

Willard COUGAR CHRONICLES



Nice to Meet You!

A message from your PTG President

It was great to see all of the parents at Open House. Hopefully you had a chance to stop by the multipurpose room, check out the PTG tables and visit with some of our community partners. We had fun and enjoyed meeting new families and seeing familiar faces. We hope you all feel welcome to join us anytime - whether it is a PTG meeting, an event or even just saying "hi" in the school yard. We *all* make up the PTG of Willard Elementary. So from all of us on the PTG board, "*Welcome and nice to meet you!*"

On-going collection fund raisers will continue all year long - so don't stop saving those items that we can turn in for cash or supplies. They are: Box Tops, Campbell's points, Tyson A+ labels and juice pouches.

Remember, the kids have a monthly contest to see which class can bring in the most Campbell's points and Box Tops. The winning class will enjoy a treat on us!

The kids are doing a great job recycling those juice pouches. You can collect them at home and send them to school anytime (in a bag, please). We have collection buckets in the lunch room or you can drop them off in the office for us. Please remind your kids to put their juice pouches from lunch in our bucket at school. Every little bit helps. We have collected 650 juice pouches so far this year. Great job!!

Our PTG email address (willardptg@gmail.com) is active and available for you to contact us. If you would like to be added to our parent data base, please send us a quick message with your name, email address, student(s) name and class. We will add you to the list to receive all of our updates right to your home or office.

Upcoming PTG events:

PTG Meeting: Thursday, October 8th from 6:30 to 7:30 pm in the Library

Skate Night: Tuesday, November 3rd at Pattison's from 6:30 to 8:30 pm. Parents **MUST** stay with their children for insurance purposes.

Your 2009-2010 Willard PTG Board,

Sandra Anthony, President

Jessica Cochran, Vice President

Heather Strahl, Secretary

Jennifer Stocum, Treasurer



Lunchroom News!

Students can now order a "Super" with their lunch.

A "Super" is an extra Entree and it is only
An additional \$1.25

Lunch consists of an entree, fruit, vegetable, milk and sometimes a dessert.

Serve Yourself Fruit & Vegetable Bar – Is available everyday
in the elementary schools, students may select Garden Salad, and or
Fresh Vegetables, Canned or Fresh Fruit.

- Hot or Cold Entree
- ½ pint Milk: 1%, Skim or Lowfat Chocolate
- ¾ cup Fruit and/or Vegetables

Breakfast consists of an entree, fruit or juice and milk.

Assorted Cereal Choices, Yogurt or Hot Entree

- ½ pint Milk: 1%, [Lowfat Chocolate](#) or Skim
- ½ cup Fresh or Canned Fruit or Chilled Juice Choice

Please Note:

If your child receives free or reduced lunch, they MUST pay the extra \$1.25 for the super. It is not free or reduced.

Thank you!

	Elementary	Adult
Paid Lunch	\$ 2.10	\$ 2.80 (w/o milk)
Reduced Lunch	\$.40	
Paid Breakfast	\$ 1.30	\$2.00 (w/ milk)
Reduced Breakfast	.00	
White/Choc. Milk	\$.60	\$.60
Juice	\$.60	\$.60
Super Lunch additional entree w/meal	\$1.25	\$1.25



Flu Season

As anticipated, influenza season has arrived in our community. We have parent reported cases of influenza at most every school in the area. As of 9-17-09, the number of absences is not considered high but we are seeing about twice as many absences due to influenza-like symptoms as compared to last year.

At this time, it is not significant which particular influenza virus is circulating in our area. We need to take the same preventative measures during all influenza seasons.

It's true that the H1N1 virus appears to be more contagious than the "seasonal" influenza but that is because it is a new strain of virus and our bodies have not yet had the chance to build immunity against the H1N1 virus.

The reason we need repeated "seasonal" flu vaccinations every year is because the influenza virus is known to frequently change as it moves around the world. The next season's flu vaccine production needs to anticipate these changes and be formulated slightly differently every year. Most of us benefit from boosting our immune system by vaccinating for influenza yearly.

Seasonal influenza vaccinations are available in our community now and H1N1 will be available for persons in the identified "vaccine priority groups" by mid-October.

Vaccine priority groups include pregnant women, children age 6 months to 24 years, adults 25-64 who have chronic medical conditions, health care and emergency workers, and those who live in households where there is an infant less than 6 months of age.

Please call your health care provider for more details.

Thank you for your continued efforts to keep your child home when ill, has a fever of 100 degrees or higher, reporting specific symptoms when your child is absent, encouraging good hand washing practices and covering their coughs and sneezes.

Kathe Reed-McKay

To ensure your student's safety, please be sure to inform the office of daily absences by calling the Attendance Hotline at 354-4464 or the school office at 354-4444.

Dressed to learn

When choosing school clothes, safety and comfort count. Clogs, short skirts, and baggy pants can distract your child in class and make PE and recess challenging. Instead, help her pick clothes that fit well and can get dirty. Elastic-waist pants instead of belts, or leggings rather than tights, will make bathroom breaks easier for younger students.

Did you know



Students who get enough sleep can concentrate better and learn more. For elementary school children, that means 10-11 hours a night. Make getting into bed on time fun by giving your youngster a special bedtime kit that includes a book, a flashlight and a soothing CD.

"Learning is a treasure that will follow its owner everywhere."

Ways to praise

Complimenting your child is a great way to boost his confidence. Choosing the right words can motivate him to try new things and work hard, too. Here are a few suggestions:

- Focus on your youngster's feelings. Try, "You must be proud of yourself," in addition to, "I'm so proud of you."
- * Praise his achievements. You might say, "You've got subtraction down pat!" instead of, "You're so smart."
- Place an encouraging note on your child's bedroom door. Example: "This room is sparkling. Your hard work shows!"
- Praise him to others when he's within earshot: "Chris was so nice to his sister when she scraped her knee."



October

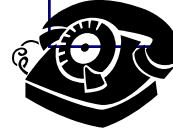
- 1 ~ Hearing Screening
- 2 ~ Character Counts Assembly
- 5 ~ Gift Wrap Sale Ends
- 6 ~ German American Heritage Day
- 8 ~ Open PTG Meeting
6:30/Library
- 9 ~ LID day ~ No School
- 30 ~ Hearing Re-Screening
- 31 ~ Halloween

Lunchroom Guidelines

If your child comes home from school with a paw on their wrist, this means their lunch money is low. When you send in your child's lunch money, please put it in an envelope with their name on it. It will be added to their account the same day. If you have any questions, please call the school office.



If your phone number has changed, please call the office and let them know. We need this in case of emergency. This is for the safety of your student.



Thank You!

Thanks to all who are stopping in the office before coming into the lunchroom or outside. This helps us keep track of who is here visiting! Keep up the good work!

Willard Elementary School
500 W. Longfellow
Spokane, WA 99205
(509)354-4444
Principal~Steve Indgjerd
Assistant Principal~Kris Allen
Editor~Jody Edwards