



Upcoming Dates

October

15-No School

18-Yearbook Art Contest begins

25-PTO Fall Book Fair Begins

29-All Pro Dads

November

1-Yearbook Art Contest Ends

2-Picture Retakes and Candid

9-PTO Meeting

12-Veterans Day Program (details in next newsletter)

16-Parent-teacher conferences

19- All Pro Dads

Souders Spotlight...Our School Nurses

Megan Truax, Dawn Boehm, and Christina Haskins

TOP 5 LIST FOR HAVING A HEALTHY SCHOOL YEAR!

- 1. Start off strong with a healthy breakfast. A good breakfast provides energy and will help keep you alert and attentive in class.**
- 2. Drink plenty of water. Water is the best fluid to stay hydrated without the added sugar.**
- 3. Don't forget to wash your hands often. Keep hands away from your face, mouth, and nose where germs can enter your body.**
- 4. Get at least 30 minutes of exercise every day – at recess and at home. Go for a daily walk with a friend, a parent, or your pet. Exercise helps our bodies to be strong, flexible, and resilient.**
- 5. Turn off the TV and video games at least one hour prior to bedtime. Take time to relax, take a bath or shower, brush your teeth, and pack up for the morning – and still get to bed by 8:30pm!**

Important Reminders

We have 1 more evening of **parent teacher conferences** in the next month. Reach out to your child's teacher to schedule a conference.

Quote of the Week

“Teaching faster doesn't mean all the students will be learning more.” Ron Clark in *The Excellent 11*



Big Walnut Local Schools

Guidelines for Keeping Sick Children Home from School

Please keep me home if...

I have a Fever	I am vomiting	I have diarrhea	I have a rash	I have head lice or nits	I have an eye infection	I am congested and/or have a thick constant	I have a sore throat	I have been diagnosed with strep throat or scarlet fever	I have been in the hospital
Temp of 100.4 or greater, sore throat, rash, vomiting, diarrhea, earache, not feeling well.	1 or more episodes in 24 hours.	2 or more watery stools in 24 hours	Unexplained body rash with or without itching. Consult a doctor.	Itchy scalp. Needs treated prior to returning to school. Head check to return.	white part of the eye is pink and/or pus draining from the eye. Consult a doctor.	stuffed up feeling and/ or runny nose with yellow/ green drainage present.	with fever or swollen glands. Consult a doctor.	red, sore throat with patches on tonsils, swollen glands, fever, and/or rash	hospital stay or ER visit within the last 24 hours. Unless Doctor says you may return

- ★ Our **Lost and Found** is overflowing. Missing something? Call us. We'll take a look.
- ★ **Water Bottles:** Please send a water bottle with your child daily.
- ★ **Is your child a car rider?** If so, you must have a placard placed in your front window at dismissal. Please stay in your cars and proceed to the loop. Need a placard? Please ask!
- ★ **Student home sick?** Please complete the [online form](#) or call and let us know.

*Students that have been prescribed an antibiotic must be on the antibiotic for 24hrs or longer before returning to school
** Students with fevers may return to school when they have been fever free for 24 hours without the use of fever reducing medications.
***Students with lice must be treated before they return to school and are not permitted to ride the bus until they have been cleared by staff. Once cleared they can return to class.
****COVID Positive or Quarantining students are to remain home until BWLS receives a "Release to Activities" letter from the Delaware General Health Department