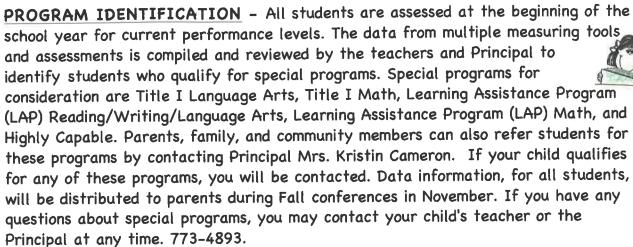


# Centerville School NEWSLETTER



September 21, 2018



\$\$REWARDS - Did you know you can earn money for our school when you shop at Fred Meyers? All you need to do is create an account at fredmeyers.com (if you do not already have one, if you do just log in) and select Centerville Parent Teacher Community Boosters as your non-profit under the Community Rewards section. You will still receive all of the wonderful reward and fuel rebates, PLUS the school will also earn a quarterly rewards check! Please share this information with family and friends to join in signing up. This is no cost and only takes a couple of minutes. Your support is truly appreciated!

RECIPE CONTEST - Students received information yesterday about participating in the "Get Cooking with Fruit" recipe contest by Dole. This is an optional contest for kids that are interested. Please remember to sign and return the Participation Release Form to school if your child wants to enter. These recipes can be worked on at home, or if needed, your student and Mrs. Royce can work on it together! Happy Cooking!

VOLLEYBALL - The Centerville Lady Tigers played strong Thursday with a WIN against Klickitat. It was a fun and entertaining match for the team! What a wonderful event to watch, 5th graders cheering on their 8th grade idols followed by the 8th graders cheering on the younger, less experienced players. We had a wonderful bake sale raffle to raise funds for year-end awards with a lot of homemade goodies. The next home game that you can come be a part of is on Thursday, October 4 when the Lady TIGERS take on Glenwood. See you then!

**BOARD MEETINIG** - Tuesday, September 25, the School Board will be meeting at 6:00 in the school library. The public meeting agenda is posted on our website: centervilleschool.org. More.







## Centerville School

School Nurse Health Tips!

#### Cold vs Flu

Flu symptoms come on quickly: High fever, cough, sore throat, body aches, headache, chills, nausea, extreme fatigue

Cold symptoms: usually milder & develop over few days, runny nose more common

More information? https://www.cdc.gov/flu/

# **Tips to Stay Healthy**

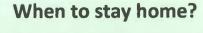
Wash your hands!

Cover coughs and sneezes

Get a flu shot

Plenty of rest

Drink fluids and eat healthy foods



Fever (Need to be fever free without medication for 24 hours)

Vomiting/diarrhea

Not able to join in normal school activities

You know your kid best! Please help us keep our kids healthy ©



## **Head Lice**

Tiny bugs and their eggs, called nits (small/white and not easy to remove from hair)

**Look for:** Itchy head, live lice on scalp, behind ears and near neckline

What to do? Call your doctor for special shampoo recommendation. Vacuum couches. Wash with hot water and seal non washable items in bags for 2 weeks.



Have questions? Email the school nurse Julianne Smith Julianne.smith@esd112.org