



# Dora Kennedy French Immersion School



## April 2018 e.Journal

**Neither snow, ice, wind, nor rain kept our students from amazing accomplishments, as you can see below.**



### **From Monsieur Cunningham**

Thank you to all of our patrons who attended the 6th annual "La Soirée des Etoiles"! Students, staff, and administrators were all seen enjoying the evening. We appreciate the performers who gave their time and talent to make it happen. Performers were supported by a fantastic stage crew, led by Mr. Held, and sound crew and emcees, led by Mr. Cunningham.

Extra special thanks to the following parent volunteers: *Eleanor Cupp* for assisting with auditions, rehearsals, and tickets, *Halima Jenkins* for updating our flyers, advertising, and ticket coordination/sales, *Payter Versteegen*, *Audrey Versteegen*, *Eric Blaufuss* for their donation of time and tools to build theatre flats for use this year and years to come, *George Tehan* for helping adjust the stage top lighting fixtures. Thanks to all of the parents that signed up to help with concessions to support the PTA.

We look forward to what talents next year will bring us, so start preparing now!

### **From Madame Wise, Band Director**

Congrats to the DKFI Symphonic band on their EXCELLENT performance at PGCPs assessment festival. The band scored the highest possible score on their sight reading and the second highest score on their overall performance! We're so proud of you, Symphonic band!!!!

### **From Peter Mills, DKFIS Science Department**

#### **The 2018 Middle School and High School Regional Science Technology Engineering and Mathematics (STEM) Fair Competition**

The 2018 Middle School & High School Regional STEM Fair Competition was held on Saturday, March 24, 2018.

Dora Kennedy French Immersion School was represented by the following students:

*Mathew Harden, KesUranNu Baylor (7th grade Team project), Jackson Tuthill (7th grade), and Savita Nair and Nora Veigas (6th grade Team Project).*

We are pleased to report that all DKFIS contestants showed an outstanding preparation, participation, and performance.

*Mathew and KesUranNu* won 1st Place in the Environmental Science Division and were among the finalist for the Grand Prize.

They walked away with additional honors and small gifts from science organizations including the Astronomy Club.

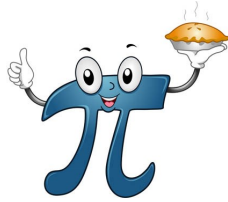
They studied the *Effects of Global Warming on Ice Shelves in the Antarctica.*

*Jackson* received Participation Certificate with a *Study of the effects of Listening to Music on Concentration.*

*Savita and Nora* received Participation Certificate with a *Study of Soil Portability in Civil Engineering.*

We are proud of all five of them for their hard work, dedication and commitment. Congratulate the students when you see them around.

We would also like to thank Mr. Djetcha for guiding the 7th graders, and the parents for their support and contribution.



### **From Madama Mbayu**

The following students memorized the most digits on  $\pi$  day.

8th Graders;	<i>Amber Bowen-Longino, 89 digits and Beulah Odiog 56 digits</i>
7th Graders	<i>Ella Wheeler 53 digits and Robert Foster 36 digits</i>
6th Graders	<i>Victoria Balgobin. 90 digits and Jacob Royle 60 digits</i>
5th Graders	<i>Oluwatimilehin Timothy 38 digits and Moira Cartagena 30 digits</i>

## **6 Ways to Keep Exercising Outside With Allergies**

It's the season of flowers blooming, and along with them comes the pollen that plagues so many of us. When you have allergies, even getting a little exercise outdoors can be a challenge. Follow some of the tips below on how to exercise and avoid spring allergies as much as possible. So before you head outside to get your sweat on, follow these tips to make your workout less itchy and stiffly.

### **1. Know Your Pollens**

Experts use a number rating to tell you how much pollen is in the air throughout the day. There are different readings for different types of pollens. A tree pollen level at or above 90 is high, for example, while 1 to 14 is considered low. Check a web site that tracks pollen counts for trees, mold, weeds, and grass across the U.S. The American Academy of Allergy, Asthma and Immunology's site does this, for example.

### **2. Watch the Clock**

Depending on your allergy, you may want to avoid certain parts of the day. Ragweed counts usually peak in early midday, while grass pollen counts are higher in late afternoon and early evening. Plan your workouts for other times of the day when levels are lower. If you're in an urban area, winds can bring the pollen in town so that levels peak around midday. If you go out during high-pollen times, wear a face mask. As soon as you get home, rinse out your nose with saline to get rid of any grains inside. Some nose sprays will make it easier for you to exercise when pollen levels are high. Ask your allergist.

### **3. Watch the Sky**

Avoid outdoor exercise on dry, warm, windy days, which bring the highest pollen levels. Many types of the allergen cause eye problems, including a noncontagious form of pinkeye that causes itching, redness, and tearing. High humidity can cause problems, too. If the air feels heavy, you may have a hard time breathing. The humidity also fuels mold growth, which can trigger symptoms for some people. On the other hand, rain clears the air, making it a good time to go outdoors if you have allergies.

### **4. Pick the Right Exercise**

Swimming is usually excellent for building up your lungs. Biking is also good. But chlorine from indoor pools can be irritating to some people, so use caution and leave the area if you have trouble breathing. Call 911 if you continue to have any trouble breathing. Running in cold weather also can trigger symptoms. Usually, it's not a true allergy that causes these problems, but spasms in your airways. With proper treatment, you should be able to do any sport or activity without a problem. If not, you may need to take another look at your treatment plan.

### **5. Listen to Your Body**

If you're taking medicine and you still feel tired after exercising outdoors, or if it causes symptoms that you don't like, you may want to keep your workouts indoors.

### **6. Take Your Meds Before You Sneeze**

Start taking allergy medications a few weeks before the season. Don't wait until you have symptoms. Talk with your doctor or pharmacist about over-the-counter and prescription options. Use medicines that worked for you in the past. Pay attention to the weather, especially when winter weather turns warm and pollens and molds release into the air.





## 8 First Aid Essentials!

### Tweezers

Tweezers are an essential part of any first aid kit, particularly if you enjoy hiking or other outdoor activities. The safest way to remove a splinter or a tick is with a clean pair of tweezers. Disinfect the tweezers with alcohol well before and after each use.

### Hydrocortisone Cream

For itchy bites, consider carrying two small tubes of 1% hydrocortisone cream. This topical steroid provides quick relief from itching and reduces inflammation.

### Hand Sanitizer and Gloves

If you or a friend gets injured on the go, the last thing you want to do is tend the wound with dirty hands. Alcohol-based gel or wipes can sanitize your hands when soap and water aren't readily available. Sanitize before, slip on a pair of latex or non-latex exam gloves, and sanitize again after treating the wound.

### Pain Relievers

No first aid kit would be complete without medication to relieve pain and bring down a fever. Aspirin, acetaminophen, and ibuprofen are popular over-the-counter pain relievers. Aspirin should not be given to anyone under age 18 because of the danger of Reye's syndrome.

### Gauze and Tape

For cuts and scrapes, you can use gauze pads to apply pressure to small wounds until the bleeding subsides. When used with tape, gauze can also serve as a bandage to cover and protect wounds. Adhesive bandages of different sizes can also help protect minor cuts and scrapes.

### Wipes or Solution for Cleaning a Wound

Before you bandage, you'll want to clean scrapes or wounds. Antiseptic wipes or sprays are handy for cleaning injuries when there's no clean water nearby. Sterile water or saline, such as contact lens saline solution, is good to have for flushing out eye injuries and can be used on other wounds. Available in small bottles, it can also be easy to pack.

### Antibiotic Cream

An antibiotic cream or ointment has several key uses. It can help protect minor wounds from infection. It can keep the area moist, which may promote healing. And it can prevent the wound from getting stuck to a bandage.

### Allergy Medications

Be ready to counter a mild allergic reaction with antihistamines. People with serious allergies should carry injectable epinephrine. It can save a life in the case of anaphylaxis, a severe and potentially deadly allergic reaction to triggers such as insect stings or food.



**Friday, April 13, 2018**

**Door open @ 6:45 pm**

**First Game @ 7:15 pm**



**COMING SOON!**

**Jump Rope for Heart (K-5)  
and Hoops for Heart (6)**



Due to the inclement weather, the "Savers Fundraiser" has been moved to **May 6th**. A new flyer and more details will be sent out shortly.

### **Spring Break: Updated Dates:**

Prince George's County Public Schools (PGCPS) lost six days of instruction due to hazardous weather related school closures.

As a result, schools will be in session **Wednesday, March 4, Thursday, March 5, and Friday, April 6.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SCHOOL CLOSED	2 SCHOOL CLOSED	3 SCHOOL CLOSED	4 <b>CLASSES RESUME</b>	5	6	7
8	9	10	11 Quebec Meeting @ 6:00 pm	12	13 Family Bingo Night @ 6:30 pm	14
15	16	17	18	19 Quebec Meeting @ 6:00 pm	20 Report Cards Released	20
22 PTA Roller Skate Party @ the Lanham Skate Center 4:30 -6:30 pm	23 1st Grade Trip to Museum of African History 9:30 am-1:30 pm	24 2nd grade Trip to Port Discovery 9:30 am-3:00 pm	25	26	27	28
29	30					