



***Goodwin Elementary
Announcements & Events
Notices for 12/13/19***

- **Goodwin School Library Winter Wonderland**
- **Lenard Hall Community of the Arts Open House**
- **Winter Wear Reminder**
- **The Flu: A Guide for Parents**
- **Screenagers Next Chapter-Mansfield Public Lib.**

The Goodwin Library is turning into a

Winter

WONDERland!

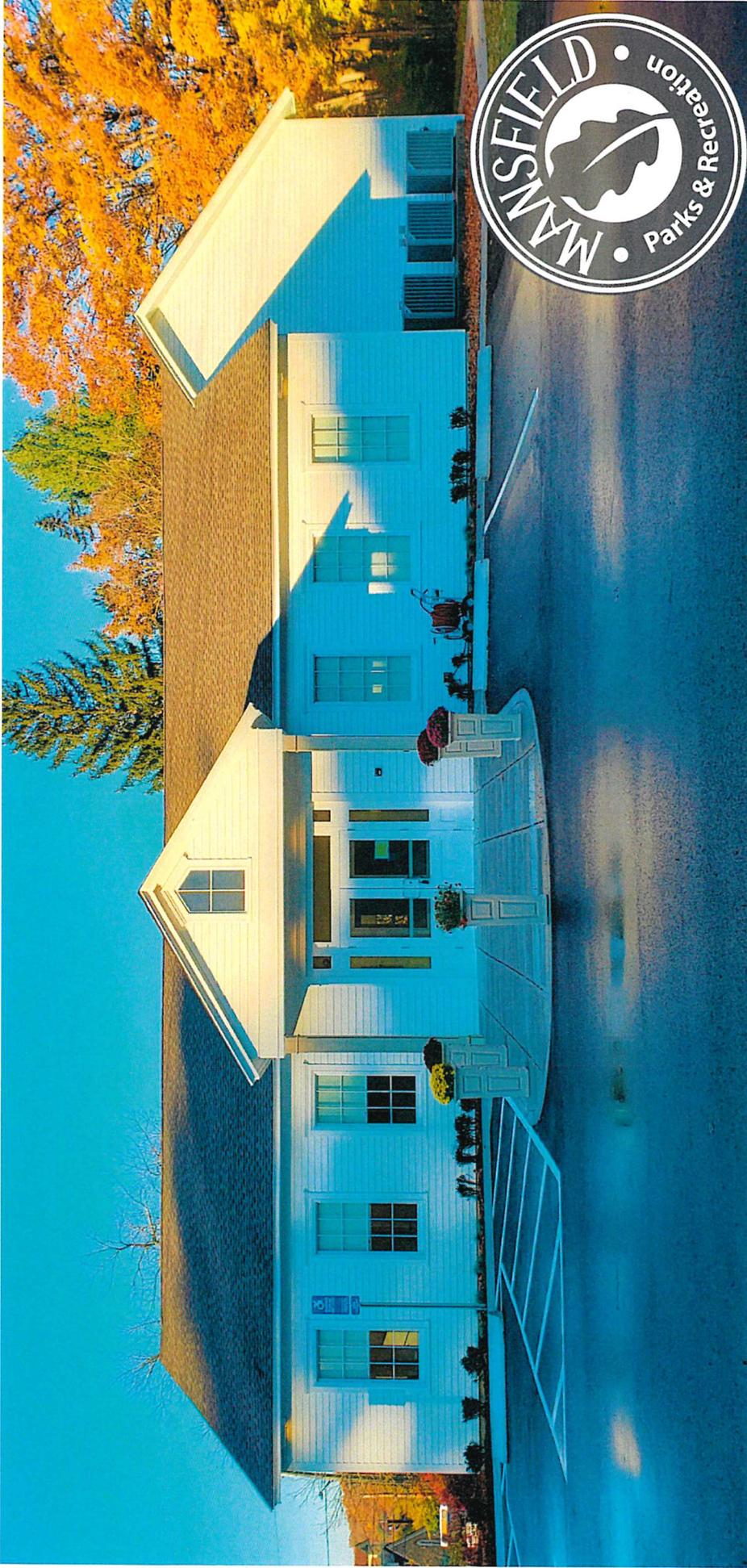


From December 16th to
December 20th

the Goodwin School Library
will be transformed into a
wintery wonderland, filled
with great books for every
interest and wonder question!

During this week, students will be invited to take
out 2 additional books so they will have plenty to
read over the winter break!

Enjoy the Break!



INTRODUCING
**LENARD
HALL**

**COMMUNITY SCHOOL
OF THE ARTS**
**450 S. EAGLEVILLE
ROAD, STORRS, CT**

YOU'RE INVITED!
OPEN HOUSE EVENTS
THURSDAY, DEC. 12
WEDNESDAY, DEC. 18
4 P.M.-7 P.M.

WWW.MANSFIELDCT.GOV/CSA | 860.429.3015 EXT. 6

**LENARD HALL:
HOME TO MUSIC, PERFORMING, AND
VISUAL ARTS INSTRUCTION IN MANSFIELD
THROUGH THE COMMUNITY SCHOOL OF
THE ARTS PROGRAM.
PROGRAMS AVAILABLE TO ALL TOWNS.**



**Winter Lessons and Programs begin as early as
January 2, 2020!**

Join us at an upcoming
OPEN HOUSE EVENT!

Meet instructors,
See lessons in action,
Tour the facility,
Register for programs!

**THURSDAY, DECEMBER 12, 4 P.M. TO 7 P.M.
WEDNESDAY, DECEMBER 18, 4 P.M. TO 7 P.M.**

LEARN MORE ABOUT THE CSA PROGRAM:

- Check out the online brochure for Winter programs including Visual Art, Music, and Dance available at www.mansfieldct.gov/csa
- Follow us on Facebook @MPRDCommunitySchooloftheArts for added programs and updates!

MANSFIELD
C O N N E C T I C U T
Parks & Recreation

WINTER WEAR REMINDER!

As long as the weather is **15* or above**, *including wind chill*, there **WILL BE outdoor recess**. Dressing in layers will provide the most comfort.

Please send your child with labeled warm clothes including a coat, hat, gloves/mittens, snow pants and boots so they can play in the snow. (an extra pair of pants and socks are helpful to keep in their locker)

If you do not have some of the needed clothing, feel free to call or email the School Nurse: Anne Wiant-Rudd

860.429.9082 ext 2

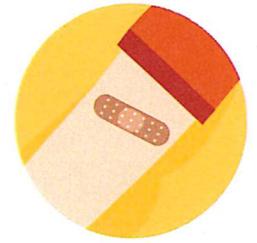
wiantruddar@mansfieldct.org





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.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

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.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

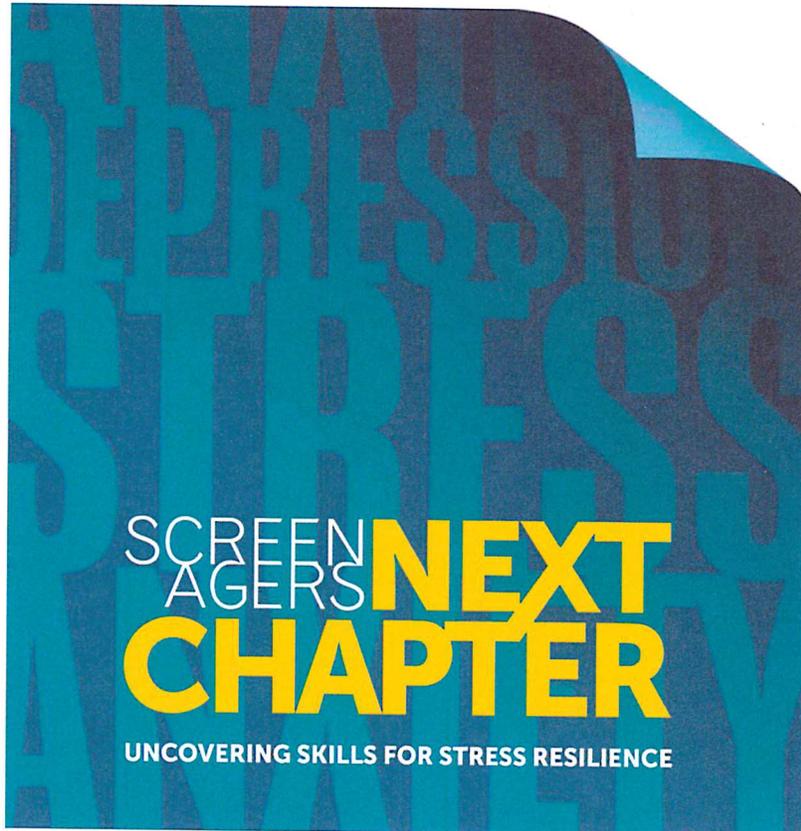
Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Mansfield Public Library & Mansfield Public Schools present:



**January 23rd, 2020 6:30pm -8:00pm
at Mansfield Public Library**

Film is approx. 1 hour. Optional discussion with Youth Services & Mansfield Schools staff will follow viewing. Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with **Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience**—a film that examines the science behind teen’s emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

Parents with children of any age may attend. This is a free event.

RSVPs are encouraged, but walk-ins are also welcome!

To RSVP, visit our website:

www.mansfieldpubliclibraryct.org

Find out more at
screenagersmovie.com