

# We are Frankfort in 3D!

## *Determination, Discipline, and Dedication*

August 28, 2009

Frankfort Family and Friends,

Last week many parents and teachers met for conferences. This was a wonderful opportunity for our school community. Together we can make a difference for our students. If you were not able to have a conference on the early release date and would like to schedule an appointment, please contact the individual teacher.

The district has an initiative to promote home and school communication. You may have heard talk of the Frankfort Independent School's Family Advocacy Program. Through the program, each family will have a staff member who will be a point of contact and communication for the school system. I think it is somewhat like a school customer service agent. The advocate is a person who may or may not be one of your child's teachers. Your family advocate may have already contacted you. If not, very shortly you will receive a communication from your family advocate. One of the early release days per quarter is dedicated to staff connecting with families. This quarter the date will be September 10.

Speaking of home and school communication, I am in the process of updating the e-newsletter distribution and phone master lists. If you know of someone who needs to be added to either list, please have them contact the school. Also paper copies are available for distribution for families without e-mail access.

Thank you all for your continued support of Frankfort Middle and High School.

With Panther Pride,

Melissa E. Wainwright  
Principal

### **Announcements and Upcoming Events:**

- **Pep Rally:** Today we will have our first high school pep rally to recognize all fall student athletes. Students and staff are ready to show the spirit of the school today at 2:50 p.m. in the auditorium. Plans are being made for our middle school students to have a pep rally within the next few weeks.

- **Book Fees and Progress Reports:** Book Fees will be made next week. A listing of fees is in the student handbook. If you need assistance with payment of fees, please contact Mary Penn. Progress reports will be sent home on September 2.
- **Coupon Book Sales:** The PTA and FMHS are selling coupon books. Please support this project to raise funds for our school and students. Coupon books were sent home on Thursday. Additional books are available in the office. The sale runs now through September 18<sup>th</sup>. Coupon books are \$10 and have great discounts for many local businesses. The top seller will receive \$50 and the second seller will receive \$30. The top selling homeroom will receive a pizza party and an extended lunch. The next PTA is Tuesday, September 1 @ 7:00 p.m. in the library. The PTA will have a table tonight at the football game with information and opportunities for involvement.
- **Scholastic Book Fair:** August 31<sup>st</sup> - September 4<sup>th</sup> from 8:30 a.m. to 4:00 p.m.; Extended Hours on September 1<sup>st</sup> until 4:30 – This is great opportunity to purchase birthday and holiday gifts.
- **SBDM Committee Meetings:** The first meeting is September 3 @ 5:00 in the library. Family members are encouraged to participate in the important work for the school. The committees are: CSIP, Communication, Discipline and Response to Intervention, and Curriculum. Committees will all meet in the library to review responsibilities and charges. Each committee will establish a regular meeting time and date.
- **European Trip Meeting:** September 9<sup>th</sup> @ 5:30 in Mrs. Waddle's room to discuss payments and flight information.
- **Extended School Services (ESS):** ESS is after school tutoring for students seeking extra help. Transportation home is provided for all students. Tutoring begins at 3:20 pm and ends at 4:15 pm. The bus leaves promptly at 4:20. This week is mandatory ESS for any student who did not finish on-line summer courses.
- **Enrollment Packets:** Enrollment forms and Free and Reduced lunch forms need to be completed by all families. Please have your student submit the form to the homeroom teacher or the guidance office. All students who have returned the enrollment packets will participate in an extended rewards lunch on Friday, September 4<sup>th</sup>. Students will have lunch and recreational activities on the front lawn.
- **Early dismissal:** September 10<sup>th</sup> @ Noon

Here is some information regarding H1N1 from the Kentucky Department of Education:

You may have noticed information in the news recently related to the H1N1 (Swine Flu). Influenza is a contagious disease. At the present time, with the information known, symptoms of H1N1 influenza should be treated the same as seasonal influenza.

To prevent widespread influenza in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. The following guidelines will assist you in determining whether or not to send your child to school. Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- very stuffy or runny nose and/or a cough
- mild sore throat (no fever, no known exposure to strep)
- headache
- mild stomach ache

People with influenza-like illnesses (ILI) can shed the virus and be contagious for more than 24 hours after fever goes away. Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- fever (greater than 100 degrees by mouth; your child should remain at home for at least 24 hours after he or she is free of fever or feverishness without the use of fever-reducing medications)
- vomiting (even once)
- diarrhea
- chills
- general tiredness or feelings of fatigue, discomfort, weakness or muscle aches
- frequent congested (wet) or croupy, dry cough
- lots of nasal congestion with frequent blowing of nose
- sore throat
- trouble breathing

If your child has any of the above symptoms, you should talk to your health care provider by telephone. Your health care provider will determine whether testing or treatment is needed.

To help prevent the spread of influenza, teach your family good hygiene habits:

- Wash hands frequently for 20 seconds or the length of the “Happy Birthday” song twice.
- Do not touch eyes, nose or mouth.
- It is not necessary to disinfect beyond routine cleaning.
- Regularly clean areas and items likely to have frequent hand contact.
- Cover mouth and nose when sneezing or coughing with paper tissue or use bend of elbow. Discard tissues immediately after each use and then wash hands.
- Do not share eating utensils, drink from the same cup or share toothbrushes.
- Avoid close contact with people who are sick.
- Use hand sanitizer when soap and water are not accessible (Use 1/2 teaspoon or nickel-size equivalent. Parents may purchase travel-size hand sanitizer for students to bring to school.)

Influenza is most contagious during the first 48 hours. A child should remain home for at least 24 hours after he or she is free of fever or feverishness without the use of fever-reducing medications.

Often, when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not he/she should go to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom. You also should limit other siblings of all ages from further contact with the child who has the prescribed symptoms. Limiting attendance to other social gatherings (outside of school) also will be helpful in decreasing risk of exposure to the virus. **Contact your health care provider for advice on your child's condition.**

If your child has the signs and symptoms mentioned previously, please indicate this to the attendance office staff or leave a message on the recording message for absentees. This information will help in working with the local health department to identify and assist families with resources for possible cases of influenza.

Any changes in the above information will be sent to you from your school administrative office.

### Frankfort Daily Class Schedule:

High School	Period	Middle School
8:00 to 9:02	1 <sup>st</sup>	8:00 to 9:02
9:06 to 10:03	2 <sup>nd</sup>	9:06 to 10:22
10:07 to 11:04	3 <sup>rd</sup>	10:24 to 11:37
11:08 to 12:05	4 <sup>th</sup>	11:40 to 12:05 (Lunch)
12:08 to 12:33 (HS Lunch A)	5 <sup>th</sup>	12:03 to 1:11
12:36 to 1:11 (HS Class A)		
12:46 to 1:11 (HS Lunch B)		
12:08 to 12:43 (HS Class B)		
1:15 to 2:12	6 <sup>th</sup>	1:15 to 2:12
2:16 to 3:15	7 <sup>th</sup>	2:16 to 3:15

\*High School Class/Lunch A and B explained in more detail during orientation and first week of school.

### 2009-2010 ACADEMIC REPORTING SCHEDULE

1 <sup>st</sup> Quarter Progress Report	September 2	1 <sup>st</sup> Report Card	October 23
2 <sup>nd</sup> Quarter Progress Report	November 25	2 <sup>nd</sup> Report Card	January 7
3 <sup>rd</sup> Quarter Progress Report	February 9	3 <sup>rd</sup> Report Card	March 29
4 <sup>th</sup> Quarter Progress Report	May 6	4 <sup>th</sup> Report Card	June 24