

~ November 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO SCHOOL!	2
3	4 Irving Spirit wear store opens today, through Nov. 17	5 Yoga Day! Irving Site Council meeting 3:30 p.m.	6 Preschool dental screenings	7 Grade 3 Arts Trek to Dubuque Symphony	8 One-hour late start PTA Popcorn Day!	9
10	11 Grade 3 to UD Heritage Center theater, Judy Moody	12	13	14 Irving PTA meeting 6:30 p.m.	15 One-hour late start Human Growth and Development, Grade 4	16
17 Irving Spirit wear store closes today at midnight	18 End of first trimester Kdg. to UD Heritage Center theater, Jungle Book	19	20	21	22 One-hour late start Irving Spirit Day: Year 3000 and beyond Human Growth and Development, Grade 5	23
24	25 Hearing screenings K-2 and preschool special education students	26 Check your student's Report Card on Infinite Campus Parent Portal	27 NO SCHOOL! (1/2 day professional learning for teachers)	28 Thanksgiving NO SCHOOL!	29 NO SCHOOL!	30

There is NO SCHOOL November 27, 28, 29. Winter Break starts on December 23 and students return Thursday, January 2.



November 2019

Irving All Star School Newsletter

REMEMBER START TIME/ DROP OFF TIME for Irving is 8:20 a.m. (9:20 a.m. on Fridays)

Star Walk Donation Drive: thank you to our amazing Irving PTA and our wonderfully generous Irving families for all of your support and help during our Irving Star Walk donation drive (walk-a-thon). The whole Irving community had so much fun during the Star Wars theme days and we are so excited to have our first ever walk-a-thon completed. **It was a HUGE success with \$16,170 raised from all of YOU!** We hope you agree that this was a lot easier and a lot less stress on families than trying to sell merchandise and only received 50% of the profits. Thank you!!

Thank you so much to these amazing people who helped make our Star Walk a success by their up-front donations of time, talent, or prizes:

Phoenix Theater, Vertical Jump Park, Happy Joe's Pizza, Creative Adventure Lab, Theisen's, Kristine Jubeck, Angela Jones, Carrie Wilwert, Jennifer Chambers, and our own Irving PTA for purchasing prizes for students.

Morning Drop-off Student Loop: Please pull your car all the way into the loop where the staff are working and pull your car as far ahead as possible. This way we can unload 4 cars at one time, and get the traffic off of Pennsylvania/ McPoland more quickly. After the 8:25 a.m. entry bell, all students need to enter through the front door by the office, so they will not go to the back blacktop area after 8:25 a.m.

Visiting Irving: Any parents or visitors who come to Irving must stop in the main office. Please respect the important work we do in teaching your children. To do this, we cannot have unannounced interruptions while we are teaching. Teachers are in meetings before school and cannot always meet with a parent who shows up unexpectedly. If you need to talk with a teacher, the office will ask you if you have an appointment. If you have no appointment, we will phone the teacher and see if they can come down to meet with you in the main entrance. If you would like to join your child for lunch, we ask that you limit that to once or twice per school year for a special event, and phone the office in advance to let us know.

Health Curriculum: As you learned at Orientation Day, we have health education curriculum to continue providing age-appropriate, research-based instruction in health, human growth and development, and human sexuality.

- November—Your Body/Growth and Development/Human Sexuality
This month's health topic focuses on children learning the stages of growth and the importance of healthful habits throughout life. Children also learn appropriate terminology and functions of their bodies.
- December—Nutrition
This month's health topic focuses on helpful eating habits. Children will learn about planning healthful meals and snacks.

Lunch updates: Pink meal deposit envelopes are sent home on Wednesdays, when an account reaches + \$5.00. Milk is 55 cents, and if students do not have 55 cents in their account, they cannot have a milk with their cold lunch. When your child’s balance reaches - \$8.85, parents will be contacted and offered the “no charge alternate meal,” which is the alternate sandwich and milk at no cost.

FLU Season is coming: During flu season, the schools will start the implementation of not returning to school until free from: fever (greater than or equal to 100 F), diarrhea or vomiting without the use of medications for 24 hours to help reduce the spread of germs that cause diarrhea, colds and influenza. In addition, we will be reminding staff and students of the importance of good handwashing. Handwashing is a "do-it-yourself" vaccine. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, simple, and can keep us all from getting sick!

**IS IT A
COLD OR FLU?**

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

Please consider obtaining the Flu shot for your child and your family. Check with your Medical Care Provider regarding the Flu shot. Influenza, the "Flu" is predicted to be significant this year. It is a Respiratory viral illness. Information from the Center for Disease Control regarding flu symptoms vs cold symptoms follows.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of the flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.