



Wards Creek Elementary 6555 SR 16, St. Augustine, FL 32092 Jan/Feb 2015

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OUR CORE VALUES

We believe that:

- The Character Counts Pillars of Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship are essential qualities to model and instill in our students.
- The Seven Habits of Highly Effective People are the foundation for developing leaders.
- All individuals are valuable and can make meaningful contributions.
- A caring and compassionate learning environment will support the needs of the whole child and inspire all to reach their full potential.
- Leaders are life-long learners.

THE SEVEN HABITS OF HAPPY KIDS

1. Be Proactive – I am in charge!
 2. Begin with the end in mind – Have a plan!
 3. Put first things first – Work first, then play!
 4. Think win/win – There's plenty for all!
 5. Seek first to understand, then to be understood – Listen before you speak!
 6. Synergize – Together is better!
 7. Sharpen the saw – Balance feels best!
- BONUS:
8. Find your voice, and inspire others to find theirs – I'm on a mission!

OUR VISION IS TO: Be a school Where Children Excel by developing strong character and a passion for lifelong learning.

OUR MISSION IS TO: Engage Learners to Excel in Life and Embrace Leadership to Enhance our Local and global society.

Jarrell's Journal

Hi Warrior families and welcome back!

I hope your 2014 ended well and 2015 is off to a great start. I am recuperating from an auto accident and have not made it back on campus yet. But I am keeping up with all the wonderful things that are going on day to day and we are geared up and ready for the last half of the year.

I know you've been hearing a lot about our upcoming Boosterthon Fun Run, which will be held on 1/23. Our students just love having the team on campus sharing character lessons and inspiring them to be active and strong. For those families who choose to help with the fundraising, we thank you for your financial support. These funds are used for classroom enhancements including literature and technology.

This has also been a season of Data and Donut days. What a wonderful opportunity for students to share their goals and accomplishments with you, their parents. It is heartwarming to see their faces light up and the feedback from the parents is so positive. Thank you for being a partner with us in your child's education.

Our teachers' emails and our website are full of upcoming events and information. It's an exciting time of learning and growing at Wards Creek!

Edie Jarrell, Learning Leader



MARK YOUR CALENDARS!

January

23 - Fun Run

24-Odyssey Spontaneous Workshop

26th-30th- Celebrate Literacy Week!

30th- 4th Grade Data and Donuts



MARK YOUR CALENDARS!

February

2 - Planning Day - no school for students

10-Spring Photos

16- No school for President's Day

20-Daddy Daughter Dance



PTO Update

The big news this month is Boosterthon our biggest fund raiser for WCE. Pep Rallies began Tuesday, January 13 and judging for the best decorated door in each grade was held on January 16th. Our big Fun Run is on Friday January 23.

- Pre K, K and 1st grade @ 9:15;
- 2nd and 3rd 10:25; and
- 4th and 5th @ 1 pm.

This year we have added a prize for the best Teacher's costume. In years past, we have had some teachers dress up to support their class, so this year we decided it would be fun if all teachers got dressed up and we rewarded the best costume with a prize! Thank you for sending in your Boosterthon pledges! We sincerely appreciate your support.

Here's to a great new year!
Ricke Ricciardelli, WCE PTO

News from the PE Hut

The Junior River Run practice started on January 12th, 2015 and the race will be held on March 14th, 2015.

Some other upcoming races include:

- Character Counts 3K and 6K on February 7th at Palencia
- Davidson Reality 5K and kids Fun Run on March 7th

Let's make 2015 an active year at WCES!

So Get Moving!
Coach Henson

School Advisory Council

Please take a moment to complete the yearly Needs Assessment Survey for Wards Creek. SAC will use this information to help plan for and develop our 2015-2016 School Improvement Plan. The survey closes on March 31, 2015. Your input is greatly appreciated!

<https://surveys.stjohns.k12.fl.us/TakeSurvey.aspx?SurveyID=14KM3o53>

The Wards Creek School Advisory Council mission is to serve as a bridge in order to best advocate for children, communicate with families, educate our community, to strengthen our Wards Creek family and inspire a legacy of leaders.

The purpose of SAC is to assist the principal in preparing the annual School Improvement Plan and to subsequently evaluate the results of that plan. SAC also assists the principal with the annual school budget. SAC is also one way that parents can voice their concerns to the administration.

Note from our ILC

Dear Families of Wards Creek Elementary,

I hope you all are having a wonderful start to 2015! This month I will continue to share information about the Florida Standards, Anchor Standards for Reading. (Just a reminder: These are the standards that guide Kindergarten through 12th grade students in becoming college and career ready.) Last month I shared Standard Nine. This month we will examine the tenth and final standard. Anchor Standard Ten reads:

Read and comprehend complex literary and informational texts independently and proficiently.

This standard is many times referred to as the "Text Complexity Standard." This standard applies to both literature and informational texts and asks that students read increasingly complex text as they progress through each school year, and throughout their school career. Below are a list of sample books that students should be able to read and comprehend independently at the end of each grade band:

Grades K-1:

- Little Bear by Else Holmelund Minarik
- Hi! Fly Guy by Tedd Arnold
- My Five Senses by Aiki
- Truck by Donald Crews

Grades 2-3:

- Sarah, Plain and Tall by Patricia MacLachlan
- Poppleton in Winter by Cynthia Rylant
- From Seed to Plant by Gail Gibbons
- Bat Loves the Night by Nicola Davies

Grades 4-5:

- Tuck Everlasting by Natalie Babbitt
- Bud, Not Buddy by Christopher Paul Curtis
- Hurricanes: Earth's Mightiest Storms by Patricia Lauber
- Toys! Amazing Stories Behind Some Great Inventions Don Wulffson

This is by no means a required reading list. Instead, I encourage you to use these books as a measuring stick. Do these books seem similar to the books your child is reading? Do they have similarly challenging themes and vocabulary? If yes, you're on the right track! If no, considering tackling some of these types of books together so you can collaboratively discuss and enjoy complex and rich texts.

Happy Reading,

Claire Riddell

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“Comfort for Canines”



This year our Kindergarten classes at Wards Creek have begun a community service project to help our local animal shelters and we need your help!

How you can help:

Clean out your closet and throw in the towel! The shelters are in need of these items: *Blankets, towels, fleece throws, pet beds, and baby blankets.*

Think soft, absorbent, and not too bulky... things you'd wash at home. Items that can cushion the bottoms of crates and kennels, and keep dogs' noses, paws and ears dry.

Items that are not so good to donate:

- *For the most part, shelters do not want bed sheets – they are not absorbent enough and do not stand up to repeated laundering. Anything too bulky is difficult for the shelter staffs to manage; this precludes comforters, bedspreads, heavy area rugs, queen or king-sized quilts and mattress covers.*
- *No pillows at all.*
- *No electric blankets, please, unless the cords are removed.*
- *No clothes, please!*

Feel free to start sending in these items now. You can either send it in with your child, leave it at the front desk, or walk it in to your child's classroom. Thank you so much for your help and support. Look for an update soon after our first drop off to the shelters!



The Kindergarten Team

More Flu Information from Nurse Kalem!

Flu is a word coming off everyone's lips in school, in the neighborhood and on the news. Even if you know about the flu, please take a moment to read over the information listed below to keep it on the forefront of your mind until flu season is officially over.

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year. The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

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

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that

antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women. What are some of the other ways I can protect my child against the flu? In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

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

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- Stay away from people who are sick.
- If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after it has been used.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

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.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

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 giving the flu to other children or caregivers.

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


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

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

Be Well!


Nurse Kalem

Platinum Business Partners



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