

# St Pete



## Employee Anniversaries

Lateika 4 yrs.  
Vanessa 2 yrs.

## Employee Birthdays

Amber 10/9  
Dominique 10/28  
Debbie H. 10/28  
Lisa O. 10/30

## October Children's Birthdays

Mackenzie De'Jael  
Darlena Malcolm  
Kareem Christian  
Joshua G. Aurora  
Brock

## EMPLOYEE OF THE MONTH ABOVE AND BEYOND

KEANDRA THOMAS

**\*\*Saturdays in October**

10/7 - Mad Hatter Party part 2, we will continue the Mad Hatter Tea Party from Friday

10/14 - Costume Swap Day, bring in old Halloween costumes to wear at school and let your friends try them on

10/21 - Reptile Awareness Day, we will be talking about & learning about our reptile friends

10/28 - Make a Difference Day, we will be making thank you cards for all of first responders that helped with the Hurricane

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Natl Child Health Day, talk about our health</i>	3	4 <i>Natl Taco Day, Tacos for Lunch</i>	5	6 <i>Mad Hatter Tea Party, dress like the Mad Hatter</i>	7 <i>** See Above</i>
8	9 <i>Columbus Day, making paper ships for the bathtub</i>	10	11 <i>Natl Bring your Teddy Bear to School Day</i>	12 <i>Natl Farmer's Day, dress like a farmer</i>	13	14 <i>** See Above</i>
15	16	17	18 <i>Cupcake Day, make handprint chocolate cupcakes</i>	19	20	21 <i>** See Above</i>
22	23	24 <i>United Nations Day, make signs as a United Kidz Club</i>	25	26	27 <i>Natl Frankenstein Friday</i>	28 <i>** See Above</i>
29	30	31 <i>Halloween! Dress up in your costumes</i>	Be on the look-out for our pumpkin patch permission slips for the field trip this month! Date to be determined.			

## Flu Season                      What You Should Know

Influenza, or “the flu,” is a highly contagious viral infection of the respiratory tract (nose, throat and lungs). The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with:

- Fever
- Headache
- Extreme tiredness
- Dry cough and sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting and diarrhea are also common symptoms in children



A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest.

Each year, between 10 and 20 percent of the U.S. population are infected with the virus. The flu is highly contagious and easily passed to young children. In fact, children are 2x to 3x more likely than adults to get the flu because their immune system is still developing. Annual flu vaccination can help prevent the spread of influenza between individuals and may help save lives of those most susceptible of having severe and fatal complications from the flu.

### Who Should Get Vaccinated Against the Flu?

It is important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. These include:

1. Pregnant women
2. Children younger than age five, but especially children younger than two years old
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu

Please contact your child’s pediatrician for his/her annual flu shot. Flu shots are also being given at a number of Kroger, Meijer, and Walgreens locations, no appointment necessary, usually 7 days a week but call or go online for more information and specific locations.