

NEWSLETTER

Winter Concert

The Twin Valley Winter Concert will be held on Tuesday, January 29th at **6:00 p.m.** at the Twin Valley Elementary School for grades K, 1, 2 and 3. Grades 4 and 5 will have their concert on Wednesday, January 30th at **6:00 p.m.** Your children have been practicing hard for this winter event! It should be a great one! See you there.



Absence and Tardiness

Helping your child establish good attendance habits is very important for school success. If your child is going to be absent or tardy, please inform the school by sending a note on the previous day or by calling the school as soon as you know. The school day begins at 8:00 a.m. All children should be brought to school prior to that time so they are ready to begin and in their classrooms at that time. Even a few minutes late is very disruptive as many teachers have started their morning routines. Also it is very important that your child attend on the half days of school, when

learning is emphasized in the short few hours. Thank you for your help and cooperation in this matter so we can ensure a successful school year for your child.



Report Cards Midyear report cards will be coming home with your child on Monday, January 28th. If you do not receive a report card, please let your child's teacher know. If you have general feedback on the report card, please let us know that too. Thanks!

A Message from Mr. Hiebert: FLU

The influenza virus is in our community. The symptoms of the flu can include a sudden onset of fever, body aches, cough, sore throat, headache, and sometimes in children vomiting and diarrhea. The flu virus is spread in droplets when people cough and sneeze. It is important to cover your mouth when coughing and sneezing to help prevent more infections. People with the flu are able to infect others 1 day before getting sick and up to 7 days after symptoms start.

You can decrease your odds of getting the flu by washing your hands frequently, not touching you eyes, mouth and nose, clean hard surfaces and objects, getting the flu vaccine can still be helpful, and staying away from people who are sick. If your child is sick they should stay home to rest and avoid giving the illness to other children. Kids can come back to school when they have not had a fever (without the use of fever reducing medicine) for 24 hours. If you suspect a family member has the flu call your health care provider. There is an antiviral medicine that can reduce the days of illness if given within 48 hours of the start of symptoms. If your child does have a confirmed case of the flu please notify the school.



Highlights

**January 21 - MLK Day
NO SCHOOL
January 28
Winter Activities**

Menu

BREAKFAST

See detailed menu on website
**Monday - NO SCHOOL
 Tuesday - Pancakes
 Wednesday - Egg Sandwich
 Thursday - Muffins
 Friday - Egg Sandwich**

LUNCH

**Monday - NO SCHOOL
 Tuesday - Breakfast
 Wednesday - Asian chicken
 noodles
 Thursday - Baked Ham
 Friday - Fish Sticks
 All meals are served with
 vegetable or salad bar and fruit**

OR

**Egg Salad or Ham & Cheese
 Sandwich or Sunbutter and
 Jelly
 served with vegetable, salad
 bar & fruit**

In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

**Vermont's Free Ice Fishing Day January 26, 2019**

Vermont's Free Ice Fishing Day, which takes place each year on the last Saturday in January, enables both residents and non-residents to go ice fishing on any legal waterbody in Vermont for the day without a license.

"Free ice fishing day creates opportunities for a range of anglers, and really helps to showcase the great ice fishing we have here in Vermont," said Louis Porter, commissioner of Vermont Fish & Wildlife. "From those looking to try out the sport for the first time, to non-residents who may want to sample some of Vermont's quality fisheries, the day offers full accessibility to great ice fishing fun across Vermont."