

April 30, 2009



Dean Brown

Inside this issue:

Swine Flu FAQ	2
Volunteer News	4
Counseling Closet	
Governing Board News	
PTO Corner	5
Pre-Registration Info	
SAC News	
Elitches Gardens	6
Academy Kids Info	
Lost and Found	7

Dear Families,

We want to keep you informed about the topic of H1N1/Swine Flu that is causing concern throughout our State and country. During a news conference held at 10:30 a.m. on Thursday, April 30, the Colorado Department of Public Health and Environment confirmed two cases of H1N1/Swine Flu in Colorado. We're told one case is a woman in Arapahoe County and one is a man in Douglas County. Health officials stressed that **neither case is connected to the schools.**

DCSD takes this opportunity to remind students, staff and families of recommended personal precautions provided by the state health department to decrease their chances of getting sick:

- Wash hands frequently
- Cover your sneezes and coughs
- Avoid others with respiratory illnesses
- Stay home if you are experiencing flu-like symptoms and contact your health care provider

H1N1/Swine Flu is an A-type flu virus that infects pigs and, in this case, has been transmitted to humans. The symptoms are the same as for seasonal flu.

We have received questions regarding restrictions on people who have recently visited Mexico. At this time, the health department tells us there is no reason to restrict a child or an employee from being in school just because they have been in Mexico. If they show no symptoms of illness, they can be in school. We are stepping up our handwashing campaign and are encouraging you to do the same at home. We have been told that is the best defense against any influenza. We have been told that Coloradans are more likely to get the type A and B flu that already exists in our State. Dr. Ned Calonge of the Colorado Department of Health and Environment states this is a mild flu and all of those that had it are recovering after only a mild illness.

DCSD will send out information to families if parent action is required due to a public health concern. Douglas County School District has a comprehensive prevention, mitigation and response plan in the event of a public health emergency. We are monitoring this situation across the School District, and are working with staff and students to encourage proper hand hygiene. In addition, we are exercising proper and standard cleaning throughout the District.

Information related to DCSD will be posted on the School District's website at www.dcsdk12.org. Please refer to the Colorado Department of Public Health and Environment <http://www.cdphe.state.co.us/> for official information.

Sincerely,
Yvette Brown, Dean
Academy Charter School

Important Dates

- May 1 - Teacher In-service—
No Students
- May 5 - SAC Meeting 6:30
- May 6-8 Plant Sale in Library
- May 7 - Elementary Talent Show
- May 8 - Hat Day Fundraiser \$1.00
- May 11 - Gov. Board Meeting 6-8
- May 12 - PTO Meeting 7:45 am
- May 13 - 6th Grade Hexathlon
- May 14 - PTO Meeting 4:00
- May 15 - Extra Dress Down Day Fundraiser \$1.00

Facts:

from the Colorado Department of Public Health and Environment



Swine flu: questions and answers

What is swine flu?

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses may spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?

In late March and early April 2009, an outbreak of swine flu began with reports of human infection with swine influenza A (H1N1) viruses in California and Texas. An updated case count of confirmed swine flu infections in the United States is kept at www.cdc.gov/swineflu/investigation.htm. Federal, local and state health agencies are working together on the investigation.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. At this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people 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 swine flu. Like seasonal flu, swine flu may be more serious for those with underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir (Tamiflu) or zanamivir (Relenza) for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

Swine flu: questions and answers

2

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing to help protect those around you. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. We recommend that when you wash your hands with soap and warm water that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry; the alcohol in it kills the germs on your hands.

Additional sources of information

Colorado HELP hotline
1-877-462-2911 (toll-free)
M-F 7 a.m. – 11 p.m.;
S-S 9:30 a.m.–8 p.m.



Colorado Department of Public Health and Environment

www.cdphe.state.co.us/epi
303-692-2030
1-877-518-5608 (toll-free)

Centers for Disease Control and Prevention
U.S. Department of Health and Human Services
www.cdc.gov/swineflu
www.pandemicflu.gov
1-800-311-3435 (toll-free)

What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- If you become ill and experience any of the following warning signs, seek emergency medical care.
- In children emergency warning signs that need urgent medical attention include:
 - * Fast breathing or trouble breathing
 - * Bluish skin color
 - * Not drinking enough fluids
 - * Not waking up or not interacting
 - * Being so irritable that the child does not want to be held
 - * Symptoms improve but then return with fever and worse cough
 - * Fever with a rash
- In adults, emergency warning signs that need urgent medical attention include:
 - * Difficulty breathing or shortness of breath
 - * Pain or pressure in the chest or abdomen
 - * Sudden dizziness
 - * Confusion
 - * Severe or persistent vomiting

How serious is swine flu infection?

Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious.

Can I get swine influenza from eating or preparing pork?

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

I get my flu shot. Will it protect me from Swine Flu?

The currently available seasonal flu vaccine is unlikely to protect you against swine flu as this is a different kind of flu virus.



Colorado Department
of Public Health
and Environment

04/09

Volunteer News

I hope you all feel fully appreciated after our Volunteer Appreciation events last week. We certainly understand what an important role our volunteers play in our school success.



The following families have recently logged 20 or more hours: **Bauer, Bauman, Colgin, Gauer, Gensler, Harney** (Bob and Leslie), **Hill, Hopp, Jellison, Kayton, Kitching, Lange, Lavery, Long, McVicar, Meyn, Midolo, Solita, Traxler, Vann, and White.**

These families have logged over 50 hours recently: **Bodiford, Bottin, Lemon, and Wojtkewicz.** Finally, we have the heavy hitters—those who have logged over 100 volunteer hours recently—**Carpenter and Wenaas.**

Thanks again for volunteering at ACS—you are our "Shining Stars"!

Anne Belfrage
Volunteer Coordinator
belfragea@academycharter.org

Counseling Closet

Dear Parents,

I am still in search of more parents who would be willing to come and share their careers with us for Career Day! It is an excellent way for our kids to get to know many different types of career fields and it brings some of our local community members and businesses into our school! We are interested in all different types of careers, so if you think you have something interesting to share with our kids, we would love to have you!

The career fair is being held on Wednesday, May 13th, from 1:30-3:30 p.m. in our gym. Students will be walking around asking questions and getting to know some of the different options out there for careers. This is also a great way to cross off those extra volunteer hours with the school! If you would like more information, please contact me at krautza@academycharter.org or call the school directly.

Thanks!

Angela Krautz
ACS Counselor K-8

Governing Board News

Please note that the next general meeting – May 11th from 6 to 8 p.m. – is one of only two board meetings remaining in this school year. Don't miss the opportunity to fulfill your meeting requirement, as outlined in the ACS parent contract. As always, you earn volunteer hours for attending meetings. Parents and staff members are urged to attend and find out what is going on in our school! We look forward to a great turnout on Monday, May 11th - see you there!

PTO Corner

Reminder---the next PTO Working Session: Thursday, May 14th, at 4 p.m. in Mrs. Barrette's Spanish Room.

Papa John's Pizza and the Douglas County Educational Foundation gives back .50 per order to ACS. Just share and use our school code: ACHART when placing an order.

Local Value Fundraising is always available from the ACS website. Thank you so much for working with us to push for the 75% earnings back to ACS over the last few weeks.

Box Top Winner!

April's Box Top winner is Cody Verberkmoes! His prize will be awarded at the May assembly.

One more month for this school year to cut and submit Box Tops. One more winner!!!

We are looking forward to Field Day on May 18th from 9:00 - 1:00. PTO will be selling popcorn, cotton candy, smoothies/cold coffee beverages from the Funky Brewster for a special end-of-the year treat. Thank you to Misty O'Leary, Jim and Jeannie Reddan, Amy Lee, Lisa Ellis and Leslie Farmer for volunteering to sell these treats! We do still need volunteers from: 8:40-9:30, 9:30-10:30, 10:30-11:30, and 11:30-12:45. Please contact Emily Ragan at ceragan1@msn.com to sign up.

Pre-Registration Paperwork Coming Home

Please look for a manila envelope in your student's Friday folder today. This envelope contains your pre-registration information for next school year. I am trying to do registration a little differently this year to make it easier for you. This paperwork will already be done when you come in for registration in August which will make the August registration time less arduous and speedier!

I have enclosed an instruction sheet that should answer any questions you might have regarding the forms enclosed. I would like to have this paperwork returned to the school as soon as possible. Please use the same envelope they were sent home in to return the completed paperwork. My final deadline will be May 15th.

I appreciate your cooperation in getting this registration process completed early. Should you have a question, please feel free to contact me.

Anne Belfrage
belfragea@academycharter.org
Office Manager/Registrar

SAC News

The last SAC meeting of this school year will be next Tuesday, May 5th, from 6:30-7:30 at the school. We'll be discussing goals and objectives for the SAC as well as the School Improvement Plan for next year. Babysitting and snacks are provided. It's a great opportunity to get on board for next year and see where the school is headed academically!

6th Annual Elitch Gardens Community Night

The Douglas County Educational Foundation will be sponsoring an exciting night of rides, games and attractions at Elitch Gardens on Friday, May 15th. Tickets will be on sale in the school office starting Monday, May 4th, for \$20.00 each. This is 50% off the regular ticket price! Everyone who attends the community night will receive a FREE return ticket to be redeemed in September/October.

Tickets may also be purchased on-line with a credit card at <http://schools.dcsdk12.org/dcef> through May 15th at 4:00 p.m. Online orders will be charged a \$3 processing fee but you will be able to print your tickets at home. The walk-up admission rate at the ticket windows the night of the event will be \$24.99 for those who didn't buy their tickets in advance.

A \$10.00 all-you-can-eat picnic meal will be served in the pavilions area from 6-8:00 p.m. The menu includes hot dog or BBQ beef sandwich, chips, potato salad, popsicles and soda. \$1.00 of each pre-purchased meal ticket will be given back to our school.

Flyers regarding this fun night were sent home with your student today. If you have questions, please call Anne in the office.

Academy Kids Information

What is Academy Kids?

Academy Kids is a school run, State certified before and after school daycare program; the program was created to aid parents with their daycare needs during the school year and the summer.

Our program differs in many ways from other state licensed programs such as:

1. We are open to Academy Charter students only where some programs have open enrollment so they can take from multiple schools. We feel that this helps our kids get to know other age groups within the building, so when they see each other in the halls, they feel comfortable saying hello even if the other kids are in higher grade levels. We are licensed for ages 5 yrs. to 15 yrs. old.
2. We do not charge registration fees.
3. We are open to students when it is convenient for parents; parents can use the program as often as they need. We do not have a set schedule requirement.
4. Our program is open from 6:30 a.m. to 8:15 a.m. and again from 4:00 p.m. to 6:00 p.m. during school days, and closed on holidays. We are also open all day during teacher in service days, work days and parent teacher conferences. During the summer time we are open from 6:30 a.m. to 6:00 p.m. Monday through Friday, and closed holidays.
5. Parents are welcome to come in and see what we are doing on a daily basis. They are also encouraged to come and have lunch or volunteer their time in the program. This will help you fulfill your volunteer time for the school and also give you a great one-on-one with the children.

These are just a few areas that distinguish our program from others and what makes our program a convenient and valued asset to Academy Charter.

If you would like more information on our program or information on registration, please feel free to contact me at 720-289-6265 or at the school 303-660-4881

Thank you

Sara Sanchez
Director

Lost and Found

Please have your student check our Lost and Found for items they may be missing. There are a lot of items currently in the Lost and Found.



Academy Charter School

*1551 Prairie Hawk Dr.
Castle Rock, Co 80109*

*Phone: 303-660-4881
Fax: 303-660-6385*

We're on the web!

Academycharter.org