

The Bethlehem Star

November, 2022



Welcome, November!

This time of year is always one of my favorites--the changing weather, UGA football, the fall colors, and pumpkin-spice everything! My most favorite part, though, is that we get to truly focus on what we are thankful for. I would like to take the opportunity to let our students, families and staff know how thankful I am for them! We have such a great school community, and it is because of our people. Thank you for supporting our school and sharing your children with us. It is truly a blessing to serve all of you!


Love,
Mrs. Reid



Upcoming November Events

- 2: School Picture Retakes/Make-Ups
- 4: 3rd Grade Field Trip to Stone Mountain for Native American Pow Wow
- 6: Time Changes: Fall Back One Hour
- 8: Digital Learning Day (Students learn from home.)
- 9: 4th Grade Field Trip to the Gwinnett Environmental Heritage Center

- 10: 4th Grade Music & Literacy Night
- 11: Veterans Day-Wear Red, White, & Blue
- 14: World Kindness Day (Actually on 11/13, but we will celebrate on 11/14.)
- 17: Pre-K Music & Literacy Night
- 18: Adult Literacy Barrow Read-A-Thon (\$1 Donation/Wear Pajamas)
- 21-25: Thanksgiving Break
- 30: Counseling Discussion Group 11:30 AM

THE JOSTENSPIX DIFFERENCE 

- After picture day, view your pictures on your device and buy only what you want
Después del día de fotos, puedes ver una vista previa en línea. Antes de comprar, elige y compra solo las fotos que quieras
- Personalize your photos with a variety of backgrounds and text
Personaliza tus fotos con una variedad de fondos y textos
- Photos ship directly to your home
Las fotos serán enviadas directamente a tu casa
- High-res digital downloads available
Fotos con alta resolución estarán disponibles para descargarse
- If you have more than one child, you can order together and pay once
Si tienes mas de un hijo, puedes ordenar junto y pagar una sola vez

School Picture Retakes/Make-Ups

If you would like to have your child's school photo retaken or if your child was not present on our initial school picture day, we will be taking photos again on Wednesday, November 2. Please be sure to communicate with your child's teacher should you want your child to have their photo taken. Shortly after the photos are taken, they will be available on the Josten's website for your review and purchase.



BES Technology Competition Winners

All BCSS grade 3-12 teachers were encouraged to invite their students to enter a technology

our winners. These participants will move on to a [district-level competition](#) held at BASA on December 3. Congratulations to the following students:

- Carlyne Jonhson - 3D Modeling Project (4th - Conklin)
- Lura Kistler - Animation Project (4th - Conklin)
- Alyssa Patterson - Robotics Project (4th - Conklin)
- Atlas Maike - Python Programing Project (3rd - Martin)

Thank you to Mrs. Crook, our SCOPE teacher and judges Mrs. Goldsby and Mrs. Stapleton. We are thankful for your support!



Holiday Card Contest

Who?

Calling all BCSS student artists.....**all illustrators and authors!**

We're asking all schools & programs to submit their 3 TOP entries for the front cover design & their 3 TOP entries for the inside message of the card. Bethlehem students will submit their entries to the front office.

Due Date?

BES entries are due by Monday, November 7; Top 3 BES entries will be submitted to the PDC on November 10

Simple Guidelines to follow:

1. Each of the entries should be submitted separately on one sheet of 8.5" x 11" WHITE paper.
 1. Do not use colored paper, construction paper or poster board.
 2. Only one entry per child for front cover design.
 3. Only one entry per child for the inside message.
2. Illustration and inside message entry should **EACH** be on different sheets of 8.5" x 11" WHITE paper.
3. Each school's or program's TOP 3 entries for front cover design and the TOP 3 entries for the inside message should be sent to the PDC.
 1. Please do not send all of your entries. J
4. Include this information on the back of each entry:
 1. Student's first and last name

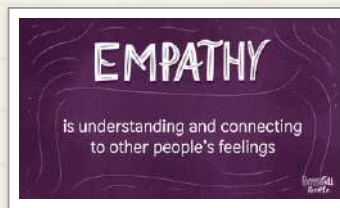
2. School
3. Grade Level
4. Name of student's art teacher
5. Name of student's homeroom teacher

Voting:

By PDC staff via secret ballot week of Nov. 14th.

Student(s) Recognition:

December 6, 2022 at 6:00 pm BOE meeting.



Empathy

We are wrapping up our study of GRATITUDE. We hope your child is able to tell you what gratitude means and to give you some examples of what he/she is grateful for. We are excited about our next focus. November's word of the month is EMPATHY. Empathy is understanding and connecting to other people's feelings. Empathy is a central trait to showing kindness. How might you practice empathy with your child? An idea you might try is to review Empathy as a family by scheduling a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you'd like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.

November 8: Digital Learning Day/Teacher Professional Learning

By Monday, November 7, teachers will send home an information sheet (as well as a message on Remind) regarding the expectations for our Digital Learning Day that is scheduled for Tuesday, November 8. Students may receive a combination of digital and/or print-based assignments to complete at home and will have until Thursday, November 10 to complete/turn in. Teachers will be participating in various professional learning sessions that day and will be unavailable to take your call. You may reach out to your child's teacher via email or Remind, but please keep in mind that you may not get an immediate response. More information to come!

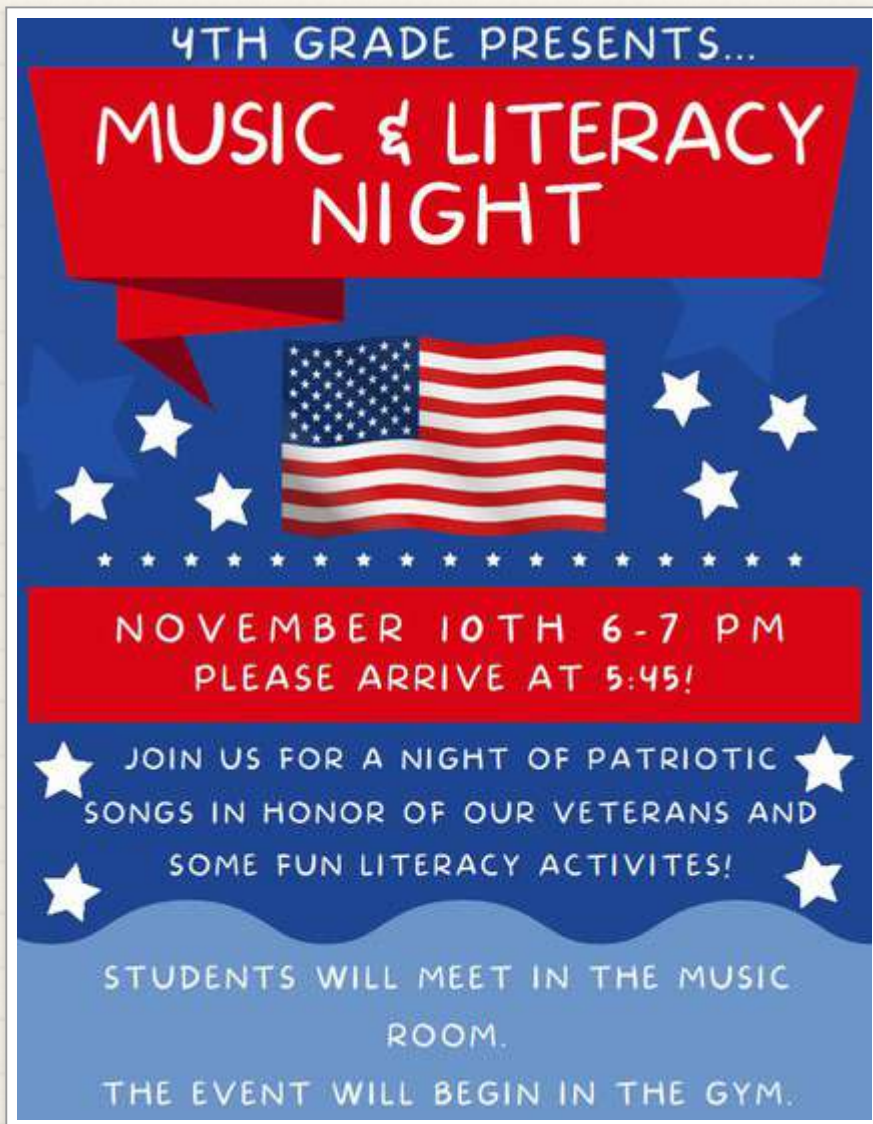


PBIS News

Students are continuing to earn star points, and they are always excited to shop at our school store. Our big 2nd quarter prize is a Dance Party, and we expect this will be a lot of fun!

We are continuing to model and reinforce our 3 Bs: Be Safe, Be Respectful and Be Responsible in classrooms, the lunchroom, the playgrounds and on the buses. Teachers took some time to specifically teach conflict resolution strategies during morning meetings a couple of weeks ago. Please continue to reinforce these expectations with your students at home. We expect our students to use their words to help solve problems rather than hitting, pushing, or kicking others. We have had an increase in physical contact among students recently, and we ask for your support with reminding your child to use safe strategies or to report a problem/conflict to an adult who can help them.

WE HOPE TO SEE ALL OF OUR 4TH GRADE FAMILIES ON 11/10



Counselor Connection

It seems like once we reach Halloween that we blink and we are celebrating the new year, but there is still so much time to create memories and build traditions in your homes – Halloween is just the beginning! As a mom to freshmen in college, I am looking forward to my boys being home on break. We will do the things that we've done since they were little – like making their grandmother's strawberry salad for Thanksgiving Day, watching the parade, and having game nights with friends. It's a great time to focus on how much we have to be thankful for and to teach our children to be thankful. Think about new traditions that you can begin this year. [I love these simple ideas.](#)

One of my favorite resources I have shared in years past has been Julia Cook's book, Table Talk. Your Thanksgiving meal does not have to be formal or fancy to use it as a teaching opportunity for good table manners. We work on these with our cafeteria expectations and would love for you to reinforce these at home.

As the holidays approach we know that many need resources to help with expenses. We route our requests for assistance and for those offering donations to Holiday Connection. [Click here](#) for the link to apply for help or [here](#) for information on how to be a sponsor. The deadline to apply for assistance is November 27th.

This month we will begin our Think First & Stay Safe lessons in grades 1, 3, and 5. You will receive a letter that gives more information about how we teach our children to keep their bodies safe. Also, on November 30 at 11:30 AM we will hold our first counseling discussion group for parents. Mark your calendars and be on the lookout for more information prior to Thanksgiving break.

Ms. Layton and I are truly thankful for your family and the opportunity to serve you all.

Sincerely,
Ms. Griner

WE HOPE TO SEE ALL OF OUR PRE-K FAMILIES ON 11/17



Clinic Corner

The flu season is here! Below are some facts/information about the flu. It has been said that this flu season is going to be severe, and with what I have been seeing in the clinic these last few days and personally in my home, it is definitely going to be a rough flu season this year.

Please consider getting your family vaccinated against the flu. Cover those coughs, wash those hands, and stay home when you don't feel good or your temperature is 100.0 degrees or higher. If children have a fever that has been reduced with Tylenol or Motrin, please do not send them to school until they are fever-free with no medication for 24 hours or more.

If you don't have a health care provider you regularly see, you can find flu vaccines at many places including the health department and many pharmacies. All children 6 months and older should get a flu vaccine as soon as possible. Also, if it is good for the kids, it is also good for the parents. Please keep yourselves healthy and take care of YOU! Get vaccinated!

Hugs and Band-Aids,
Nurse Moira



The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.** A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

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For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



PTO Interest Survey

We would love to gauge interest in getting a Parent-Teacher Organization (PTO) started at BES again. It has been a few years since we have had this in place, and we would like to entertain bringing it back. Please complete this brief survey regarding your interest.

Please click here to take the survey.



Bethlehem Elementary

 Facebook  @BES_Stars

 47 McElhannon Road Southwe...

 mindy.reid@barrow.k12.ga.us

 770-867-2238

 barrow.k12.ga.us/BES