

# The Lawrence Ledger

February 28, 2020

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<https://www.facebook.com/swregional/>



In addition to getting a flu vaccine, the Centers for Disease Control (CDC) recommend, *"Taking Everyday Preventive Actions"* to prevent the cold and flu.

These everyday actions include:

**Avoid close contact.**

Avoid close contact with people who are sick.

**Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick.

**Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing.

**Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

**Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Retrieved from:

<https://www.cdc.gov/flu/prevent/actions-pr-event-flu.htm>



It is that time of year when head lice can be discovered. Although this is no cause for alarm and the transmission of head lice in school is low, vigilance among all members of the school community is appreciated to avoid the spread of this pest. Additional information from the CDC about treatment and prevention can be found on the District's Nursing Website found here:

<https://sites.google.com/swregional.org/districtnurses/home>

There is also information from the American Academy of Pediatrics here:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Updates-Treatments-for-Head-Lice.aspx>

## DATES TO REMEMBER

### March

3/3/20-SWPTO Mtg. CEL @ 7:00 pm  
3/10/20-CEL Love of Reading Night  
@ CEL 6:00 pm  
3/11/20-Early Dismissal ½ Staff  
Professional Development Day  
3/15/20-Daylight Savings Times begins  
3/16/20-SEPAG Mtg. SMS Media Ctr.  
@ 7:00 pm  
3/17/20- CEL Family Math Night  
@ 6:30 pm (St. Patrick's Day)  
3/18/20-BOE Work Session Cancelled  
3/19/20-SEPAG Mtg. BOE Conf. Rm.  
9:00 am  
3/25/20-BOE Meeting SMS @ 7:00 pm  
3/27 & 3/28-PTO Getrude Hawk fundraiser  
pickup-CEL 3:30-7:00 pm  
\*Saturday pickup 9:00-12:00 pm



### **Drop Off & Pick Up**

Please exercise caution when dropping off your children and do not pass other vehicles. If you perceive that you may need "extra" time for drop off, please park your vehicle in the parking lot and walk your child to the front door. For pick up, parents and guardians should park and walk to the door nearest the fence.

### *Pilot Program*



Please be aware that we are piloting a program in which students can receive free breakfast at school. There is nothing that a student needs to do differently. When teachers send students to the cafeteria to pick up their breakfast, he/she would just need to inform the teacher that they want breakfast. The program will begin in March and may be offered for a limited time to ascertain interest in this program.

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