

# PEORIA PUBLIC SCHOOLS staff news weekly

Volume II —No. 7— October 7th, 2009

## What To Know About The H1N1 Virus

### What is it?

H1N1 (referred to as “swine flu” early on) is an influenza virus, first detected in April 2009 in the U.S., causing illness in people. The CDC reports the spread of the 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

The symptoms of H1N1 are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions and may vary in severity from mild to severe.

### How is Peoria Public Schools Prepared?

It is known that H1N1 is present in central Illinois. Health officials say many people may carry the virus and not know it, thinking it is just the flu. Peoria Public Schools and Peoria City/County Health Department are working together to be prepared should a local epidemic be declared.

\*\*\*To learn more about PPS’ plan, visit [www.psd150.org](http://www.psd150.org) and click on the parents link and scroll down to health information.

## Year-Round Schools to Possibly Quadruple

Superintendent Hinton reported to the Board of Education on Monday night, that he will ask them at the next board meeting to consider making Lincoln Middle School a year-round learning center. Board approval is just the first step in a process where many details must be worked out. However, Superintendent Hinton says research shows that students lose knowledge over summer break that sets back weeks of learning at the beginning of each school year.

“Studies show the greatest areas of summer loss for all students, regardless of socio-economic status, are in factual and

### The 10 Most Common Causes of Infection



## WASH YOUR HANDS

**Handwashing is the Most Effective Way to Stop the Spread of Illness**

#### Wash Your Hands After:

- (and before!) Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

#### Here’s How:

1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.



Provided by University of Nebraska Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department



### What if a child becomes ill at school?

If a child becomes ill and displays flu-like symptoms, parents will be called and asked to pick up their child. Families are asked to keep children home from school until he or she does not display symptoms (while not taking fever-reducing medication) for at least 24 hours.

## Redefining Teaching & Learning

### Spreading the Word, Not the Germs...Both Inside and Outside the Classroom

If they haven’t already, the messages will soon line the hallways of your building, “Wash your hands!” “Cover your cough!” “Help stop the spread of germs!” These are messages you likely hear every cold and flu season, but this year Peoria Public Schools is hoping to help those messages resonate with students, staff and the community both inside and outside of the classroom.

While good hygiene is always important to practice, it’s a lesson that is often forgotten until its too late. In a meeting with the Peoria City/County Health Department last week, health officials told district administrators that once someone is showing symptoms of the flu, they have already been contagious for at least a couple of days. As health officials continue to monitor the H1N1 virus, they say their best advice is a message you have likely already heard: get a seasonal flu shot and use the three C’s: - Clean (wash your hands frequently), Cover (use a tissue or sleeve when you cough or sneeze, not your hand) and Contain (stay home when you are sick.)

“It is important to educate our students, staff and families on the precautionary steps, because H1N1 is here.” Superintendent Ken Hinton says. “The younger a child learns these messages, the easier it will be for them to carry it out.”

### So what can you do to help spread the message about H1N1 and flu prevention?

There are numerous resources on the web that can be shared with parents, used as a lesson planning tool and/or as reminders in the classroom or hallways.

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-Spreading the Word, continued from front page

Of course, there are many resources already being used. As mentioned in last week's Staff News, services at in-school Methodist Health Clinics and programs offered by the University of Illinois Extension Office have reached many students. Below are some additional resources that can help supplement or provide materials for lessons or activities.

#### HIGH SCHOOL

A lesson plan for 10-12 graders, spelled out on PBS's website is listed as appropriate for Secondary Life Science, Biology, Health, and Current Events classes. The lesson plan is divided into four parts and includes related materials.

[http://www.pbs.org/newshour/extra/teachers/lessonplans/health/jan-june09/swine\\_flu.html](http://www.pbs.org/newshour/extra/teachers/lessonplans/health/jan-june09/swine_flu.html)

#### MIDDLE/HIGH SCHOOLS

Because flu outbreaks are a major concern to schools nationwide, the National Association of School Nurses has launched a new campaign, "Don't Get Sidelined By The Flu," which is designed to help educate parents and students about seasonal influenza. Materials include a flyer, fact sheet, advisory letters and a template newsletter article.

<http://www.nasn.org/Default.aspx?tabid=316>

#### PRIMARY SCHOOLS

From Henry the Hand Foundation. Intended for elementary students and includes information, classroom activities, downloadable songs and video. Some activity sheets and posters in international languages are also included.

<http://www.henrythehand.com/>

Year-Round, continued from front page center. Should that change occur, adding the year-round calendar would make the third year-round birth through 8th grade model planned for the district. The new Glen Oak and Harrison birth through 8th grade learning centers already plan to adopt the same or a similar calendar as Valeska Hinton Early Childhood Center. Valeska Hinton began a year-round school schedule when it opened in 1993. The year-round calendar at Valeska includes a 45 day schedule, followed by 15 days (three weeks) of intercession.

Superintendent Hinton explained to board members he would like to add more schools or possibly a high school to the schedule, but there are only a few facilities that currently have air conditioning. The official proposal for a year-long calendar at Lincoln is expected to be made on Monday, October 19th.

You can tell a child a million times to wash their hands, keep germs from their face and cough and sneeze into their elbow/sleeve and only get partial compliance. A DVD and a disposable sleeve add a different re-inforcement as they feed Gemy Wormy their germs.

<http://www.gemywormy.com/>

#### ALL GRADE LEVELS

A website for body and mind from the CDC provides activities for all ages. (<http://www.bam.gov/>) An activity specific to handwashing includes a similar lesson to that detailed in last week's Staff News that staff members of the U of I Extension Office are providing to classrooms where they are invited.

[http://www.bam.gov/teachers/activities/epi\\_4\\_hand\\_wash.pdf](http://www.bam.gov/teachers/activities/epi_4_hand_wash.pdf)

#### VIDEOS

<http://www.cdc.gov/CDCTV/HandsTogether/>

### Benefits of Co-teaching

Co-teaching, the practice of having a general education teacher and a special education teacher both teaching within the same classroom, has many benefits for students and teachers. General education students and students with IEPs benefit from the additional assistance and accountability available in the classroom when two teachers are present. All students also have access to a greater variety of teaching styles and learning strategies. Students with IEPs gain access to the general education curriculum, as required by law. Classrooms with co-teaching also tend to have fewer discipline referrals.

Teachers also benefit from co-teaching. It provides teaching partners with opportunities to problem-solve with another professional. Co-teaching also provides expanded grouping options, the ability to support "at risk" students, shared classroom responsibilities, and increased access to methods, strategies, and materials. The advantages of co-teaching are tremendous!

<http://www.stjude.org/stjude/v/index.jsp?vgnextoid=462d22d326470110VgnVCM1000001e0215acRCRD&cpsexcurrchannel=1%20>

**For more ideas and information, visit the CDC (<http://www.cdc.gov/H1N1FLU/>) and National Association of School Nurses (<http://www.nasn.org/default.aspx?tabid=459>) websites.**

### Open Enrollment for Insurance

Please mark it on your calendar now! Several open enrollment events are planned throughout the district. Whether you currently have a health insurance plan through the district or not, all employees needing insurance for the upcoming year are asked to participate in one event. Assistance will be provided to help enrollees fill out paperwork and provide needed information. Below is the list of open enrollment insurance meetings for the 2010 plan year.

- 11-04-09 - Kellar Primary Gym  
3:30-5:30 PM
- 11-05-09 - Peoria H.S. Auditorium  
3:30-5:30 PM
- 11-07-09 (Sat.) - Admin. Building  
9:00-11:00 AM
- 11-09-09 - Woodruff H.S. Auditorium  
3:30-5:30 PM
- 11-10-09 - Blaine Sumner Gym  
4:30-5:30 PM
- 11-12-09 - Hines Primary Gym  
3:30-5:30 PM
- 11-18-09 - Manual H.S. Auditorium  
3:30-5:30 PM
- 11-19-09 - Richwoods H.S. Auditorium  
3:30-5:30 PM
- 11-23-09 - Lincoln M.S. Gym  
3:30-5:30 pm

### Try This! Assistive Technology Ideas

Hold the [Ctrl] button and roll the mouse scroll button. It should enlarge or shrink text. Enlarging text is an easy accommodation for any student! It works on most Internet browsers and word processing programs.

