

"ARRR" NEWS

September 18, 2009
Issue 108



FINAL NOTICE:

Sign up for Communicate 308 to receive "ARRR" News

Have you signed up for **Communicate 308** yet? If you haven't, please visit the district website today at <http://www.oswego308.org>. Click on **Family Information > Communicate 308** to sign up for Plank Jr. High School News. In an effort to save paper, "ARRR" News will be sent out via Communicate 308 from now on. However, if you would still like to receive a paper copy, please call Mrs. Cisneros at 630-551-9408 with the name of your child and the name of his/her 9th period teacher.

H&S Cookie Dough Sale Begins 10/2

October 2 marks the start of the Otis Spunkmeyer cookie dough fundraiser. Students will bring home order forms on that Friday. Additional information will be online at the Plank webpage under the Parent/Parent Organization link. Tasty samples of the cookie dough will be offered in the cafeteria on Curriculum Night. The Plank Home & School appreciates your support of this edible fundraising.

Next Week in Pirate Sports

All contests are scheduled to begin at 4:15 PM unless otherwise noted. Students who would like to support our teams must leave school grounds at the end of the school day but may return at 4 PM.

Tues., 9/22	Boys Soccer @ Yorkville Girls Volleyball v. Yorkville, 8 th Home, 7 th Away Cross Country v. Yorkville/Simmons @ Harris FP
Thurs., 9/24	Boys Soccer @ Bednarcik Girls Volleyball v. Bednarcik, 8 th Home, 7 th Away Cross Country v. Traughber/Sandwich @ Traughber

Home & School Thanks

Plank Home and School thanks the more than 400 students who attended our first dance of the 09-10 school year! Students had lots of fun while contributing to our fundraising efforts. We also acknowledge the presence and support of Plank's administration, teachers and law enforcement liaison; your continuous cooperation is key to our success. Last but not least, our deepest appreciation to the 20+ parent volunteers who helped us maintain a safe and secure environment for our kids!

Curriculum Night

Tuesday, September 22
7-8:30PM.

We hope to see you!

Save Your Subscriptions!!

Renew your favorite magazines through your student during our fall magazine drive, which begins **October 5**. More information will be coming home soon.

New Book Club starts Oct. 22

Do you like to read and talk about great books? Join the NEW Plank Book Club! The first meeting is October 22 and the discussion will be about *Hunger Games* by Suzanne Collins. Get a copy today and start reading! Then meet in room D209 at 7:15 AM on the 22nd for an interesting conversation about an amazing book. See Mrs. Pucci in D209 or Mrs. Kovalenko in D223 for more information.

Poms Try-Outs – October 9

All 7th or 8th grade girls interested in trying out for Poms must have a current sports physical on file with the nurse by October 2.

Clinics will be held in the cafeteria Tuesday, October 6 and Wednesday, October 7 from 5:30-7:30 PM. Tryouts will begin at 3:15 on Friday, October 9th. Girls must attend all three days in order to be considered for the squad.

Pom handouts are available in the Main Office and are due to Ms. Postlewaite in Room E108 no later than Wednesday, September 30.

Spring Break in Washington D.C.

All District 308 8th grade students are invited to attend the Spring Break 2010 trip to Washington D.C. All interested students should pick up an information packet from Mrs. Campanaro in room F203. Spots fill up fast!

Wanted: 2 Used Basketball Hoops

Plank's intramural basketball program is seeking a donation of used basketball hoops. If you have hoops that are in good condition that you would like to donate, please call Mr. Holub at 551-9483.

JUNIOR OPTIMIST CLUB

The Junior Optimist Club is a club about kids helping kids.

- We will read picture books to pre-K students at the Early Learning Center.
- We will work with 1st graders and 5th graders at Churchill Elementary.
- We will also work to collect items for homeless kids—from food to coats and used clothing

First meeting is Monday, September 21, 3-4 PM, Room F123. Open to all 6th and 7th grade students. See Mrs. Hildy in F123 or visit her website for more information.

Plank Jr. High School 2009-2010 Yearbook Pre-Order Form

Pre-order the 2009-2010 yearbook today for only \$25.00. Please fill out the information below. Pre-orders will be available through September 30, 2009. There will only be a limited number of yearbooks available at the end of the year for a cost of \$30.00

Student's name: _____

2nd semester Homeroom Teacher: _____

Grade: _____

The bottom portion will be returned to the student. Keep as your receipt.

Yearbook receipt 2009-2010

Name: _____

1st semester Homeroom Teacher: _____

Form of payment: _____ **Cash** _____ **Check**

Payment taken by: _____



September 2009

Dear District 308 Parents/Guardians,

Although school may have taken a break over summer, the H1N1 virus (previously known as swine flu) did not, so neither did the health services team in District 308. District health officials have been working closely with national, state and local health organizations to develop a plan to keep our students and staff safe and healthy for the 2009-10 school year. This letter includes information that we now know about the H1N1 virus and the ways you can help us in this effort.

What we know

- ❖ H1N1 is a new virus that, for the most part, is mild but does have the potential for becoming severe in certain individuals such as school children and pregnant women.
- ❖ H1N1 is unique in that it does not adhere to the regular flu season but has continued through the spring and summer.
- ❖ H1N1 is a respiratory illness that is identified by a fever of 100° F or higher PLUS one or more of the following symptoms: sore throat, coughing, runny nose, body aches, headache, chills and/or fatigue.
- ❖ An H1N1 vaccine is expected to be available in October (please see attached letter).
- ❖ The CDC **DOES NOT** recommend the closing of schools due to multiple cases of H1N1.
- ❖ Current cleaning procedures used in District 308 follow/exceed public health guidelines.

How parents/guardians can help

- ❖ Encourage your children to follow the **3 Cs**:
 - **Clean**—wash hands frequently
 - **Cover**—cover your cough or sneeze with a tissue or sleeve
 - **Contain**—contain your germs by staying home if sick for 24 hours AFTER the fever is gone (without fever-reducing medication)
- ❖ If your child will be out of school due to an illness, call the school attendance line by 10 a.m. with the specific information regarding your child's symptoms.
- ❖ For further information on H1N1 visit: www.oswego308.org/family_information/healthservices.aspx

Thank you for your cooperation in helping us to provide a safe, caring and responsive learning environment for all our students.

Handwritten signature of Dr. Daniel O'Donnell.

Dr. Daniel O'Donnell, Superintendent

Handwritten signature of Jill Accardo.

Jill Accardo, Health Services Coordinator



Septiembre 2009

Estimados padres/guardianes legales del Distrito 308,

Aunque la escuela tuvo receso durante el verano, el virus H1N1 (conocido anteriormente como la influenza porcina) no paró de contagiar a la gente. Así es que el equipo de salud de nuestro distrito escolar tampoco paro de trabajar junto a los las organizaciones nacionales, estatales y locales para desarrollar un plan que mantenga a nuestros estudiantes y empleados saludables para el año escolar 2009-10. Esta carta incluye la información que sabemos sobre el virus H1N1 y las formas en que usted puede ayudarnos en nuestros esfuerzos.

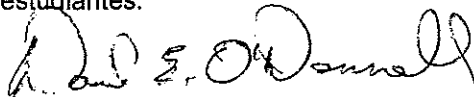
Lo que sabemos

- ❖ H1N1 es un nuevo virus que, por la mayor parte, es poco severo pero tiene el potencial de convertirse en caso severo para ciertos individuos como estudiantes escolares o mujeres embarazadas.
- ❖ H1N1 es único en el que no se adhiere a la temporada de la gripe común, pero ha continuado durante la primavera y el verano.
- ❖ H1N1 es una enfermedad respiratoria que es identificada por una fiebre de 100° F o más **ADEMÁS** de uno o más de los siguientes síntomas: dolor de garganta, tos, moquillo, dolores del cuerpo, dolor de cabeza, escalofríos y/o fatiga.
- ❖ Una vacuna del H1N1 se espera que esté disponible en octubre (por favor vea la carta adjunta).
- ❖ El CDC **NO** recomienda el cierre de escuelas debido a los múltiples casos de H1N1.
- ❖ Los procedimientos que tenemos al tanto en el Distrito Escolar 308 siguen/exceden todos los reglamentos de salud pública.

Cómo pueden ayudar los padres/guardianes legales

- ❖ Exhorte a sus hijos/as a que sigan las siguientes **recomendaciones**:
 - **Limpieza**—lavarse las manos frecuentemente
 - **Cubrirse**—cubra su tos o su estornudo con un papel higiénico o con la manga de la camisa
 - **Contener**—tratar de contener sus gérmenes quedándose en la casa si están enfermos por 24 horas **DESPUÉS** de que la fiebre se ha ido (sin medicamento de bajar la fiebre)
- ❖ Si su hijo/a va a quedarse en la casa debido al estar enfermo/a, llame a la línea de teléfono de la escuela antes de las 10 a.m. con información específica en respecto a los síntomas que esté experimentando su hijo/a
- ❖ Para más información visite a: www.oswego308.org/family_information/healthservices.aspx

Gracias por su cooperación en ayudarnos a proveer un ambiente saludable para todos nuestros estudiantes.


Dr. Daniel O'Donnell, Superintendente


Jill Accardo, Coordinadora de Servicios de Salud



Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001
www.isbe.net

Jesse H. Ruiz
Chairman

Christopher A. Koch, Ed.D.
State Superintendent of Education

August 18, 2009

Dear Parents:

We are writing today to encourage you to have your children vaccinated against seasonal flu and H1N1 influenza viruses. Vaccinations are the most effective way to protect your children, and their classmates, from these potentially serious diseases.

Each year, 1 in 5 Americans are infected by seasonal flu and 36,000 die from flu-related causes. In general, anyone who wants to reduce their chances of getting seasonal flu should get vaccinated in September, or as soon as the vaccine is available. There are, however, certain people who are more susceptible to seasonal flu, including children between 6 months and 18 years of age, who are strongly encouraged to get vaccinated each year. The seasonal flu vaccine is safe and effective in both shot and nasal spray forms, but minor side effects can occur, which may include soreness, fever and aches.

In addition to the seasonal flu, this year a new influenza virus, H1N1 (formerly called swine flu), has caused widespread illness, ranging from mild to severe in the United States, Illinois and around the world. H1N1 began circulating in the spring and experts at the U.S. Centers for Disease Control and Prevention (CDC) believe it will continue to cause illness during the upcoming flu season, which usually begins in the fall and lasts until the spring. H1N1 influenza has been particularly severe in children because they lack immunity to the virus and are considered at high risk of infection.

The federal government is currently working to develop a vaccine for the H1N1 influenza virus and the CDC recommends that children between 6 months and 18 years of age receive the H1N1 vaccine. The H1N1 vaccine is expected to be available in mid-October and children will likely need two doses of the vaccine, either a shot or nasal spray, spaced about three weeks apart.

We urge you to speak with your doctor or local health department about where you may obtain vaccinations for your children and any other questions about seasonal flu or H1N1 influenza. You can also keep informed about the flu at www.ready.illinois.gov or www.flu.gov.

Please, vaccinate your children; it is the best defense that you can give them against these two possibly serious diseases.

Sincerely,

Christopher A. Koch, Ed.D.
State Superintendent of Education

Damon T. Arnold, M.D., M.P.H.
Director, Illinois Department of Public Health



Junta Educativa del Estado de Illinois

100 North First Street • Springfield, Illinois 62777-0001
www.isbe.net

Jesse H. Ruiz
Presidente

Christopher A. Koch, Ed.D.
Superintendente Estatal de Educación

18 de agosto de 2009

Estimados Padres de familia:

Hoy nos dirigimos a ustedes para invitarles a vacunar a sus hijos contra la gripe estacional y el virus de la influenza H1N1. Las vacunas son el modo más eficaz de proteger a sus hijos, y a sus compañeros de clase, de estas enfermedades potencialmente graves.

Cada año, 1 de cada 5 estadounidenses se infecta con la gripe estacional y 36,000 mueren de causas relacionadas con la misma. En general, cualquiera que quiera reducir sus posibilidades de contraer la gripe estacional deberá ser vacunado en septiembre, o tan pronto como la vacuna esté disponible. Hay, sin embargo, ciertas personas que son más susceptibles a la gripe estacional, lo cual incluye a niños entre 6 meses y 18 años de edad, a quienes se les exhorta enérgicamente a que se vacunen cada año. La vacuna contra la gripe estacional es segura y efectiva tanto en forma de inyección como de spray nasal, pero pueden ocurrir efectos secundarios menores, que pueden incluir dolor, fiebre y dolores.

Además de la gripe estacional, este año un nuevo virus de influenza, el H1N1 (antes llamado de la gripe porcina), ha causado que se extienda la enfermedad, que va de moderada a grave en los Estados Unidos, Illinois y en todo el mundo. El H1N1 comenzó a circular en la primavera, pero los expertos de los Centros estadounidenses para el Control y Prevención de Enfermedades (CDC) creen que seguirá causando la enfermedad durante la próxima temporada de gripe, que por lo general comienza en el otoño y dura hasta la primavera. La influenza H1N1 ha sido en particular severa en los niños, debido a que carecen de inmunidad contra el virus y son considerados como de alto riesgo para contraer la infección.

El gobierno federal trabaja actualmente en el desarrollo de una vacuna contra el virus de la influenza H1N1, de modo que el CDC recomienda que los niños entre 6 meses y 18 años de edad reciban la vacuna H1N1. Se espera que la vacuna H1N1 esté disponible a mediados de octubre, y probablemente los niños necesiten dos dosis de la misma, ya sea por inyección o spray nasal, con un lapso de aproximadamente tres semanas entre una y otra.

Los invitamos a que hablen con su doctor o departamento de salud local sobre dónde pueden ustedes obtener las vacunas para sus hijos, y a que hagan cualquier otra pregunta sobre la gripe estacional o el virus de la influenza H1N1. También se pueden mantener informados sobre la gripe en www.ready.illinois.gov o www.flu.gov.

Por favor, vacunen a sus hijos; es la mejor defensa que pueden darles contra estas dos enfermedades posiblemente graves.

Atentamente,

Christopher A. Koch, Ed.D.
Superintendente Estatal de Educación

Damon T. Arnold, M.D., M.P.H.
Director, Departamento de Salud Pública de Illinois