



Bonnie Academy
534 W. Glenoaks Blvd.
Glendale, CA
February 2010
Volume 1, Issue 1

Bonnie Academy Newsletter

My Child has the Flu

Flu Cont.

Almost all of us as parents have dealt with some sort of flu bug that had attacked our child. There is no stopping the flu bug attack when a child is attending preschool. At the beginning of the child's school career their immune system is not strong enough to fight off certain viruses. These ugly creatures cause uncomfortable sleepless nights for both child and parents. Unfortunately, this is part of the growing pains a child has to endure

To help you better understand the problems and solutions of the flu we offer you the following information from WebMD:

Children and Flu

Some parents think the flu is a stomach bug. But while children may have nausea and/or vomiting with flu, the key influenza symptoms in children include a high fever, chills and shakes, body aches, and a dry hacking cough.

What causes flu in children?

The flu is caused by one of three types of influenza viruses. Types A and B are responsible for the yearly flu epidemics, and type C flu virus causes sporadic illness. Type A flu virus is further divided into different subtypes based on the chemical structure of the virus.

How is flu spread among children?

Flu symptoms are highly contagious, particularly when people share close quarters as children do in school classrooms. Flu is spread among children when a child either inhales infected droplets in the air (coughed up or sneezed by an infected person) or

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when the child comes in direct contact with an infected person's secretions. This can happen, for example, when they share pencils at school or play computer games and share the remotes or share utensils such as spoons and forks. Hand to hand contact is also important to consider when thinking about how flu is spread.

What are flu symptoms in children?

The symptoms of flu in children are more severe than symptoms of a childhood cold. Symptoms of flu in children start abruptly and usually cause kids to feel the worse during the first two or three days of onset. Flu symptoms in children may include:

- a high-grade fever up to 104 degrees F
- chills and shakes with the fever
- extreme tiredness
- headache and body aches
- dry, hacking cough
- sore throat
- vomiting and belly pain

Are there ways to prevent the flu in children?

The number one way to prevent flu is to get an annual influenza vaccination. The CDC recommends that all children ages 6 months to 18 years receive the flu vaccine to prevent influenza. Vaccinating children with the specific influenza vaccine each fall helps protect them against flu.

Healthy children over age 2 who don't wheeze or have a history of asthma can get the nasal spray influenza vaccine called FluMist. Children ages 6 months and older can qualify for the flu shot.

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Flu Cont.

Can there be complications of flu in children?

Some complications of flu in children may include a sinus infection, ear infection, or pneumonia. Call your pediatrician if your child's fever lasts more than three to four days or if your child complains of trouble breathing, ear pain, congestion in the face or head, or a persistent cough. Young children under age 2 -- even healthy children -- are more likely than older children to be hospitalized from the complications of flu.

What's the best way to treat flu symptoms in children?

There are useful home remedies and over-the-counter medications to treat flu in children. Keep in mind that antibiotics are *ineffective* against the flu. Antibiotics are useful to treat bacterial infections. However, the flu is a viral infection and antibiotics will not help. Some common home remedies for flu in children include:

- getting plenty of rest
- drinking plenty of liquids
- using acetaminophen or ibuprofen to lower fever and reduce aches (Both are available in children's formulations.)

Do not give aspirin to children or teenagers who have flu-like symptoms, particularly fever. Aspirin may increase risk of Reye's syndrome, a rare disorder that occurs almost exclusively in children under the age of 18 and can cause severe liver and brain damage.

FDA and manufacturers now say that over-the-counter cough and cold medicines should not be given to children under 4. Talk with your doctor before giving your child an over-the-counter cold or flu medicine.

In very young children with congestion, use a nasal bulb to remove mucus. You may also spray three drops of saline nasal spray into each nostril.

Flu Cont.

Should I take a child with flu symptoms to the hospital?

If your child has one of the following signs, go to the hospital ER or call 911 for emergency care:

- The child has difficulty breathing and does not improve even after nasal suctioning and cleaning.
- The child appears sicker than in any previous episode of illness. The child may not be responding normally. For example, the child does not cry when expected or make good eye contact with the mother, or the child is listless or lethargic.
- The child is not drinking fluids well or is showing signs of dehydration. Common signs of dehydration include absence of tears with crying, decrease in amount of urine (dry diapers), dry mucous membranes (lips, tongue, eyes), and dough-like skin that fails to snap back flat when pinched.
- The child has a fever that does not get better with acetaminophen or ibuprofen. However, the number one reason that the temperature fails to come down after these medications is an inadequate dose. A proper dose is based on the child's weight, not age. Be guided by your doctor's instructions or the package label.
- A seizure occurs.

Are antiviral drugs used to treat flu in children?

In general, antiviral drugs can be offered to anyone 1 year of age to help prevent and/or treat the flu. If your child is at high risk of serious complications from the flu, your doctor may wish to prescribe this antiviral drug.

In some cases, antiviral drugs can also be used to prevent infection from flu. These drugs block the replication of the flu virus, preventing its spread. In healthy children, antivirals such as zanamivir (Relenza) and oseltamivir (Tamiflu) may shorten the duration of flu and reduce the severity of flu symptoms.

Talk to your child's doctor about antiviral drugs because to be useful they must be given as soon as flu symptoms start.

Pesto Peppers with Pasta

Ingredients:

- 2 cups penne or mostaccioli pasta
- 16 oz. pkg. frozen mixed bell peppers and onions
- 10 oz. pkg. basil pesto

Preparation:

Cook pasta in boiling salted water to desired doneness as directed on package. Drain. Meanwhile, cook bell pepper stir fry in heavy nonstick skillet with 1 Tbsp. water until heated through and crisp tender. Stir in cooked, drained pasta and pesto and cook over low heat, stirring carefully, until thoroughly heated. Sprinkle with grated Parmesan cheese, if desired.

Serves 6

Reminders to Parents / Students

- All Fridays are school spirit days; please wear clothing with the school logo.



Bonnie Academy staff is happy to announce "PARENTS NIGHT OUT" program that will take place on **Sunday, February 14, 2010** here at Bonnie Academy **from 6:00PM to 11:30PM**. There will be a lot supervised activities and fun games while you are away. Please pack light dinner, snacks will be provided. Children that want to sleep will be put on their cots till you pick them up. There will be \$25.00 charge for this service. If you are interested please sign your name on the "Sign In" sheet. We have a limited space. Take the opportunity and enjoy your special day.

Upcoming Events

2-2-09

Groundhogs Day

2-14-09

Valentine's Day

2-15-09

Presidents Day

2-27-09

Polar Bear Day (National)

February is:

Black History Month

Children's Dental Health Month (National)

Responsible Pet Owner Month

Potato Lovers Month

Winter Books

- **The Magic School Bus Sleeps for the Winter:** By Eva Moore
- **The Winter Book:** By Rotraut Susanne Berner
- **The Children's Book:** By A.S. Byatt
- **The Long Winter (Little House):** By Garth Williams
- **The Night Before Valentine's Day :** by Natasha Wing
- **Punxsutawney Phyllis:** by Susanna Leonard Hill

Visit us at our Web Page

For updates and other important information please visit our web page at:
www.bonnieacademy.com

Monthly lunch menus are posted on the web page with the Newsletter.

House Rules - In and Out

Some of you may have read this article before. Unfortunately, we are still having problems with parents with signing in and out their children. Please note that this is a major violation of the law.

During these economically challenging times we are being torn apart to different directions. Our minds start to work over time and we begin to forget the smallest of things. One of the most important items we have a tendency to forget about is the Sign In and Out sheet. Some of you may be asking, "What is the importance of that sheet which I have to sign when I am dropping off my child and than again when I picking him / her up?"

The simplest answer is: "IT IS THE LAW." It is required and is mandatory by licensing that a child has to be signed in by a parent or a legal guardian at the time of drop off to the childcare facility and signed out at the time of pick up from the facility. This rule was not written for the purposes of creating extra work, it has been established for purely the purposes of your CHILD'S SAFETY. Your full signature (no initial) is a daily agreement stating that you are surrendering your child to the care of the designated center. The act of your signature is giving the proper responsibility to the center to provide the utmost care for your child. Your signature at the time of pick up releases the center from the care of your child. Additionally, the In and Out sheet is required for proper record keepings. It allows only you or your assigned people to pick up your child from the school.

Please sign in and out at the required places. Provide the correct time and your full signature. This process will be very helpful for the staff of the facility and will provide safety for your most precious being, your child.

President's Birthday

George Washington

First President (1789-1797)

George Washington is often called the "father of United States." The name certainly fits the man who helped turn 13 British colonies into a new nation. During the American Revolution, Washington was in charge of the army fighting Britain. His soldiers were not well trained. His army did not have enough supplies. But General Washington led them to victory anyway.

After the war, it was time to choose a leader for the new nation. There was one man everyone trusted – Washington. He was praised for being "first in war, first in peace, first in the hearts of his countrymen."

George Washington had only one tooth of his own when he became president. His false teeth were made of human and animal teeth.

Abraham Lincoln

16th President (1861 – 1865)

Lincoln was born in a log cabin. He did not go to school for very long. But he read many books during his life. He taught himself to be a lawyer. Soon after Lincoln became president, the Civil War began. During the war, Lincoln declared all slaves living in the South to be free. After the North won the war, the Thirteenth Amendment was added to the Constitution to end slavery.

President Lincoln was shot and killed by a man called John Wilkes Booth while he was watching a play at Ford's Theatre.

There is a story that President Lincoln liked to keep important papers in his tall hat.