

Dear Parents,

*Red Ribbon Week* is an important week to educate children about the dangers of drugs, alcohol, and violence awareness. It is estimated that 80 million people participate in Red Ribbon Week activities.

During Red Ribbon Week we have a few activities planned to help students become aware of the dangers of illegal drugs and to give them the knowledge needed to say "**NO**" to them. This year's theme is *Life Is Your Journey. Travel Drug Free.*

On October 24<sup>th</sup>, the entire school will take a visible stand against drugs by dressing in as much red as possible. On that day we will decorate the school with colored red ribbons.

We are hopeful that these activities will encourage our students to stay drug free.

Sincerely,

Mrs. Figler, Mrs. Hoplight and Mrs. Ortiz

# Haunted House!

*Sponsored by St. Stephen's National Junior Honor Society*

**When: Friday, October 26th**

**Where: St. Stephen's School (enter through the gym doors)**

**Time: 5:30pm-9:00pm**

**Cost: \$2/person or \$5 max/family (Pay at the door)**

**Bake sale in the gym.**

**Wear your best costume for the costume contest!**



**Be prepared to get scared as you walk through  
our haunted house!**

**All proceeds to benefit St. Stephen's NJHS**



# TRUNK OR TREAT!

**OCTOBER 31ST**

**1 PM – 3 PM  
SSS MAIN PARKING LOT**

*CARS CAN START ARRIVING AT NOON*

**STUDENTS WILL PARADE THROUGH  
THE PARKING LOT TRICK OR TREATING  
AT EACH CAR. PLEASE DECORATE  
YOUR TRUNK FOR THE FESTIVITIES!**

We ask that each family please donate 1 bag  
of candy to the office by 10/26/18.

Candy will be sorted and distributed  
to each car participating in this event!

**WE ENCOURAGE BUT FREE CANDY BE DONATED.**

**To: Grades 4-8 Parents and Students**  
**Date: October 12, 2018**  
**Subject: Varsity and JV Basketball**  
**Cost: \$50 per player**

Attention all students interested in playing basketball for St. Stephen's!  
Basketball season starts November 1<sup>st</sup>! All game schedules are still being completed but each team has a practice schedule.

**Boys Varsity**

Coach: Brian Murphy and Mike Esposito

Grades: 7-8

Practice Schedule: M/W 5:30-7pm, Friday 3:30-5pm (alternating weeks)

**Boys JV**

Coach: TBD If you are interested in coaching, please contact Laura Murphy at 982-9036

Grades: 4-6

Practice Schedule: TBD

**Girls Varsity**

Coach: Tony LeBarge

Grades: 7-8

Practice Schedule: T/TH 5:30-7pm

**Girls JV**

Coach: Jason Cwiklinski

Grades: 4-6

Practice Schedule: Tues/W 3:30-5pm, Friday 3:30-5pm (alternating weeks)

Please complete the registration form below (one per athlete), include the registration fee and sports release form and return to the school no later than **Friday, October 26, 2018**. Athletes will not be able to participate in practices without a registration form on file.

If you have any questions, please contact Laura Murphy at 982-9036 or email [lauramherzog@roadrunner.com](mailto:lauramherzog@roadrunner.com)

**ST. STEPHEN SCHOOL BASKETBALL REGISTRATION 2018-2019**

NAME OF STUDENT \_\_\_\_\_

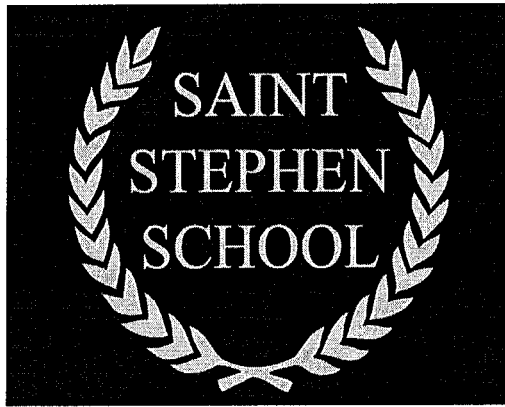
GRADE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ HOME PHONE \_\_\_\_\_

PARENTS NAME \_\_\_\_\_ CELL \_\_\_\_\_

EMAIL \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian signature)

\_\_\_\_\_  
(date)



# Athletic Boosters

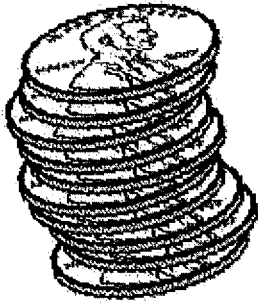
## SPONSORED DRESS DOWN DAY

Help support our athletic department!

Mark your calendars for  
**Monday, October 22nd**

Pay \$1.00 to dress down and out of  
uniform!

*Proceeds from these dress down days will help send our basketball  
players (boys & girls) to the Laron Mapp skills clinic in October.*

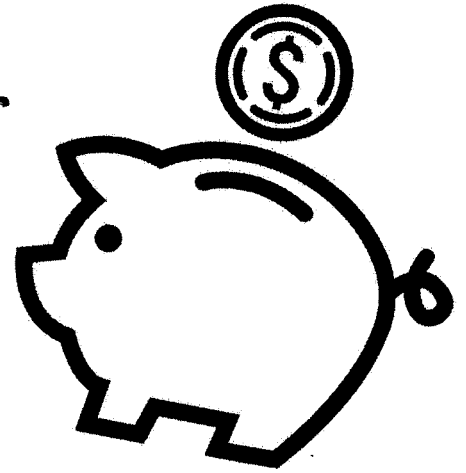


**One, Two, Three, Four**

**I Declare**

# **A Penny War!**

**October 29th- November 2nd**



## **Where?**

The buckets will be in the cafeteria during lunch periods & in Miss White's classroom before first period and during homework prep.

## **Why?**

To raise money for All For Books, which is used to get more free books for our teachers and students at St. Stephens.

## **What is it?**

A Penny War is a fundraiser that builds spirit and friendly competition within a school.

## **The Rules:**

Each penny counts as 1 point. The class with the most points at the end of the week wins. Put your pennies into the bucket in the cafeteria for your class.

## **Here's the tricky part!**

Each silver coin counts as negative points ( a quarter would be negative 25, a dime would be negative 10)! Put silver coins into a different classes bucket to get points taken away from them.

## **What does the winner get?**

The class with the most points at the end of the week receives a gym period with Mr. G!

If the entire school raises over \$800, Mr. G will come to school dressed as a unicorn in the month of November!

Dear Parents:

On November 8th, we will be hosting a Fall Scholastic Book Fair at school and I need your help! I am looking for volunteers to help make this a fun, successful event for everyone!

To volunteer: type the link below into your internet browser. From there you can choose which time slots you would like to volunteer for.

<https://volunteer.scholastic.com/#/signup/5L9f2M2h3>

If you have any questions, please email me at [whitek@ststephensgi.org](mailto:whitek@ststephensgi.org).

♥ Miss White

# St. Stephen Parish

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*Religious Education Department*

*2080 Baseline Road*

*Grand Island, NY 14072*

*Phone: 773-2002*

October 2018

Dear Fourth Grade Parents,

Mrs. Dawn Ryan Zacher and Ms. Jeanette Brunner are extending an invitation to **all 4<sup>th</sup> grade students of St. Stephen's Parish** to come make Rosaries with them on **Saturday, October 27<sup>th</sup> at our church.**

This event is both a fun and learning experience, done in a community setting. Each child will make one Rosary, but will be allowed to make a second one if there is enough time – or they may take home a bag to make the additional one later.

**Please drop your child off at the Hospitality Room, at church, by 9:20 a.m. that morning. They will be ready to be picked up at 11:00 a.m.**

Upon completion of the rosaries, one of our priests will bless them, and then the children will be led in reciting a decade of the Rosary in church. Your child will be able to take the Rosary home with them that morning. We ask that you please encourage your child to use it daily.

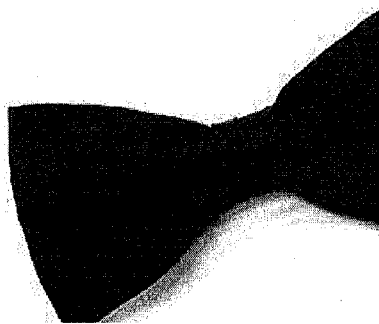
We welcome any parent (mom or dad), or any other adult who would like to stay and help. Please give me a call if you would like to volunteer.

Yours in Christ,

Angela Maria Diebold  
Director of Religious Education

# **BOW TIES**

**Boys grades 5-8**



**If you ordered or need a bow tie for the fall/winter uniform they are in!!**

**COST \$10.00 each**

**Please contact Lauren Krebs (716)572-5910**

**To order one or send in your money  
(in an envelope marked BOW TIE with child's  
name and grade and enclose \$10.00)**

**\*If you have already paid they will be sent home  
with your child this week.**



## **ST. STEPHEN'S 10th Annual SHOPPING EXTRAVAGANZA**

**Get all of your holiday shopping done  
in one place**

**without leaving the Island!**

**On Sunday, November 4<sup>th</sup>,**

**from 9:00 am – 3:00 pm**

**at St. Stephens School**

**2080 Baseline Rd., Grand Island NY**

**Some of our Artisan's and  
Vendors include:**

Wooden Crafts, Quilters, Children's clothing,  
Hair bows, Candle Makers, Jewelry  
Designers, American Girl Doll Look a Like  
Clothes, Sea Glass Artisan, Photography,  
Paintings, Fabric Creations, Pet Products,  
Floral Arrangements, Purses, Baskets,  
Holiday ornaments/crafts, Chocolates, Jams,  
wine vendors, Mary Kay, Tastefully Simple,  
Posh, Pamper Chef, LuLaRoe and Scensty

# **Over 85 Vendors**

**Food, baked goods and drinks!**

**Raffle tickets and Chinese Auction!**

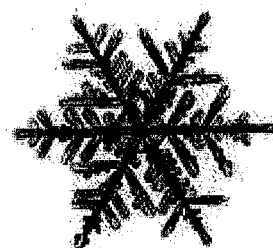
**Free Face Painting and crafts**

**for the kids**

**Our vendors and crafters offer a variety  
of items to satisfy your holiday  
shopping needs.**

**Looking for a unique gift for that  
someone special?**

**We have it all!**



# **10th Annual SHOPPING EXTRAVAGANZA**

## **Seeking Volunteers**

**We are looking for adults or kids who  
need service hours  
or just want to help the school.**

Friday from 2:00 pm – 5:00 pm for set up  
Saturday from 12:00 pm – 3:00 pm for set up  
Saturday 2:00 pm – 7:00 pm for registration  
Sunday 9:00 am – 3:00 pm or  
11:00 am – 1:00 pm for concession help  
Sunday 9:00 am – 1:00 pm to help with crafts  
Sunday 9:00 am – 12:00 pm for Basket raffle  
Sunday 3:00 pm – 4:00 pm to help with clean up and  
assisting vendors to take items to their cars

## **Please Help**

We need your help. If you can spare just 1 hr. Plus it is fun!  
We really could use help with selling raffle tickets, set up, take down, clean up,  
and assisting with the sale of the concessions.  
Call Kim at 773-3331 or 481-3746.

## **ST. STEPHEN'S 10th Annual**

# **SHOPPING EXTRAVAGANZA**

Get all of your holiday shopping done in one place  
without leaving the Island!

On Sunday, November 4<sup>th</sup>, from 9:00 am – 3:00 pm  
at St. Stephens School  
Grand Island, NY

Food, baked goods and drinks.  
Raffle tickets and Chinese Auction!  
**Free Face Painting and crafts for the kids!!**

Our vendors and crafters offer a variety of items to  
satisfy your holiday shopping needs.  
Looking for a unique gift for that someone special?  
We have it all!

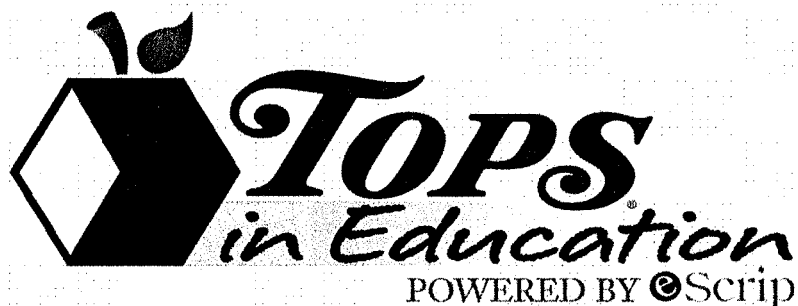
Some of our Artisan's and Vendors include:

Local Crafters, Pottery, Wooden Crafts, Quilters, Children's  
clothing, Hair bows, Candle Makers, Jewelry Designers,  
American Girl Doll Look a Like Clothes, Sea Glass Artisan,  
Photography, Paintings, Fabric Creations, Pet Products,  
Floral Arrangements, Purses, Baskets, Holiday  
ornaments/crafts, Chocolates, Jams, wine vendors, Mary  
Kay, Tastefully Simple, Posh, Pamper Chef, LuLaRoe,  
Tupperware and many more.

**Over 85 Vendors**

**Admission Is Free  
Stop On By**

Sign Up for the  
2018-2019 School Year!



# HELP RAISE MONEY FOR OUR SCHOOL!

YOU SHOP. TOPS DONATES.



TOPS has donated more  
than **\$850,000** in the past  
6 years to local schools!

For complete details and to register your  and  
select our school, visit [TopsMarkets.com/Education](http://TopsMarkets.com/Education).

# Sign Up Today For The 2018-2019 School Year!

**TOPS** has donated more than **\$850,000** in the past 6 years to local schools.



## Help Our School Be TOPS in Education

We are pleased to announce that our school is registered for the TOPS in Education program. You can raise money for our school when you purchase participating TOPS Brand, Full Circle™, TopCare®, Tippy Toes, Paws™, Pure Harmony™, Valu Time®, Simply Done™, Culinary Tours™, and Best Yet® products with your TOPS BonusPlus®. TOPS contributes up to 5% of your purchases to our school.

## What Products Qualify?

The following TOPS Brand products earn FREE money for our school.



## Spread the Word!

Encourage your family and friends to register their TOPS BonusPlus® and select our school at **TopsMarkets.com/Education** to help raise money for our school each time they shop too!

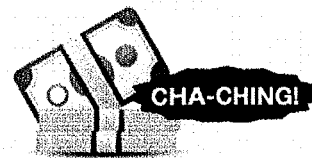
## It's Easy to Raise Money for Our School:



- 1 Visit **TopsMarkets.com/Education** to register your  and select our school!



- 2 Purchase participating TOPS brand products with your .



- 3 TOPS sends the money raised to our school for school improvements and programs.

\* Some limitations apply. See [TopsMarkets.com/Education](http://TopsMarkets.com/Education) for complete details and product exclusions.



COOKIE DOUGH, POPCORN, TREATS AND MORE

YES, OUR FUNDRAISER STARTS TODAY!

SSS RECEIVES 40% PROFIT

INFORMATION PACKETS WILL BE IN YOUR  
WEEKLY ENVELOPE

SALE RUNS OCTOBER 10<sup>TH</sup> ~ OCTOBER 24<sup>TH</sup>

IF YOU DO NOT RECEIVE A COOKIE DOUGH PACKET,  
PLEASE CONTACT MARIE DAMON AT 310-1070



## 2018-2019 St. Stephen's Ski Club

Dear Parents,

The students at St. Stephen's School will have the exciting opportunity to participate in ski and snowboard club at Holiday Valley once again this year. Our club will start January 6, 2019 and end March 4, 2019.

Students can arrive at Holiday Valley by 2:30 and will be provided with a one hour ski/snowboard lesson each week, which is included in the cost. The lesson is optional for students who are already proficient and have previous experience.

**Our club is open to all students in grades K-8. ALL students will need a chaperone this year. The Ski club is available for all students and their families at St. Stephen's School and Parish, but we will not be supplying rides or chaperone coverage at Holiday Valley. We will be at H.V. in case of emergencies each Sunday but will not be providing direct coverage for the students. If a student is in crisis or needs an adult, we will be in the main lounge at resort. We encourage all parents to share in the chaperoning experience and work together to alternate weeks of coverage in an effort to share the chaperoning duties.**

Holiday Valley has once again offered us a great deal, with the student club pass costing \$163, which includes skiing for EVERY Sunday, the entire season. We are only participating January 6– March 3 as a school club, but the students are free to ski any Sunday from season start to finish with friends and family. Even more exciting is that parents and chaperones are also being offered the student pass price of \$163 for unlimited Sunday skiing. ***This is a ZERO \$\$\$ increase from last year.***

Unfortunately, transportation is not included. Families are encouraged to carpool and share driving each week. Last year worked out fantastically as many families shared the responsibility of driving and gave many of our students an opportunity attend when rides weren't available from home.

Lastly, ownership of ski or snowboard equipment is **not** required, as students are offered very reasonable prices for rental gear. Most students and chaperones do rent because of the cost of personal gear. The fact that Holiday Valley has Ski and Snowboard gear that is updated every two years and is like NEW makes the experience that much easier.

If you were a member last year and registered for the club online, I encourage you to do the same. Our new members should do the same. If you prefer the paper format, updated sign-up sheets will be placed in the school office at St. Stephens. To purchase passes or rent equipment please go to <https://ecommerce.holidayvalley.com/grouplogin>

**Enter club name: MW STEPHEN**

**Member password: STEPHEN**

**THIS IS A DIFFERENT USER NAME AND PASSWORD FROM LAST YEAR. WHEN REGISTERING ONLINE YOU'LL NEED TO USE THE NEW CLUB NAME AND PASSWORD. I KNOW MANY PEOPLE HAVE BEEN TRYING TO ACCESS THE OLD ACCOUNT, BUT UNFORTUNATELY THEY WERE CHANGED. REMEMBER THE PRICE OF \$163 IS GOOD THROUGH NOVEMBER 1<sup>ST</sup>. AFTER THAT DATE THE COST INCREASES TO \$173, WHICH IS STILL REASONABLE, BUT MONEY IS MONEY!**

David St.Onge 716-523-9280 [saintkeltic@yahoo.com](mailto:saintkeltic@yahoo.com)

Sara Slachciak 716-698-9871 [saraslach@roadrunner.com](mailto:saraslach@roadrunner.com)

# Ski Club Information sheet

## Student, Parent and Chaperone Prices

### Sunday Ultimate Select Pass:

- Includes 8 lessons
- One extra lift ticket to use in Mar. or Apr.
- Pass begins at 2:30 on Sundays
- Is good for every Sunday the entire season

Pre. Nov. 1

\$163

Post Nov. 1

\$173

### Rental Equipment:

Ski.....8 week \$100.....All Season \$125

Snowboard...8 week \$100...All Season \$125

Rental gear is picked up on any visit and returned at the end of your visit.

## Benefits for students participating in a school ski/snowboard club at Holiday Valley.

1. Special rates for weekly ski and snowboard programs for students that include 8 lessons, and an additional lift ticket to use at any time in March or April.
2. Full use of all 58 slopes and 4 mountain faces that offer a variety of terrain for all skill levels. Holiday Valley has a powerhouse snowmaking system that ensures dependable and safe conditions.
3. Besides outdoor physical activity, participation in Ski & Snowboard club teaches:
  - Independence and decision making
  - Responsibility and confidence
  - Spending time with friends and the opportunity to make new ones
  - Goal setting, organization, and planning

Children age 6 and younger are free, however they would not get the ski and snowboard lessons provided that the students buying the Sunday Ultimate Select pass would.

### Two Options:

1. Children under 6 are free, but you would be responsible for ski instruction. Rentals would be only cost.
2. Buy ultimate select pass, and children Under 6 would receive lessons that are more age appropriate. Rentals would still be as needed.
3. Mountaineers Club, which comes at an increased cost is a much better option for young skiers.

### 2018/2019 Holiday Valley College Season Pass

If you have a child that is in college locally, H.V. has offered another great deal for our club. Students with a valid student ID can purchase one of the following options for the entire season.

| Option #1                                | Option #2                                         |
|------------------------------------------|---------------------------------------------------|
| College Night<br>Any night (7nights/wkK) | Ultimate College Pass<br>(M-F days & 7 Nights/wk) |
| \$209                                    | \$309                                             |
| Price Good through 12/1/18               | Price Good through 12/1/18                        |

~ Drop forms off at Church Rectory Phone # 716-7737647

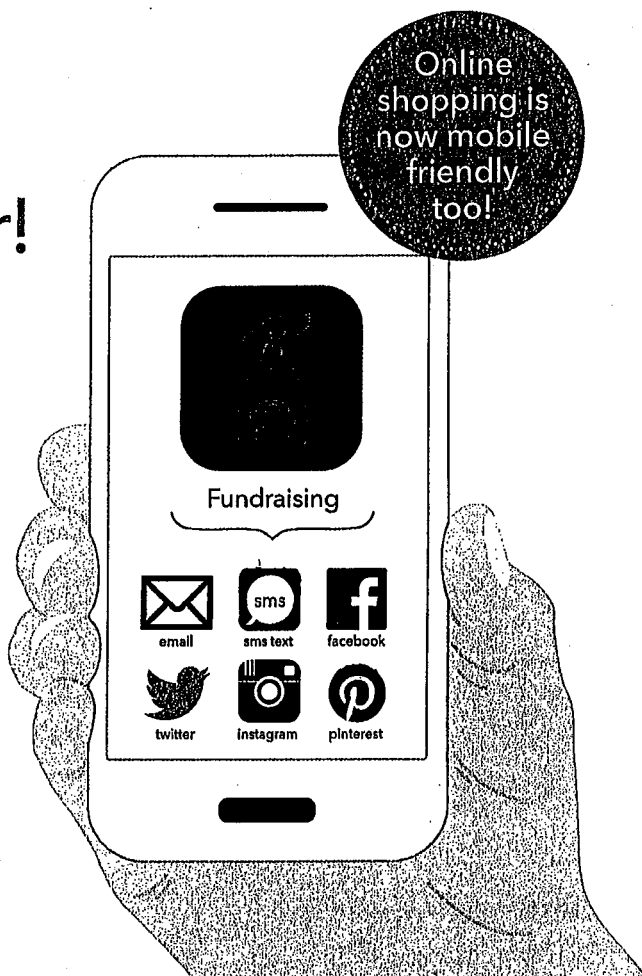
Or Order Online!

# Sell across the country! Our **FREE** Mobile App makes it so much easier!

With the Yankee Fundraising app, sellers can reach out to all their mobile and social contacts to shop online and support their fundraiser.

Contact aunts, uncles, cousins, grandparents, Facebook friends, Twitter followers. It's simple and fast! (Available for iPhone and Android.)

Download Yankee Fundraising at:



Or...go to [yankeecandlefundraising.com](http://yankeecandlefundraising.com) and set up a seller account to contact supporters:



## Create your seller account

- Click 'Seller Login'
- Complete 'Sign up to be a Seller'
- Enter your Organization's Group # (listed on the letter in your seller packet) & seller birthdate
- Click



## Provide e-mail addresses\*

- Visit the 'Seller Dashboard'
- Enter e-mail addresses of friends and family members  
AuntMary@email.com; UncleBob@email.com;  
Grandparents@email.com; BFF@email.com
- Click



## Track your sales & profits

- Your contacts will receive a custom email from you explaining your Yankee Candle® Fundraising sale.
- Your friends and family members start shopping online.
- The profits from their purchases are applied to your selling total and your organization's grand total.
- Everything ships directly to your customers.

\*Email addresses are confidential and will not be shared. See [yankeecandlefundraising.com](http://yankeecandlefundraising.com) for details.

# YANKEE CANDLE® | FUNDRAISING

[yankeecandlefundraising.com](http://yankeecandlefundraising.com) | 1-800-351-1533

PLEASE SUPPORT  
St. Stephen RC Church  
**GROUP NUMBER 999985654**

We're partnering with **Yankee Candle Fundraising** to help achieve our goal this year. They are the world's #1 candle brand and they offer a wide range of premium candles, fragrances, and décor items at a very wide range of prices. But the most important thing to know is that **a percentage of every sale goes to us!**

**Yankee Candle Fundraising offers two ways to shop—catalog and online.** And we're asking you to help us sell two ways as well—order yourself and contact out of town friends and family to order, too. Yankee Candle products are perfect for anniversaries, hostess gifts, housewarmings, birthdays, and many more occasions.

### Catalog Shopping

This beautiful full-color catalog provides excellent photographs of candles, flameless wax warmers, and many accents and décor items. Note the scented pages—dotted circles indicate a scented section that you can rub your finger across to release the fragrance.

**Note: only catalog items may be listed on the order form.**



### Online Shopping

Visit [www.yankeecandlefundraising.com](http://www.yankeecandlefundraising.com) and enter your Group Number (listed at top of page) in the "Start Shopping" box. Then shop for catalog items and online exclusives to help us reach our goal. Online sales are open through the season for added success.

### Now over 500 items online!

Shop online exclusives, additional Yankee Candle® products, and products you love and trust—WoodWick®, Ball®, Oster®, Rubbermaid®, Coleman®, Mr. Coffee®, Crockpot® and more. Items start at under \$10!

### Invite Friends and Family

Visit [www.yankeecandlefundraising.com](http://www.yankeecandlefundraising.com) and click on the "Seller Login" button, then fill out the "Sign up to be a seller" form and use your Group Number (above) to register. Sell across the country with our **Mobile App**—it's an easy way to invite phone and social contacts to shop online! Items they order across town or across the country will ship directly to them and go toward earning additional profits. Sales tax and shipping may apply to online orders.

Download Yankee Fundraising at:



### IMPORTANT DATES

**Sale Starts:** 06-Oct-2018

**Sale Ends:** 21-Oct-2018

**Delivery:** 2-4 weeks from receipt of orders

### MONEY COLLECTION

- Please collect all money while taking orders.
- Checks should be made payable to:

**St. Stephen RC Church**

**Please do not collect sales tax.**

### IMPORTANT NOTES

- All orders and money must be returned **NO LATER THAN 21-Oct-2018**
- Before you turn in your packet, be sure the order total and amount of payment match.
- Please retain the **PINK COPY** of the order form and the brochure for reference at product delivery.
- Return the **YELLOW AND WHITE COPIES** with your order packet. Please print clearly and bear down hard on the order form in blue or black ink only.
- Be sure **SELLER NAME AND ORGANIZATION NAME** are printed on the top of your order form.
- Please, **NO DOOR-TO-DOOR SALES** – just to relatives, friends, neighbors and parents' co-workers.

**Thank You For Your Support!**

**YANKEE CANDLE®** | FUNDRAISING

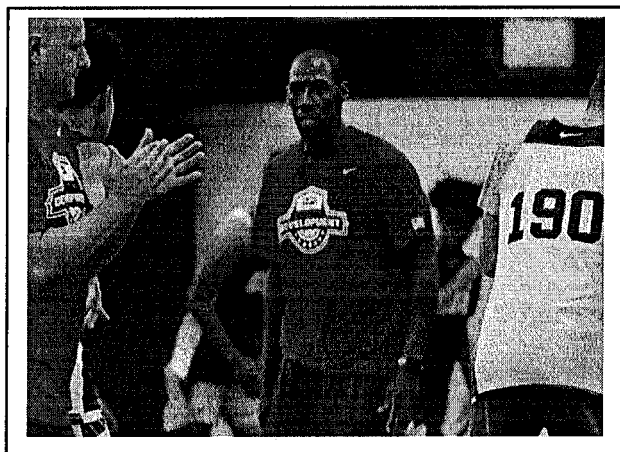
**America's Best Loved Candle™**  
is your perfect fundraising solution.  
[yankeecandlefundraising.com](http://yankeecandlefundraising.com)

# ATTENTION ALL BASKETBALL PLAYERS GRADES 5-8

The Best Skill Development Coach in New York City Is Coming to St.  
Stephen's in October

This is an excellent opportunity for all St. Stephen's basketball players to improve their game by attending this basketball skills workshop!

## COACH LARON MAPP



- *Played at Archbishop Molly HS*
- *All-NYC*
- *South Carolina State University*
- *Played professionally in Germany*
- *Co-founder and Director of Heal Thy Sports Training layer Development*
- *USA Basketball Coach*
- *Worked with NBA players*

### DATES:

#### **Boys Grades 5-8**

Saturday, October 27<sup>th</sup> 1pm - 4pm

Sunday, October 28<sup>th</sup> 11am – 1pm

#### **Girls Grades 5-8**

Saturday, October 27<sup>th</sup> 9:30am - 12:30pm

Sunday, October 28<sup>th</sup> 9am – 11am

**LOCATION:** St. Stephen School Gym

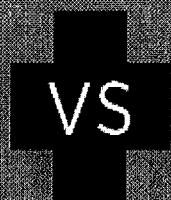
**COST** - \$60 per player (\$30/session if can only attend one session)

*Checks made payable to Laron Mapp*

**REGISTER BY OCTOBER 5<sup>TH</sup>**

Contact Mike Esposito at [mesposito@nfschools.net](mailto:mesposito@nfschools.net) or call (716) 579-3748

# COLD



# FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

|                             |                    |                                 |
|-----------------------------|--------------------|---------------------------------|
| Low or none                 | <b>FEVER</b>       | High                            |
| Sometimes                   | <b>HEADACHE</b>    | Very common                     |
| Stuffy, runny               | <b>NOSE</b>        | Stuffy, runny                   |
| Very common                 | <b>SNEEZING</b>    | Sometimes                       |
| Mild, hacking               | <b>COUGH</b>       | Severe                          |
| Slight                      | <b>ACHES/PAINS</b> | Severe                          |
| Mild                        | <b>FATIGUE</b>     | Can last for several weeks      |
| Sore                        | <b>THROAT</b>      | Sometimes sore                  |
| Normal, may feel sluggish   | <b>ENERGY</b>      | Extreme exhaustion              |
| Symptoms can last 7-10 days | <b>DURATION</b>    | Symptoms can last several weeks |

## TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101°  
OR HIGHER FOR MORE THAN 24 HOURS,  
SEEK TREATMENT.

## PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination



**Erie County**  
**Department of**  
**Health**



**Public Health**  
Prevent. Promote. Protect.



# The Flu:

## A Guide For Parents

### FLU INFORMATION

#### 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. Flu viruses 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 conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

#### 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 (more common in children than adults). 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 may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

### PROTECT YOUR CHILD

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



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

## Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high 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?

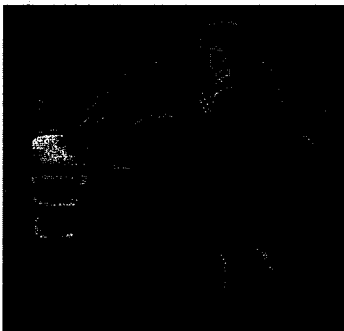
In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs.

### These include:

- ▶ 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 your mouth and nose with a tissue when you cough or sneeze. 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.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, 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 sick. However, a yearly flu vaccine is the best protection against 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 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.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

### What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

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

- ▶ 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. (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.

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

# SCRIP ORDER FORM

CONTACT NAME \_\_\_\_\_ PHONE \_\_\_\_\_ DATE \_\_\_\_\_ FILLED BY \_\_\_\_\_

TOTAL PAID \_\_\_\_\_ CHECK # \_\_\_\_\_ CASH \_\_\_\_\_

PLEASE CREDIT THE FOLLOWING: MY TUITION ID# \_\_\_\_\_ TUITION FAMILY NAME \_\_\_\_\_

## NEW CHURCH FUND

## GENERAL SCHOOL FUND

| Retailer                                       | \$AMT | Credit | QTY | Total | Stock | Retailer                 | \$AMT | Credit | QTY | Total | Stock |
|------------------------------------------------|-------|--------|-----|-------|-------|--------------------------|-------|--------|-----|-------|-------|
| <b>AUTO</b>                                    |       |        |     |       |       | <b>HOUSEHOLD</b>         |       |        |     |       |       |
| Delta Sonic Super Kiss                         | \$12  | 50%    |     |       | S     | Home Depot               | \$25  | 4%     |     |       | S     |
| Delta Oil Change -P Out                        | \$25  | 20%    |     |       |       |                          | \$100 | 4%     |     |       | S     |
| <b>CLOTHING DEPARTMENT STORES</b>              |       |        |     |       |       | JoAnn Fabrics            | \$25  | 6%     |     |       | S     |
| Bed Bath Beyond                                | \$25  | 6%     |     |       | S     | Lowe's                   | \$25  | 4%     |     |       | S     |
| JC Penneys - Phase Out                         | \$25  | 5%     |     |       |       |                          | \$100 | 4%     |     |       | S     |
| Kohl's (In-store, Online & Pay Charge)         | \$25  | 4%     |     |       | S     | Michael Craft -Phase Out | \$25  | 4%     |     |       |       |
|                                                | \$100 | 4%     |     |       | S     | <b>RESTAURANT</b>        |       |        |     |       |       |
| Target                                         | \$25  | 2%     |     |       | S     | Applebee's               | \$25  | 8%     |     |       | S     |
| TJ Maxx/Marshalls                              | \$25  | 6%     |     |       | S     | Bob Evans                | \$10  | 8%     |     |       | S     |
| Walmart/Sams                                   | \$25  | 2.5%   |     |       | S     | B. Wild Wings-Phase Out  | \$25  | 7%     |     |       |       |
| Walmart/Sams                                   | \$100 | 2.5%   |     |       | S     | Burger King              | \$10  | 4%     |     |       | S     |
| Walgreens                                      | \$25  | 4%     |     |       | S     | Che. Cake Factory-P. Out | \$25  | 5%     |     |       | S     |
| <b>MOVIE THEATRES</b>                          |       |        |     |       |       | Chipotle                 | \$10  | 10%    |     |       | S     |
| AMC Theaters                                   | \$25  | 7%     |     |       | S     | Chili's                  | \$25  | 7%     |     |       | S     |
| Regal Cinema                                   | \$25  | 7%     |     |       | S     | Denny's                  | \$10  | 6%     |     |       | S     |
| Regal Movie Pass                               | \$10  | 9%     |     |       | S     | Olive Garden             | \$25  | 8%     |     |       | S     |
| <b>GENERAL &amp; MISC /CHILDREN &amp; TOYS</b> |       |        |     |       |       | Outback/Bone             | \$25  | 6%     |     |       | S     |
| Amazon.com                                     | \$25  | 4%     |     |       | S     | Panera Bread             | \$10  | 8%     |     |       | S     |
|                                                | \$100 | 4%     |     |       | S     | Starbucks                | \$10  | 6%     |     |       | S     |
| Barnes & Noble                                 | \$10  | 8%     |     |       | S     | Subway                   | \$10  | 3%     |     |       | S     |
| Bath & Body                                    | \$10  | 10%    |     |       | S     | TGI Fridays - Phase Out  | \$25  | 7%     |     |       |       |
| I Tunes                                        | \$15  | 4%     |     |       | S     | Tim Hortons              | \$10  | 5%     |     |       | S     |
| Dick's Sporting                                | \$25  | 7%     |     |       | S     | Wendy's                  | \$10  | 4%     |     |       | S     |
| <b>SPECIAL PROMOTIONS (until gone)</b>         |       |        |     |       |       | Tops                     | \$50  | 5%     |     |       | \$    |
| Payless Shoes \$20                             | \$18  | 0%     |     |       | S     |                          | \$100 | 5%     |     |       | S     |

UPDATED 8/31/18

AUTHORIZATION: My signature below authorizes St. Stephen School to

release my Scrip Order to my child \_\_\_\_\_

in Grade \_\_\_\_\_ to be delivered in his/her backpack. I understand

St. Stephen is not responsible for lost or stolen cards during transportation.

SIGNATURE \_\_\_\_\_