

FREDERICK DOUGLASS ELEMENTARY SCHOOL

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December Newsletter Volume 3



Dear Fred Families,

It's hard to believe that I'm writing the December/January newsletter. December 13th, brings the half-way point of the second quarter.

At Fred Douglass we talk about the 3R's: **Respect, Responsibility and the Right to Learn**. Below are a few suggestions on how to help us teach your child about being respectful and responsible at home.

Respect

- Encourage your child to use kind words
- Encourage your child to use magic words like: please, thank you & excuse me.
- Remind your child to treat others the way they want to be treated
- Encourage your child to be an **UPSTANDER**, and not a **BYSTANDER**

Responsible

- Give your child a few chores around the home
- Have your child tell you about their day (before you have to ask)
- Encourage your child to never give up
- Have them set goals to build responsibility

Right to Learn

The right to learn at school is working and doing what is expected without disturbing others. At home, compliment your child when they allow you or their brothers /sisters to do what they want without problems.

The 3R's are a **HUGE** part of our school. If students carry them in their pocket everywhere: bus stop, bus, car, walk home, home and school, they will be more successful. Guaranteed!

On behalf of the entire Fred staff, enjoy your Holiday!

Happy New Year,

Carol Leveillee
National Distinguished Principal



Student Accomplishments



So proud of Marta Navarro, from Mrs. Whitlock's class. She gave \$30.00 of her birthday money to Pennies for Patients!



As a school we collected **\$2,302.78!** That is a school record. Our top five classes were:

- Ms. Parker \$ 306.08
- Mrs. Somers \$ 200.96
- Ms. Whitlock \$ 180.70
- Sr. Dronda \$ 174.81
- Ms. Clark \$ 168.48



Way to go Fred! Thanks to our Student Ambassadors and Mr. Mong for making it happen!

Congratulations to Meghan Sammons for having her art work selected by Mrs. Shupard. It will be on display in the Seaford School District office.



Very proud of Jasmine Warden. She assisted with the Red Ribbon Week on October 28th. Jasmine was trying to educated students throughout Sussex County on the dangers of the use of drugs and alcohol.



Heartbeat at Fred



School Achievements

Thanks to all the parents that attended our Achievement Assemblies to cheer on and support your child.



Much appreciation to all the parents that attended a Parent Conference for the first quarter.

On behalf of the PTO Officers, thanks for supporting the Fishers Popcorn fundraiser!



Fred Character Connection



At Fred, we focus on the 3R's!

Respect- A feeling or understanding that someone or something is important in an appropriate way.

Responsibility- A duty or task that you are required or expected to do.

Right to Learn- Allowing others to learn by making good choices- a privilege to succeed by growing and leaning.

Upcoming Spirit Days at Fred

SPIRIT DAYS

December 16- Holiday Sweater Day

Some may be ugly, some may be fashionable, just don't wear the itchy ones!

January 20- Sports (Jersey) Day

Represent your favorite sport or sports team.

February 24- Crazy Hair Day

Spiked, sprayed, or styled-we want to see some crazy hairdos!

March 24- The Future of Tomorrow

Dress up to represent a possible job or career that you would enjoy.

April 28- Highlighter Day

Dress in your brightest neon clothing.

May 26- Hat Day

Whether a ball cap or something a little more creative, hats off to a great year!



Frederick Douglass Pledge:

I pledge to do my best work, use my best manners, be on my best behavior at all times and in all places, to respect the adults, students and rules of Frederick Douglass Elementary School, because Frederick Douglass is my school, I'm proud to be here and I can make a difference each day.



Frederick Douglass Purpose Statement:

To ensure success for all students, the Seaford School District Elementary Schools will build the foundation of this school community through:

- High Expectations for All
- High Quality Teaching and Learning
- Positive and Meaningful Relationships



Nurses Corner



Caring for Kids Patient/Family Education



Cold: Home Care

What is a cold?

A cold is sometimes called a "U.R.I." which is short for "upper respiratory infection." When your child has a cold, you may see symptoms such as:

- Runny or stuffy nose
- Cough, hoarse voice
- Fever
- Red eyes
- Sore throat
- Swollen neck glands

What causes a cold?

Cold viruses cause colds. They spread through coughing, sneezing or through direct contact ("hand-to-hand"). Colds are not caused by air that is too cold or drafts. A child may have 6 to 8 colds per year.

How is a cold treated?

There is no medicine that can stop the cold virus or make it go away faster. Colds can last up to 14 days. Fevers related to a cold go away in about 3 days. A cough may last 7 or 8 days. Medicine to help coughing bring up mucus may be used during the day; medicine to help quiet coughing may be used at night. Ask your child's doctor, nurse or pharmacist about medicine to use for cold symptoms.

How can I help my child feel better?

- Allow for plenty of rest. Have your child go to bed early at night or take a nap.
- Offer fluids often and add 1 to 2 extra glasses of water or juice a day.
- Give acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) for fevers over 101°F and discomfort. Follow the directions on the bottle of medicine for your child's age. Ask the doctor, nurse or pharmacist if you have questions about the medicine.
- For sore throat or cough:
 - If your child is older than 4 years, offer your child hard candy or a throat lozenge. Never allow your child to lie down or go to sleep while having hard candy or a throat lozenge in the mouth.
 - If your child is over 1 year old, offer your child warm liquid like broth, soup or tea (use only tea without caffeine).
- Use a cool-mist humidifier in your child's room to help your child breathe more easily. Clean the humidifier according to manufacturer's directions on a regular basis.
- If your child has a stuffy nose, talk to the doctor, nurse or pharmacist to see if you can use a decongestant for your child. Avoid decongestant medicines with anti-histamines that may make your child sleepy or irritable.
- Stuffy noses are caused by dried mucus. Use warm water or saline (salt-water) nose drops to loosen up the dried mucus. To make saline nose drops, add ½ teaspoon salt to 1-cup warm water. Place 2 to 3 drops into each nostril while your child is lying on their back. Then have your child blow their nose or you can use a bulb syringe to suction the mucus for younger children.
- Offer your child warm salt water to gargle if they are old enough. Use one teaspoonful of salt to 8 ounces (1 cup) of water.
- Wash your hands with soap and warm water often. Have your child wash his or her hands often too. Remember that the cold virus is often spread from direct contact (through touching).
- A runny nose is the body's way to remove the virus from the nose and sinuses. Wiping and/or blowing the nose often are best. For sore or sensitive skin after wiping, apply a small amount of petroleum jelly or Vaseline® to the skin around the nose.

This teaching sheet is meant to provide you with additional information about your child's care. Diagnosis, treatment, and follow-up should be provided by your health care professional.

Have a great day!

Mrs. Nichols, RN
School Nurse
Frederick Douglass Elementary

Did you know?

- You can purchase student accident insurance at: www.BollingerSchools.com

- You can follow our school on Twitter @CarolLeveillee

- Parents can write a note/letter to their child and "mail" it in the blue school mailbox. The office has a stamped envelope for you.

- Fred has a lost and found. It is located in Blue Jay Café.

- Save those box tops! Each one is worth at least 10 cents for the school.

- Parents can have lunch with their child any day.

- Please arrange with your child's teacher if you want to send in a **small store bought** treat to celebrate your child's birthday.

- Parents need to arrange with school administration at least 48 hours prior for an observation in the classroom.

- Did you know that there are several helpful links on our school's website that can give your child a little extra practice at what they are learning in school, all while having fun? Just follow these steps to get started:

- 1.) Go to www.seafordbluejays.org
- 2.) Click on Frederick Douglass Elementary School
- 3.) Click on the "students" tab, then choose "student links".

We hope you will find these links helpful!!

- HAC mobile for parents/students:

There is also a mobile app for Home Access Center that parents/students can download on their phones. They do not need a passkey, just their own username and password for HAC.

#fredstrong

S.M.I.L.E.



December




December, 2016

- 8th 5:00pm-7:00pm Student Chorus & Showcase Night

- 13th Interims Issued


- 16th School Spirit Day – Wear  Your Holiday Attire!

- 21st 2:00pm Schoolwide Sing-Along 

- 22nd-January 2nd- School Closed 

January, 2017

- 10th One Book, One Fred Kick Off! 

- 12th 5:30pm-7:30pm  McTeacher Night!

- 16th School's Closed

- 25th End of 2nd Quarter

- 27th School is closed for Students!

Happy Holidays