

DKFI

# November e.Journal

## Notes from the Principal

The first quarter is quickly coming to a close. It is hard to believe how fast the year is moving along. I would like to say thank you to our student scholars for their hard work and dedication to their education. The staff and I are proud of you and all you have accomplished thus far.

Parents , the school is gearing up for the annual trips to Montreal, Quebec and France, in addition we are happy to announce that the Model UN Committee and trip are back! Please make sure to speak with your children about the upcoming trips, as well as, attend the parent information meetings that takes place. We are looking forward to the trips being a wonderful experience for all.

## Notes from the Assistant Principal

It's hard to believe that my first month is coming to an end as your new Assistant Principal at DKFI! Thank you for embracing our End of the Month PBIS celebration of Character Day! We look forward to having a monthly celebration to help our scholars promote good citizenship at our school. Over the next two months we will have an International Multi-Cultural Day and Night activity for students and parents, and a Winter Fest. We look forward to your partnership to ensure the success of all of our activities. We welcome your suggestions for future events/activities to be held at DKFI.



# 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.)



## 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.

# KUDOS/CELEBRATIONS/THANK YOU'S!



1ST ANNUAL DKFI CHARACTER DAY!



Ms. Acree, Ms. Cahoon, Ms. Chung, Ms. Donohue, Mr. Cunningham, Ms. Simms

## Way to Go!

Our very own 4th grade student, Jermaine Howell is a semi-finalist for the WTOP's Jr. Reporter. Please vote for him at [www.wtop.com](http://www.wtop.com) to help him win.

## Thanks!

Thank you to the PTA Volunteers who have helped DKFI celebrate so many successes during the first quarter, such as, the first day of school, Picture Day, Men Make a Difference Day, the purchase of Brain Pop, and a number of field trips! DKFI Parent Partnership Rocks!

## Congratulations!

DKFI Softball Team has only 1 loss for the season. They are in the playoffs for the 5th year in a row! GO CARDINALS!!

## Men Make A Difference Day!

Thank you to all the male figures who came out and made such a wonderful impact on our staff and students on Men Make A Difference Day! What an amazing turn-out!



Celebrating Science!

Dr. Mills 3rd Grade — Science Forces Project

# November 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 4th Gr BSO Trip Boys Basketball tryouts	2	3
4	5 2-Hr Early Dismissal	6 No School Election Day	7 Inst. Music Citrus Fruit Order Deadline Boys/Girls Basketball tryouts	8 Girls Basketball tryouts	9	10
11	12 Parent/Teacher Conf. Day	13	14 PTA Meeting	15	16	17
18	19	20 3rd Gr to MD Science Ctr.	21	22	23	24
25	26	27	28	29	30 4th Gr to MD Science Ctr. Make-Up Picture Day Multi-Cultural Events	