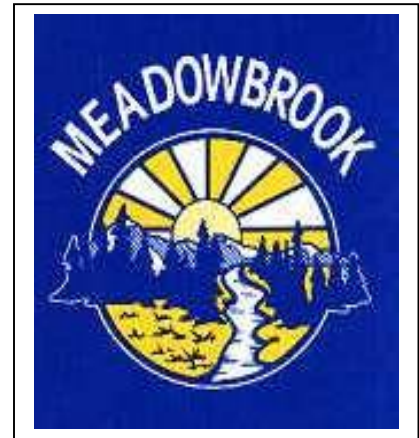


# Meadowbrook News

## SEPTEMBER 2013



### Principal's Message

Welcome and welcome back to Meadowbrook!!

Thank you to everyone – staff, parents and students – for your patience as we finalize numbers and staffing! It was so great to see everyone back at school with smiling faces and to welcome new faces to our Meadowbrook community. I am very excited about the upcoming year and look forward to getting to know each and every one of you. We are still waiting to hear who our Reggio 3,4,5 teacher will be – it should be any day now.

If you have questions or concerns about the school, please make sure that you speak to your child's teacher or to me – all of us are very happy to meet with you and it is always best to raise concerns immediately and get clarification as soon as possible! My door is always open!

### NUT FREE SCHOOL

We are a NUT FREE SCHOOL. There are several students in our community that have life threatening allergies to a variety of nuts. Please do not send your child to school with food containing nuts of any kind. If you use WOW butter ( looks and tastes like peanut butter) in your child's lunch , please add a short note identifying it for the teacher. There are some excellent alternate snack ideas on the web

### TREE PLANTING EVENT

On September 13 at 2:30, we will be holding a Tree planting event – Alanda Nicoll and Michelle Stowell, two of our parents, applied and received for a \$3000 grant from Tree Canada – the district will be planting 6 Red Maple trees around our playground on Friday and we will be all be there to celebrate! You are welcome to attend!

### TERRY FOX RUN

Our school community will be holding our Terry Fox run on September 19<sup>th</sup> at 2:20. We will all meet in the gym for a short assembly and then we will all go for our run around the school. We will be collecting "toonies for Terry" in the office the week before if you care to donate. Funds raised will go to the Terry Fox Foundation to raise money for cancer research.

## SUNNY AND RAINY DAYS

Just a reminder that Meadowbrook students ( and staff!) go outside at recess and lunch, rain or shine. Please ensure that your child is appropriately dressed, whether that means sunscreen and hats, or rainboots and coats... A change of clothes at any grade level is an excellent idea – no one plans to fall in a puddle or get splashed, but it happens!

## REGGIO SUPPLIES

We are still collecting \$55.00 per student for shared school supplies for those in the Reggio influenced program. IF you have not yet done so, please bring a cheque or cash to the office where Mrs. Brito is happy to write you a receipt.

## HANDBOOK

A Meadowbrook handbook has been sent home with your child – please read through it! A lot of care has gone into its creation and hopefully it will hold the answer to many of your questions.

On Monday September 16<sup>th</sup>, your child will receive an important envelope containing forms that we require you to fill out and return. It is very important that these get back to school by Thursday September 19. On September 18, members of the PAC will be holding a session to help anyone complete the forms – watch for that information coming from PAC.

If you are new to our school, please introduce yourself to me so that I can start learning all the new names and faces.

Sally Maidens  
Principal



## Some important dates to put on your calendar

September 13	Tree planting at 2:30
Sept 19	Forms due back to office
September 19 @ 2:30	Terry Fox run
September 20	District Professional Day – no school for students
September 27	PAC community dinner
October 3	Open House 6:30 – 7:30
October 4	Individual Photos
October 4	Movie night
October 7,8,9	Scholastic book fair
October 11 @ 11:00	Ache Brazil performance – everyone welcome

## **New Cases of Measles in Fraser Health**

Since August, there have been four confirmed cases of measles across the Fraser Valley. Measles has been circulating in the Abbotsford/Chilliwack area for likely the past two months. More recently, cases have also been identified in Burnaby and Surrey, which means the risk of exposure to measles is more widespread.

### **Why is Measles a Concern?**

Measles is a serious infection caused by the measles virus. Measles can cause severe illness and complications such as pneumonia, brain damage, blindness, and deafness. Among the most serious potential complications is brain inflammation (encephalitis), which occurs in approximately one in 1,000 cases. Approximately one in 3,000 cases will die from measles.

### **What are the symptoms of Measles?**

People infected with measles have symptoms of fever, cough runny nose, and red and inflamed eyes. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts at least three days. Spots may also appear inside the mouth and look like small grains of sand on a red base.

### **How is Measles Spread?**

Measles is a very contagious disease. It spreads easily through the air when an infected person breathes, coughs, or sneezes, and can survive in the air for several hours. An infected person can spread the measles virus even before they know they are sick, and can spread the virus from four days before their rash until four days after their rash.

### **What should you do if you/your child develop(s) symptoms?**

If you or your child develops a fever and cough or other symptoms that may be measles, you or your child should stay at home and keep away from others who may not be immune. You or your child should be examined by a doctor. It is best to call ahead so that you or your child can be seen quickly and not expose other people by sitting in a waiting room for any period of time.

### **Protection**

The most effective protection against measles is two (2) doses of MMR (Measles, Mumps and Rubella) vaccine after one year of age to all those born after 1957.

If you or your children have not received 2 doses of measles vaccine after one year of age we encourage you to contact your Family Physician or local Public Health Unit to book an appointment. The vaccine is also available at some local Pharmacies and can be given there to adults and children over five years old.

Please call your Pharmacy or visit the FH website for a map of Pharmacists offering the vaccine (<http://www.fraserhealth.ca/>). We also recommend making sure your child is up to date for all of their other immunizations.

For more information on measles, please visit <http://www.bccdc.ca/dis-cond/a-z/ m/Measles/default.htm>

