

# SEVCA Head Start Newsletter

Monthly Newsletter for December 2024



From the Desk of the  
Director . . .

Dear Parents & Staff,

Wow! I can't believe it is December already! We have been busy over the last three months. So, let me share a few highlights:

We are finishing up our Focus Area 2 with the Office of Head Start. We have submitted the last of the changes we needed to make, so hopefully we will receive our official letter from Office of Head Start that are program is back in compliance with all of the 2700+ regulations we are mandated to follow. We were out of compliance with six, so in the grand scheme, that was really not that bad! Congrats to the Managers for working with me to get these taken care of.

We were fully staffed for a total of 51 days. We now have an open teacher assistant position for Chester Community Preschool. This is a fulltime, school year position. This is also an entry level position,

so if know of anyone thinking about getting involved in early childhood education, NOW is the time! Come join our team! Please contact Jodi Farashahi ([jfarashahi@sevca.org](mailto:jfarashahi@sevca.org)) if you know anyone who might be interested. We are hoping to fill this position as soon as possible.

Our annual renewal application for the 5-year grant was approved the Policy Council and the SEVCA Board at their meetings in November. The grant was submitted prior to the December 1<sup>st</sup> deadline.

Our Designation Renewal Grant (DRS) application will be submitted by December 20, 2024. Our program was put up for re-competition due to one low CLASS score. We are very confident that we will receive the grant back and will know by July 1, 2025. The Board and Policy Council approved this grant at their meetings in November. This was a HUGE project (150 pages!!) so I would like to thank the HS Managers, Barb Vandenburg and Jodi Farashahi for helping with this endeavor. I couldn't do it without YOU!!

Enrollment has been a struggle for our program since last year. With the Change in Scope, we reduced the size of our program to 45 children. We have been hovering around this number since we opened in September. We currently have a few openings in Head Start and Child Care, so if you know of anyone interested in sending their child to a quality ECE program, please have them contact our Family Partners! (Their contact info is listed later in this newsletter!) It is important for us to remain fully enrolled, so please help us reach our goal of being fully enrolled and have a waiting list!!

We are very fortunate to have an incredible staff this year! There is so much talent, experience and dedication that goes into making our program successful every day. A BIG shout out to ALL Head Start staff...thank you for all that you do each and every day. It does not go unnoticed and we greatly appreciate YOU! You are the "heart" in our Head Start program! Thank you!

I hope everyone gets to spend time with family and friends during this holiday season and take time to enjoy the break!

Happy Holidays!  
Lori Canfield  
Head Start Director

The following children had **100%** attendance in October:



**Chester Community Preschool:**

CCP1:

CCP2: *Colt White*

**Pine Street Preschool:**

Daisy Room: *M. Bador*

Willow Room: *O. Bussino, E. Derosier*

**Important Dates to Remember**  
**December 5, 2024**

**SEVCA Holiday Party @ Nolan Murray Center in Springfield 10:30-2:30.**

**December 6, 2024**

P/T Conference #2 will be held.  
Centers and Child Care are CLOSED.

**December 18, 2024**

Policy Council Meeting; 9:30AM

**December 20, 2024**

Early Release, Ed Meeting. Child Care is OPEN. HS Holiday party.

**December 23-27, 2024**

Winter Break, all centers are CLOSED, Child Care is CLOSED, and



Head Start Management offices are CLOSED.

# Classroom Updates...

Chester Community Preschool

## CCP1

Ms. Jodie, Ms. Karie

WOW! It's already December and Winter is on its way. In CCP1 we have had a busy and fun month this November. We learned about all things Fall and Harvest. We explored all about pumpkins; their physical properties, their buoyancy, and all the ways they can be similar and different. Focusing on the letters L, O, & N; turning them into Leaves, Owls, and the Night, and learned about leaves, owls, and other nocturnal animals. The children made Shape Scarecrows, Owl Hats, Turkey Placemats, and even edible owls & turkeys! There was a field trip to Savage Farms here in Chester and got to brush and learn all things horses! We even got to run around their indoor arena! Our Family Lunch was so much fun with all our family present. We always enjoy when they come and visit our classroom. Our classroom this month was transformed into everything Fall/Harvest! We have our theme wall and we were all

either a scarecrow or a pumpkin, we have apples & acorn weighing in math along with our squirrel game. We even have a light table with pieces to construct different numbers! Science was full of fun exploration; we had items to see if they would sink or float with observation sheets, a pumpkin and gourd cut up, along with corn and a stalk. Literacy has books for us to create along with word cards to support our writing skills, and fun stamping tools and letter of the week items. Our black area is everything farm and has a red barn with farm animals, farmers, tractors and different style blocks to build and further create what their imaginations can think of. We have a lot of interesting books in our book nook that includes 'We're Going on a Leaf Hunt' and 'Perfect Pumpkin' just to name a few. But our Dramatic Play area was a student favorite... We transformed it into a Pumpkin Patch! We have different pumpkins, wheel barrows, and a farm stand to buy and sell all things pumpkin! We have had so much fun this past month, but are looking forward to December and having fun with all things Gingerbread!



## CCP2

Ms. Randi, Ms. Andi and Ms. Felicia

Happy December! This month's theme is going to be holidays around the world, so we have lots of fun activities planned. We will be learning the Letter S for snow, we are going to make paper chains for Kwanzaa, and have been learning about the menorah for Hanukkah. We have lots of good books to read about the holidays and about snow and winter weather, such as "Snow Friends" and "The Gingerbread Man". We have a field trip this month to go frost cookies and have hot cocoa. VINS will be coming for a visit this month and we're so excited to see what they have in store for us to learn. It's going to be a busy month full of adventure, snow, and joy!

Chester Community Preschool  
Family Partner, Katie Murphy

December already! This year is really zipping by! November has come and gone as well as the warm weather it seems. Now is definitely a good time to send in warm clothing and consider keeping extra snow pants and boots at the center. If you need assistance obtaining these items, please contact me and I can assist you.

We have been working hard in our Positive Solutions Workshop and will be finishing up January 10th. Don't worry if you missed this session. We will offer another workshop in the spring.

We continue to work on Home Visits and will hopefully be wrapping these up soon! I appreciate all of you for allowing me into your lives and into your homes to complete these visits. Please feel free to reach out to me at any time should needs or goals change.

Remember Family Engagement activities and other events in our community are posted to the CCP Family-Partner Facebook page, Seesaw and our center Bulletin Board on the ramp.

Phone: (802) 460-0297

E-Mail: [kmurphy@sevca.org](mailto:kmurphy@sevca.org)

Facebook: CCP Family-Partner  
(send me a friend request)

Don't forget to like us on Facebook: SEVCA Head Start

## Pine Street Preschool

### Daisy Room

*Ms. Jen, Ms. Sarah and Ms. Meagan*

What a great month we have had, we are now fully staffed and our classroom is running smoothly. We had a great month learning about nocturnal animals as well as Dinosaurs. We made owl eyes on the children's faces as well as making spiders and name web books. You can check that out in the library. We had filled the heart jar and had a dress up day. It has been filled again and we will vote on a celebration to have. Your children are following rules and really working on self-help skills.

Dinosaurs have been crafted and dug for in the sand table. Children made dinosaur fossils and number eggs as well as telling us what a dinosaur is to them. We will be having a dinosaur dig cup and dinosaur deviled eggs as our nutrition projects. We made the letter H into a Hedgehog

and the letter R into a Raccoon.

The month of December we will be doing Gingerbread and Snowmen. Check out the classroom for the many art activities your children have been doing. Check out the OWL EYES!!

As the months get colder, please remember to send in winter coats, hats and mittens every day as we go out every single day. If you need help with these items we can help.

### Willow Room

*Ms. Ruby, Ms. Nicholle and Ms. Alyssa*

Wow! How quickly the time is going this year!

This month, we learned about community helpers. The kids identified different types of community helpers, the tools they need to do their job properly, as well as how the



jobs benefit the community. The kids also learned about fire safety rules. We had a fire drill and practiced doing "stop, drop, and roll" in case their clothes catch on fire. We made a community helpers flip book and

everybody shared about what they want to be when they grow up.

Learning about emergency and non-emergency situations was also fun and really important! The kids learned that during emergency situations, 911 is the number to call to get help. We did 911 resist painting. We also did a "Bubbly Fire" experiment. We also



learned the importance of seeing a doctor and a dentist regularly. We learned how important community helpers are in our lives.

VINS came and taught about Day and Night animals. The kids learned about animals that are active during the day and rest at night and animals that are active at night and rest during the day. The kids had fun with the puppet show, bird matching game, and finding animals in the picture that camouflage to hide.

We had a "Stuffy Day" as a heart jar celebration!

November was a great month!

Our theme for next month is about winter!



## **Pine Street Preschool** **Family Partner**

Hello Families!

Let me start by saying thank you to all the families that attended family breakfast and our family lunch last month. I also want to thank those of you that allowed me into your homes to do my first home visit with your family. I can't believe we were already into December, this month we'll be having a family craft night! Check your child's cubby regularly, more info to come about family craft night! As always if you have any needs for your family please reach out to me.

*Michohn Parmenter*

*15 Pine Street*

*Springfield, VT 05156*

*802-46-1285*

[m.parmenter@seveca.org](mailto:m.parmenter@seveca.org)

## **News from the** **Practiced-based Coach**

Susan Brown

Child Development Support  
Specialist

November has been a busy month for all the centers. There have been field trips and breakfast with your children. This has been exciting!

Each center started new themes in the classroom. Themes are

created through listening to the children and hearing their ideas or interests. Children vote on the theme they want to explore and learn about. The classrooms are changed to accommodate that theme.

Some classrooms have welcomed new students into their classroom. This is wonderful for the kids to show the new students around the classroom and model the rules and routine of the classroom. Welcome to all the new families.

Each classroom practices fire drills, evacuation drills, shelter in place drills and how to stop, drop and roll. These drills are practiced each month for safety practice. The teachers talk about these drills and why they are important. Public schools also do these safety practices and starting in preschool will make them more comfortable. Some classrooms have visited their town's safety building providing more understanding about safety and reassures children about these important community helpers.

The weather has been incredible and more time has been spent outside. As the weather changes so does clothing. Hats, coats and mittens will be required. This can be difficult for some children and practicing at home will make the change more comfortable.

I look forward to being in the classroom playing, observing and supporting your child's development.

### **News from the Education/Disabilities Services Manager**

*Jodi C. Farashahi*

The weather is finally getting colder, so please make sure to send your child with an appropriate change of clothes-jacket, hat, mittens, snow pants and boots (once the snow begins). Teachers have completed observations for the fall assessment period, and will be meeting with parents to share children's progress on Friday, December 6, 2024. Please make sure you connect with your child's teacher to set up a time. Stay warm, and have a wonderful holiday!

Fall Child Outcomes:

Program Strengths: Small Muscle Movement and Large Muscle Movement

Program Areas of Focus: Literacy and Mathematics

Children Transitioning to

Kindergarten Strengths: Large Muscle Movement and Language Development

Children Transitioning to  
Kindergarten Areas of Focus:  
Literacy and Mathematics

Children on IEPs Strengths: Small  
Muscle Movement and Large  
Muscle Movement  
Children on IEPs Areas of Focus:  
Literacy and Mathematics



## Birthday News for December

### **Chester Community Preschool**

CCP1- *Emma C. 12/3,*  
CCP2- *Serenity D. 12/11*

### **Pine Street Preschool**

Daisy- *Tommy P. 12/27*  
Willow- *Abigail T. 12/18*



### **Staff**

Vanessa – cook CCP – 12/22  
Larissa – cook PSP – 12/27



News from the  
Health/Mental Health/Family  
Services

By Barbara Vandenburg  
802-674-8416



Are you interested in **FREE** clothing for your family?

The Springfield Area Parent Child Center has opened TIENNA'S CLOSET. You can make an appointment to shop Monday-Thursday by calling 802-886-5242, or email [SAPCC@SAPCC-VT.gov](mailto:SAPCC@SAPCC-VT.gov) Clothing is free to children and adults!



Mobile Crisis of Vermont is helping Vermonters who are experiencing an emotional, mental health or substance use non-medical emergency. Our Mobile Crisis services come to you, so you don't need to wait in an emergency room or call 911. **Dial 988**

It's Flu Season. Flu season is year-round, but it peaks December-February. Talk to your doctor about a Flu shot for yourself and children over six-months old. Most pharmacy offer free shots for flu and COVID-19. These shots can be administered at the same time.



# WIC Approved Recipe

## Apple Crisp



### Ingredients

- 3 medium apples\*
- 5 packets oatmeal, instant\*
- 1/4 cup brown sugar
- 2 tbsp. unsalted butter
- 1 tsp cinnamon
- 1/2 to 1 cup plain or vanilla yogurt\*
- Non-stick cooking spray

\*Excellent source of iron\*

### Directions

1. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
2. Turn the skillet on low to allow to pre-heat. Spray with non-stick cooking spray.
3. Place apples cut side down. Use a sharp knife to cut apples into 1/8 - inch slices.
4. In a large bowl, combine sliced apples, brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg. Mix well.
5. Pour apple mixture into the skillet. Spread evenly.
6. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
7. Spread oat and flour mixture over apple mixture. Cover and cook in the pan for about 5 minutes. Allow to cool and then serve (with yogurt, if preferred).

Photo Credit: <https://pinchofyum.com/classic-apple-crisp>

Recipe Credit: [http://eatfresh.org/recipe/desserts/apple-crisp#.w\\_XzXThKjIV](http://eatfresh.org/recipe/desserts/apple-crisp#.w_XzXThKjIV)




Monday

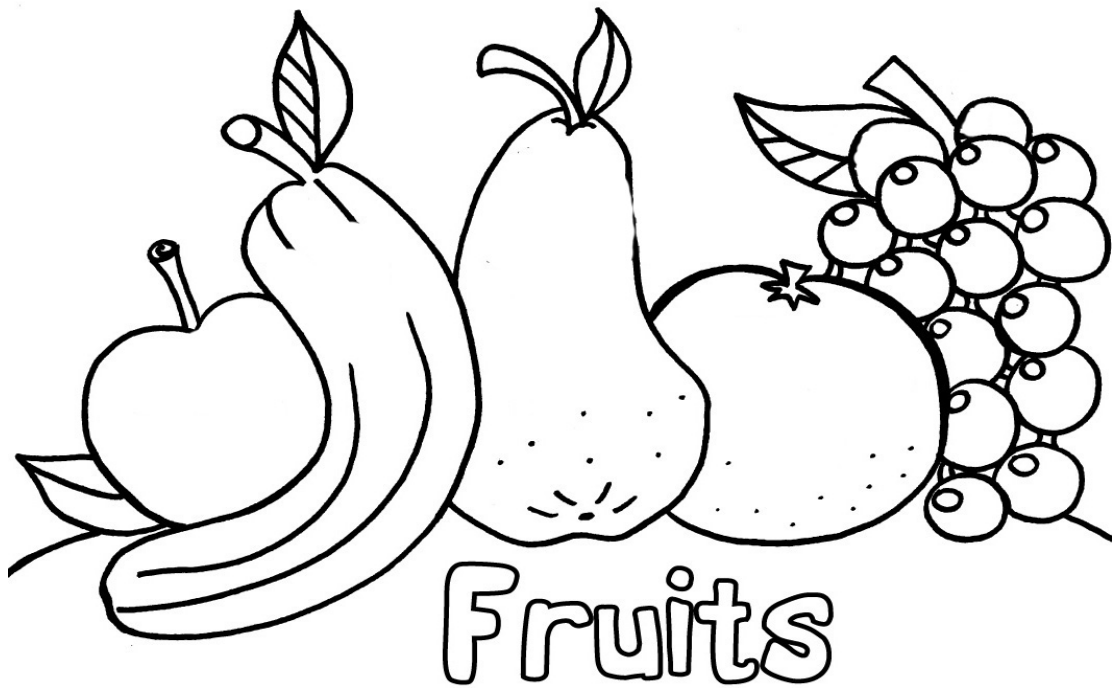
Tuesday

Wednesday

Thursday

Friday

<p>2 <b>Breakfast</b> WGR Cereal Applesauce 1% unflavored milk <b>Lunch</b> Turkey and Cheese Roll-Ups WGR Triscuits Blueberries Carrot Sticks 1% unflavored milk <b>Snack</b> Cucumbers Goldfish</p>	<p>3 <b>Breakfast</b> WGR Toast Peaches 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR English Muffin Garden Salad Strawberries 1% unflavored milk <b>Snack</b> Yogurt Graham Crackers</p>	<p>4 <b>Breakfast</b> Scrambled Eggs Pineapple 1% unflavored milk <b>Lunch</b> Spaghetti with Beef Meatballs Mixed Veggies Honeydew Melon 1% unflavored milk <b>Snack</b> Celery Sticks with Peanut Butter</p>	<p>5 <b>Breakfast</b> WGR Bagels Pears 1% unflavored milk <b>Lunch</b> Baked Chicken WGR Rice Green Beans Bananas 1% unflavored milk <b>Snack</b> Apple Slices Cheese Slices</p>	<p>6           <b>CLOSED</b>           <b>(Parent Teacher Conferences)</b></p>
<p>9 <b>Breakfast</b> WGR Cereal Pears 1% unflavored milk <b>Lunch</b> Ham and Cheese WGR Tortilla Celery Orange Slices 1% unflavored milk <b>Snack</b> Carrots WGR Wheat Thins</p>	<p>10 <b>Breakfast</b> Hard-Boiled Eggs Mixed Fruit 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Sandwich Thins Garden Salad Cantaloupe 1% unflavored milk <b>Snack</b> Teddy Grahams Bananas</p>	<p>11 <b>Breakfast</b> WGR Oatmeal Muffins Mandarin Oranges 1% unflavored milk <b>Lunch</b> Macaroni and Cheese Strawberries Carrots 1% unflavored milk <b>Snack</b> Cheese Sticks Cucumbers</p>	<p>12 <b>Breakfast</b> WGR Toast Apricots 1% unflavored milk <b>Lunch</b> Turkey Burgers WGR Rice Broccoli Blueberries 1% unflavored milk <b>Snack</b> Yogurt Mixed Berries</p>	<p>13 <b>COOK'S CHOICE</b>  </p>
<p>16 <b>Breakfast</b> WGR Cereal Peaches 1% unflavored milk <b>Lunch</b> Chicken WGR Bread Carrot Sticks Honeydew 1% unflavored milk <b>Snack</b> Peanut Butter Apple Slices Yogurt</p>	<p>17 <b>Breakfast</b> WGR Toast Pineapple 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Crust Garden Salad Strawberries 1% unflavored milk <b>Snack</b> Celery and Cream Cheese Goldfish</p>	<p>18 <b>Breakfast</b> WGR Bagels Pears 1% unflavored milk <b>Lunch</b> Ground Turkey WGR Penne Pasta Broccoli Bananas 1% unflavored milk <b>Snack</b> Peach and Yogurt Smoothie WGR Multi-Grain Cheerios</p>	<p>19 <b>Breakfast</b> WGR Cereal Mixed Fruit 1% unflavored milk <b>Lunch</b> Chicken WGR Rice Corn Cantaloupe 1% unflavored milk <b>Snack</b> Hard-Boiled Eggs Cucumbers</p>	<p>20 <b>COOK'S CHOICE</b>             <b>EARLY RELEASE</b></p>
<p>23           <b>CLOSED</b>           <b>Winter Break Begins</b></p>	<p>24           <b>CLOSED</b></p>	<p>25           <b>CLOSED</b></p>	<p>26           <b>CLOSED</b></p>	<p>27           <b>CLOSED</b></p>
<p>30 <b>Breakfast</b> WGR Cereal Apricots 1% unflavored milk <b>Lunch</b> Peanut Butter and Jelly WGR Bread Cheese Sticks Cucumbers Watermelon 1% unflavored milk <b>Snack</b> Peaches WGR Wheat Thins</p>	<p>31 <b>Breakfast</b> Yogurt Applesauce 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Tortilla Green Beans Bananas 1% unflavored milk <b>Snack</b> Carrots WGR Triscuits</p>		<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change.  <i>WGR=Whole Grain Rich</i></p>



- Fruits contain vitamins and minerals that help your child grow and stay healthy.
- Fruits can be fresh, frozen, or canned.
- Choose canned fruits packed in water or 100% juice.

## Smoothie Recipe

### *Ingredients*

- 1 banana, small, ripe
- 1 cup Frozen fruit (you choose your favorite)
- 8 ounces yogurt (you choose your favorite)
- $\frac{3}{4}$  cup milk; 1% or skim

### *Directions*

1. Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks in the blender.
2. Place the frozen fruit, yogurt, and milk in the blender with the banana.
3. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
4. Pour smoothie into cups, and enjoy!

## WIC APPROVED ACTIVITY

Today your child learned about fruits and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.



# Flu:

## A Guide for Parents



Influenza (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 causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

### What parents should know

#### How serious is fl

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased 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 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 most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing 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.

#### Are flu vaccines safe?

Flu vaccines have an excellent safety record. 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 risk of getting sick with flu by about 40 to 60%.

- **Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



and by nearly two-thirds among children without medical conditions.

- **Flu vaccinati 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 fl

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.

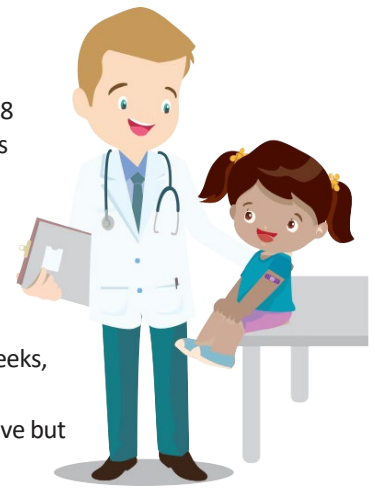
Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor 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 fl

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 two 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 higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

## How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven 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.

**For more information, visit**



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

# Winter Scavenger Hunt

## To Find



Twig



Pine Needle



Pine Cone



Moss

## To Look For



Animal Tracks



A Bird Flying



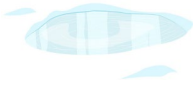
Clouds



Berries



A Tree That Has Lost  
Its Leaves



Frozen Puddle



An Evergreen  
Tree



Icicles

## To Listen For



Birds Chirping



The Wind



A Frozen Tree  
Crackling



Water Dripping  
From a Branch

## To Smell



Bark



Cedar



Snow



Pine

## To Feel



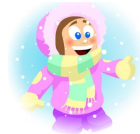
Chilly  
Cheeks



Tree Bark



Ice



Snowflakes On  
Your Face