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October 6, 2015

Edition 1

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# FREDERICK DOUGLASS ELEMENTARY SCHOOL

1 Swain Road  
Seaford, DE 19973  
302-629-9213

[www.seafordbluejays.org](http://www.seafordbluejays.org)



Dear Fred Families,

Happy October! The first weeks of school have been busy and exciting for the students, staff, and definitely for me! I am enjoying getting to know the most important people at our school-THE STUDENTS!

This year, we are teaching the students what the 3 R's look like all over the school, at home and on the bus. Please encourage your child to carry the 3R's (Respect, Responsibility, and the Right to Learn) in their pocket each day. We also have a school-wide theme: Keep Calm and NED on! N.E.D. stands for Never Give Up, Encourage Others, and Do your Best.

Please watch our website often for events and information about our school. [www.seafordbluejays.org](http://www.seafordbluejays.org). Also, consider following me on Twitter @CarolLeveillee.

Please contact me with any ideas, comments, concerns, or questions. My email is [carol.levell@seaford.k12.de.us](mailto:carol.levell@seaford.k12.de.us).

Carol Leveillee  
National Distinguished Principal

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## Heartbeat of Fred Douglass

- Thanks to Delaware Nature Society and Abbott's Mill Nature Center for coming to work with our second graders in October!
- Much thanks to Mr. and Mrs. Patrick for helping to set up chairs for Open House!
- Kudos and a BIG Thank You to all of our families that came out to Open House!

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## BLUE JAY NEWS

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### From our Second Grade Teachers:

We are in need of hand sanitizer for our classrooms. Any donations would be greatly appreciated!

### PBS Connection

#### **The 3 R's**

**R**espect- A feeling of admiration for someone or something; treating others the way you want to be treated.

**R**esponsibility- Being accountable; ability to act independently, and make decisions without authorization.

**R**ight to Learn- Behaving and acting appropriately in all settings so others can learn.

### FREDERICK DOUGLASS VISION

The vision of Frederick Douglass is to create a caring and supportive environment in which all students achieve their highest potential and are prepared to move forward academically and socially on their path to college and career readiness.

The vision, mission, core values, SIP goals and progress will be communicated through parent meetings, paper and electronic communication and community outreach.

### 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.

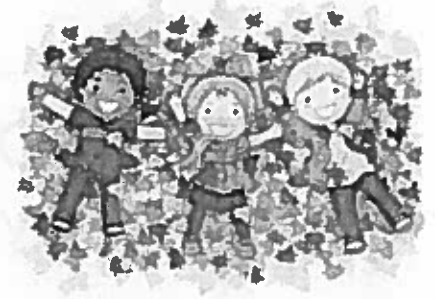
### STUDENT ACCOMPLISHMENTS

Congratulations to our third, fourth and fifth grade student ambassadors!

3<sup>rd</sup> grade: Khalil Kilgo, Carla Davis, Omari Nichols, Emma Marshall, Larry Horsey, Jaida Baltimore.

4<sup>th</sup> grade: Bruin Williams, Vic'Taeja Hammond-Drayton, Adilene Queszada-Castrejon, Jacob Turner

5<sup>th</sup> grade: Natalie Carter, Christmy Parpouloute, Marsha Malcolmson, Tyler Buttridge, Alexa Rolph, Paige Morris



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### *Important October Dates*

10/1: PTO Meeting @ 7 PM

10/6 & 10/7: Abbott's Mill at Fred with Grade 2.

10/9: No school for students

10/19-10/23: Book Fair

10/21: Grandparents Day

10/26-10/30: Red Ribbon Week/Spirit Week

10/28: Academic Night@6PM

10/30: Homecoming Parade@6pm

10/31 Blue Jay Pride Day at Seaford High School. Come see us and many other booths!

## **NEWS FROM OUR ART TEACHER, MRS. SHUPARD**

Congratulations to second grader, Logan Bradford and 1<sup>st</sup> grader, Eric Ramirez, whose Bus Safety posters were selected by Mrs. Shupard as finalists from our school. Both entries were sent to our district office where one finalist will be selected to represent our district in the State wide Bus Safety Contest. Way to go Logan and Eric!!!!

## **PARENT TIPS**

### **TIME FOR A STORY!!!**

Want to spend time with your youngster, build her reading skills, and help her learn to love books? You can do all three when you read aloud to her. Here are some suggestions:

#### **Read Regularly**

Try to read to your child every day. You might aim for 10-15 minutes of bed time reading for a peaceful end to the day. Bring along a book, and read to him/her during a sibling's sports practice. Or curl up together with a book when you get home from work.

#### **Take Turns Choosing Books**

Your youngster may want to hear old favorites again and again. Use your turn for new titles and variety (non fiction, poetry)

#### **Let Him/Her Participate**

Ask your child to turn the pages while you read. Also, he/she can finish sentences that rhyme or fill in words she knows. Go slowly so he/she has time to understand the story and look at the illustrations. She'll enjoy read-aloud time more if she plays an active role.

#### **Be Playful**

You can use different voices for different characters (a high, squeaky voice for a mouse or a deep, booming voice for a horse). Or substitute your youngster's name for the main character's name, and use family members' names for other characters. Note: You don't have to be an expert reader-your child will love it when you read aloud because it's you.



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BLUE JAY NEWS

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## What is the flu?

Influenza (flu) is an infection of the nose, throat and lungs caused by the influenza viruses. It can cause mild to severe illness, and at times can lead to death. Children younger than 5, but especially children younger than 2 years old, and children and adolescents with chronic health conditions are at greater risk for serious flu complications. These flu complications can result in hospital stays and even death. The best way to prevent the flu is by getting a flu vaccine each year.

## How do I know if my child is at greater risk for flu-related complications?

### Your child is at risk if he/she has any of the following conditions:

- **Asthma**
- **Neurological and neurodevelopmental conditions** including disorders of the brain; spinal cord; peripheral nerve; and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury
- **Chronic lung disease** (such as cystic fibrosis)
- **Heart disease** (such as congenital heart disease and congestive heart failure)
- **Blood disorders** (such as sickle cell disease)
- **Endocrine disorders** (such as diabetes mellitus)
- **Kidney disorders**
- **Liver disorders**
- **Morbid Obesity**
- **Metabolic disorders** (such as inherited metabolic disorders and mitochondrial disorders)



- **Weakened immune system** due to disease or medication (such as children or adolescents with HIV or AIDS, cancer, or those on chronic steroids)
- **Receiving long-term aspirin therapy** for chronic disorders
- **Pregnancy**

## What are 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. It is important to note that some people sick with flu may not have a fever.

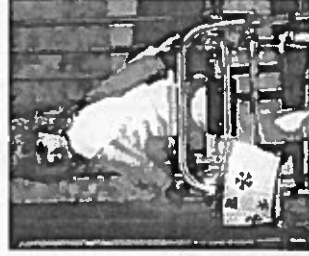
## What is a flu complication?

Most people who get the flu will recover in a few days to less than 2 weeks, but some people will develop complications (health problems such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, and sinus and ear infections are 3 examples of complications from flu. The flu can also make chronic health conditions worse. For example, people with asthma may experience asthma attacks while they have the flu.

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

- **Flu Vaccines:** The most important thing is for your child to get a flu vaccine every year.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.
- **Distance:** Your child should avoid close contact with people who are sick.



- **Hand washing:** Wash hands often with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice). If soap and water are not available, use an alcohol-based hand rub. Help your child in hand washing if needed.

- **Germ control:** Encourage your child to avoid touching his eyes, nose, mouth, and to use a tissue or elbow to cough or sneeze into.

- **Cleaning:** Keep surfaces in the house and toys clean by wiping them down with a household disinfectant according to the directions on the product label.

- **Health:** If your child has a chronic health condition, make sure that it is under the best control.

- **Plan:** Have a plan in case your child becomes sick with the flu.

## What can I do if my child gets sick?

- **Doctor:** Call or take your child to the doctor if your child develops flu-like symptoms. The doctor may want to begin antiviral drugs as quickly as possible. Antiviral drugs are prescription medicines that fight against the flu in your body.
- **Home care:** Keep your child at home, except for doctor visits, until at least 24 hours after there is no longer a fever.
- **Covering coughs:** Ensure that your child covers coughs and sneezes.
- **Rest and fluids:** Make sure your child gets plenty of rest and drinks clear fluids (water, broth, sports drinks, electrolyte beverages for infants such as Pedialyte<sup>®</sup>) to keep from becoming dehydrated.
- **Medicines:** Ask your doctor about fever-reducing medicines based on your child's age. Children younger than 4 years of age should not be given

