



L.L. Wood News

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March 2011



Important Dates in March

Sole Sisters Parent Mtg. @ 5:30pm	3/8
PTO Meeting @ 6:30pm	
SMCU Banking Day	3/15 3/29
MCAS Grade 4 Long Composition	3/22
MCAS Grades 3-5	3/29- 4/1
School Council Meeting 3:10 PM	3/24
After School Programs Session II Begins this week!	3/30

Principal's Message

Welcome March! It's been wonderful to see the children outdoors for recess in the past week! This month is busy, busy with awesome in school events, our fabulous volunteer run after-school programs, an evening family event, and MCAS!!

March 9th—

In School—New Bedford Ballet performs at Wood School for k-5!

March 18th-

In School—OOCHWORLD! Performance (an inspirational speaker about being your personal best!)

Evening Event 4:30-8:00pm—Bookfair, Spaghetti dinner, Magician!

March 22, 3/29-4/1—MCAS (Grades 3-5)

We hope to see you on the evening of March 18th for our third annual Spaghetti Dinner! This family event is a fan favorite at Wood School! Last year the book fair and teacher's raffle prizes were extremely popular. This year those events will return and in addition the PTO has sponsored a magician performance at 7pm.

Our gym will be stocked with exciting books and we hope our cafeteria will be filled with our entire Wood School Community! Save the date...we can't wait to see you there!

School Council News

The Wood School Council is meeting Thursday, March 24, 2011. Our council meets monthly to plan school improvement. If you have any questions or suggestions please feel free to contact the LeRoy Wood School office at (508) 979-4073. Thank You!

Almost Spring Weather Reminder!



•We will continue to go outside for recess as long as the weather permits. Even though Spring is right around the corner please continue to send your child(ren) to school in warm outerwear including warm jackets, hats, gloves or mittens. It is still quite chilly on our playground in the morning and afternoons. Also, please be sure children are coming to school wearing proper footwear for early Spring weather and safe playing.



Nurse's Page

Coughs and Colds : How to treat your child

Medicines

Over-the-Counter (OTC) cough and cold medicines can cause serious side effects in young children. The risks of using these medicines outweigh any benefits from reducing symptoms. Therefore, in October 2008, the FDA (Food and Drug Administration) recommended that OTC cough and cold medicines never be used in children under 4 years of age. From age 4 to 6, they should be used "only if recommended by your child's doctor". After age 6, the medicines are safe to use, but follow the dosage instructions on the package. Fortunately, you can easily treat coughs and colds in young children without these non-prescription medicines.

Home Remedies:

A good home remedy is safe, inexpensive, and as beneficial as OTC medicines. They are also found in nearly every home. Here is how you can treat your child's symptoms with simple but effective home remedies instead of medicines.

Runny Nose: Just suction it or blow it. And remember, when your child's nose runs like a faucet, it's getting rid of viruses. Medicines: antihistamines (such as Benadryl) do not help the average cold. However, they are useful and approved if the runny nose is due to nasal allergies (hay fever).

Blocked Nose: Use nasal washes.

Use saline nose spray or drops to loosen up the dried mucus, followed by blowing or suctioning the nose. If not available, warm water will work fine.

Instill 2-3 drops in each nostril. Do one side at a time. Then suction or blow. Teens can just splash warm water into the nose. Repeat nasal washes until the return is clear.

Do nasal washes whenever your child can't breathe through the nose. For infants on a bottle or breast, use nose drops before feedings.

Saline nose drops and sprays are available in all pharmacies without a prescription. To make your own, add 1/2 teaspoon (2 ml.) of table salt to 1 cup (8 ounces or 240 ml.) of warm tap water.

Sticky, stubborn mucus: remove with a wet cotton swab.

Medicines: there is no medicine that can remove dried mucus or pus from the nose.

Coughing: Use homemade cough medicines.

AGE 3 months to 1 year: Give warm clear fluids (e.g. water or apple juice). Dosage: 1-3 teaspoons (5-15 ml) four times per day when coughing. Avoid honey because it can cause infantile botulism. Under 3 months, see your child's doctor.

AGE 1 year and older: Use HONEY 1/2 to 1 tsp (2 to 5 ml) as needed. It thins the secretions and loosens the cough. (If not available, can use corn syrup.) Recent research (12/2007) has shown that honey is better than drugstore cough syrups at reducing the frequency and the severity of nighttime coughing.

AGE 6 years and older: Use COUGH DROPS to coat the irritated throat. (If not available, can use hard candy.)

Coughing spasms: Expose to warm mist from a shower.

Fluids: Help your child drink plenty of fluids. Staying well hydrated thins the body's secretions, making it easier to cough and blow the nose.

Humidity: If the air in your home is dry, use a humidifier. Moist air keeps the nasal mucus from drying up and lubricates the airway. Running a warm shower for a while can also help humidify the air.

Treatment is Not Always Needed:

- If symptoms aren't bothering your child, they don't need medicine or home remedies. Many children with a cough or nasal congestion are happy, play normally and sleep peacefully.
- Only treat symptoms if they cause discomfort, interrupt sleep, or really bother your child (such as a hacking cough).

Since fevers are beneficial, only treat them if they slow your child down or cause some discomfort. That doesn't usually occur until 102° F (39° C) or higher. Acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Motrin or Advil) can be safely used in these instances to treat fever or pain. (See Dosage tables for indications and age limitations).

Summary:

If treatment is needed for coughs and colds, home remedies may work better than medicines.

See www.healthychildren.org for further information.

Sole Sisters is back!!

Be on the lookout for our amazing group of teachers and students in grades 3-5 that have taken on the challenge of empowering their hearts, minds and bodies through Sole Sisters!

We meet weekly for a lesson on topics including bullying, nutrition, risks and challenges, friendship and more! After our lesson we head to the bike path for a run/walk workout that challenges our bodies and our minds! Our ultimate goal is to complete the Fairhaven Father's Day race on June 19th! We are on a mission!!

Have you visited the Wood School Website lately?

Each classroom teacher and specialist has up-to-date information about what's happening in their classroom. There's also school news, our monthly calendar and monthly newsletters. This month our home page offers a survey produced by Ms. Beaubien, our school adjustment counselor. She is hoping to gain information that will make her role at Wood School most effective for our students and families!

Go to www.fairhavenps.org and choose Wood School from the 'school' tab!

PTO Corner

CALLING ALL PARENTS!!!!

The Wood School PTO provides amazing support for our school but they can't do it alone! At our last PTO meeting only 1 parent attended!!

Please come out and help to keep supporting the great ideas and energy of our PTO. There are always ways you can help! The next Wood School PTO meeting is scheduled for Tuesday, March 8th @ 6:30. We are planning a spaghetti dinner and other fun spring events! If your schedule doesn't allow you to attend meetings but you'd like to help out there are plenty of jobs, in all sizes, available! Please email PTO president Carrie Bouley at beesmooch@yahoo.com.

Millicent Library March Events

LATE WINTER /EARLY SPRING PROGRAMS FOR CHILDREN & TEEN AT THE MILLICENT LIBRARY
45 Center Street, Fairhaven, MA 02719
Contact Jane Murphy at 508-992-5342 or jmurphy@sailsinc.org.
TODDLER STORYTIME Tuesdays 10-11. Ages 1-3.
BIG KID STORYTIME Fridays 10-11. Ages 3-5.
BABY STORYTIME Fridays 11:15-11:45a.m. Ages 0-18 months. Siblings welcome.
CRAFTERNOON
March 16th 3-5 p.m. Ages 3 and up. Drop in to the Youth Room after school for a fun and easy craft project.
TEEN ADVISORY GROUP (TAG) Grade 6 and up. Thursdays from 3-5 p.m. March 10th
The library is handicap accessible.