



HOME Warren Bulletin SCHOOL

Parents & Teachers -- working together for children.

November 16, 2009

Parent Conferences

We're scheduling appointments for parent/teachers for next week. We try to coordinate appointments so all of your families meetings are scheduled consecutively between 3:15 and 7:30 pm on Tuesday, November 24th, and between 8:00 and 12:00 on Wednesday the 25th. There's no school for children on Wednesday.

Please fill out the attached Conference Request form, and return it as soon as possible *this week*. Laurie will build the schedule and we'll send home appointment information with next week's *Bulletin*.

Also on Monday, teachers will send Report Cards home via backpacks – please remember to look for them and bring them to your conference.

Important information about H1N1 flu vaccination clinics from the VT Dept of Health

Note: The Warren School's vaccination clinic is currently scheduled for Thursday, December 3rd. We are still hoping that the Department of Health will give us an earlier date, but we've had no luck so far. Parents are welcome to accompany their children for the vaccinations at the school – we'll publish a schedule.

As you know, our school's H1N1 flu vaccination clinic has not yet taken place. We understand that you may have changed your mind about how your child will be vaccinated.

We want to make sure that every child who is vaccinated gets the right number of doses, and at the right times. (Children age 9 and under must get two H1N1 flu shots, with about a month between the first and second vaccination. Children older than 9 need only one shot.)

To help us plan for the school clinic and make sure children are vaccinated correctly, we ask you to do the following:

1. **If you have already signed a consent form for your child, but he/she has since been vaccinated,** please write a note to the school nurse letting us know when your child was vaccinated.
2. **If you have already signed a consent form for your child, but now choose not to allow your child to be vaccinated,** please write a note to the school nurse that you have decided against vaccination in the school clinic.
3. **If you have NOT already signed a consent form for your child, you can still do so.** Child vaccination consent forms are available at http://healthvermont.gov/panflu/school_clinics.aspx#forms or you can ask the school for a blank



At the end of Library class, the boys have picked the books they want to check out, and take a few moments to try them out. They seem satisfied with their selections!

copy of the form. If you are sending a consent form now, your child's name will be put on a waiting list. Your child will be vaccinated on clinic day if there is enough vaccine available at that time. The school nurse will contact parents of children on the waiting list to let them know if your child was able to be vaccinated on that day. If we are unable to offer vaccine on that day, you will be referred to your doctor's office or a public clinic.

Please remember to keep your child home from school if he or she is sick. If your child has to miss our school's vaccine clinic day, you will still be able to go to a public clinic or go to your doctor's office.

And if your child has already had a flu-like illness, we still recommend vaccination. Most people won't be tested for H1N1 flu virus, so you won't know for sure if the illness was H1N1. Also, there is no problem getting vaccinated even if you've already had H1N1 flu.

Home Weatherization & Energy Savings

On Monday, November 23rd, from 7 to 9 pm at the *Yestermorrow Design/Build School* on Rt. 100, Waitsfield, you can learn to save energy and money in this workshop on the fundamentals of how buildings lose energy and do-it-yourself opportunities including behavioral changes and low-cost weatherization measures.

The workshop is free to Mad River Valley Residents, and attendees will receive \$150 off the cost of a home

Is it a Cold or the Flu?

Symptoms	Cold	Seasonal Flu	H1N1 Flu
<i>Onset</i>	Symptoms tend to develop over a period of days	Symptoms develop over a few days, include flushed face, loss of appetite, dizziness and nausea & vomiting appear, usually last 4-7 days. Diarrhea is common.	Rapid onset within 3-6 hours, hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days. Diarrhea is common
<i>Fever</i>	Rare	Almost always over 100°	100°+ is usual.
<i>Chills</i>	Rare	Common in early stage	Average 90% of the time
<i>Fatigue & Tiredness</i>	Mild	Moderate "lack of energy"	Moderate to severe
<i>Aches & Pains</i>	Slight	Moderate	Severe
<i>Cough</i>	Mucus producing cough typical	Dry, hacking cough	Dry, hacking cough
<i>Nose</i>	Usually stuffy	Not usually stuffy	Not usually stuffy
<i>Sneezing</i>	Usual	Usual	Not usually present
<i>Headache</i>	Fairly uncommon	Common	Very common
<i>Sore Throat</i>	Usual	Usual	Not usually present