

# Patriot Press Weekly

January 19, 2018

## Folsom Education and Community Center

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Be a Folsom Hero!

## From the Principal's Desk

Somehow this week finds us almost three quarters of the way through January. The new year is already flying by. And what an amazing week it has been with our annual elementary drama production, under the direction of Ms. Karlie Kauffeld, lifting our spirits and reminding us of what an amazing place Folsom is for our students. Congrats to our amazing students for their courage and creativity that was on display Wednesday evening. The start to the year has already been rich with wonder and learning.

Speaking of Ms. Kauffeld, we wish her well as she leaves us to engage in an adventure that will take her to China this spring. Stay tuned for her updates in the coming months. She will return to us with stories of her odyssey in the beginning of May. We are pleased to welcome Ms. Sue Tall to step into the music instructor position in Ms. Kauffeld's absence. Ms. Tall is a 30-year teaching veteran from the Rutland area who has recently relocated to this region to be closer to family. We welcome her to the Folsom family and we know that you will join us in helping her to feel the warmth of this amazing community.

Very soon you will be receiving information about upcoming mid-winter parent conferences on February 9th. This mid-year check-in is intended to keep you up to date on your child's progress and help you to participate in supporting their education. While these conferences are not mandatory, we encourage you to sign up to chat with teachers. It makes a huge difference to kids when they know their parents value and support their work here at school. If it is not possible for you to schedule a time, please feel free to ask for a phone conference at a time that works for you. Teachers are happy to make that work!

As you are aware, we are in the middle of budget season. While every year this is challenging, this year is particularly difficult due to legislative decisions that have resulted in the education fund taking a big hit across the state. South Hero, like every town in Vermont, will be seeing a tax increase, despite the budget itself being lean and efficient. The South Hero School Board believes that as your representatives they have crafted a budget that maintains the quality of education that this community values. We strongly encourage you to vote on Tuesday, March 6<sup>th</sup> in support of our students from preschool through high school. This is about building the future of your children and this community.

## Upcoming Events

### January

### February

- 1 School Board 6pm
- 7 Ski Day
- 14 Ski Day
- 26-3/2 NO SCHOOL Winter recess

### March

- 3 Town Meeting
- 6 Election Day
- 7 Ski Day
- 14 Ski Day (grades 1-4, makeup day for 5-8)

## **Early Morning Band Rehearsal Schedule Change\*\*Important, Please Read\*\***

Beginning Monday, January 22, the band room will be open at 7:25 on **Tuesdays and Thursdays ONLY** for early morning band rehearsal.

### **Empty Bowls Event**

Bring your spoon and come to the Empty Bowls supper on January 27 from 4:00-7:00 at the Grand Isle School. In exchange for a suggested donation, guests will enjoy a simple dinner of soup and bread and take home a handcrafted bowl as a reminder of all the empty bowls in the world. In addition to raising awareness about world-wide hunger, the 2017 Empty Bowls event raised approximately \$3,000, enabling the project to support three local groups and one international organization. Please consider attending and lending your support to help combat hunger both at the local and world levels.

### **Embrace the Winter with a Family Snowshoe Hike**

Please join the South Hero Land Trust and RiseVT on Saturday, February 10 from 9:30 a.m. to 11:30 a.m. for a snowshoe hike at the Round Pond Natural Area.

This event is a FREE family-friendly event! Contact South Hero Land Trust if you need to borrow a pair of snowshoes. *Location: East Shore Road. Information: risevt.com. RSVP: SHLT.org*

### **Folsom Wellness**

The Folsom Wellness committee is looking for input on the Wellness procedures that we are proposing be approved by the GISU district. These are the procedures being followed at Folsom related to nutrition, physical activity and overall health for our students and staff. You can find the document at <http://www.gisu.org/gisufiles/20180119140Folsom%20Wellness%20Committee%202017.pdf>. Please contact Andrew Riegler [andrieg@gisu.org](mailto:andrieg@gisu.org) or Moretti [mmoretti@nmcinc.org](mailto:mmoretti@nmcinc.org) with any feedback or questions you have.

### **Flu Info**

The following information was sent to us from the Vermont Department of Health regarding this year's Flu season:

#### **Know What to Do if You Get the Flu**

BURLINGTON – Flu is widespread across the state, and health officials want to make sure Vermonters know what steps to take to prevent becoming ill, and when to seek treatment.

Health Commissioner Mark Levine, MD said that flu is [on the rise](#) in Vermont, and because the vaccine is less effective against the predominant strain of virus that's circulating, it's important that people know what to do if they get sick.

“The H3N2 flu strain is what we are mainly seeing in Vermont and around the country,” said Dr. Levine. “This version of the flu can result in more severe illness, with more severe consequences for some people, though even regular flu can be pretty unpleasant.”

It is not too late to get your flu shot, and this is especially important if you are someone at high risk of complications from the flu. People at high risk include: pregnant women, young children, adults 50 years and older, and people with chronic health conditions like asthma and diabetes.

“Some protection is better than zero protection,” said Dr. Levine. “While the vaccine is less effective against H3N2, it works well against other flu strains that are circulating. Getting vaccinated will also help those who have more trouble handling the flu if they were to get it, especially babies too young to be vaccinated and those who have weakened immune systems.”

Flu can hit older adults particularly hard. Vermonters age 65+ are encouraged to contact their health care provider to discuss getting vaccines that are designed to give older people a stronger immune response. Dr. Levine recommends that older Vermonters contact their doctor as soon as they suspect they may have the flu. “If you start having flu symptoms, talk to your doctor about antiviral treatment right away. Antiviral drugs are most effective within the first 48 hours of the onset of illness.”

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

The Health Department is recommending that Vermonters take steps to prevent flu and to know what to do if they become ill:

- Get vaccinated. Everyone over the age of 6 months should get a flu shot.
- Keep germs from spreading: Wash hands, cover coughs and sneezes, stay home if you're sick.
- If you are at high risk of complications from flu, call you doctor as soon as you become ill.