueden infectar a los demás desde 1 día antes de enfermarse hasta 5 a 7 días después. Las personas que estén muy enfermas y los niños pequeños podrían transmitirla durante más tiempo, especialmente si todavía tienen síntomas.

### ¿Mi hijo puede ir a la escuela, la guardería o el campamento si está enfermo?

No. Su hijo debe quedarse en casa para descansar y evitar contagiarles la influenza a los otros niños y a las personas que lo cuiden.

### ¿Cuándo puede regresar mi hijo a la escuela después de haber tenido la influenza?

Mantenga a su hijo en casa y espere al menos 24 horas después de que ya no tenga fiebre para llevarlo a la escuela, la guardería o el campamento. (La fiebre debe haber desaparecido sola, sin el uso de medicamentos que reduzcan la fiebre). La fiebre se define como una temperatura de 100 °F (37.8 °C) o mayor.

Para obtener más información, visite  
[espanol.cdc.gov/enes/flu](http://espanol.cdc.gov/enes/flu)  
 o llame al 800-CDC-INFO



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



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## ***Board of Education Meeting Dates 7:00 p.m. in the BHCS Library***

Monday	January 6, 2020
Monday	January 27, 2020
Monday	February 10, 2020
Monday	February 24, 2020
Monday	March 9, 2020
Monday	March 23, 2020
Monday	April 6, 2020
Tuesday	April 21, 2020-BOCES Budget Vote
Tuesday	May 5, 2020 (Public Hearing/for Budget Meeting)
Tuesday	May 19, 2020 (Annual Budget Vote/Election & BOE Meeting)
Monday	June 1, 2020
Monday	June 15, 2020
Monday	July 6, 2020 (Re-Organizational & Regular Mtg. for 2019-20)

Belleville Henderson CSD

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