



MANATEE MEMOS



HOLLYWOOD CENTRAL ELEMENTARY
"Home of the Mighty Manatees"

"Formulating Dynamic Minds"

<http://hollywoodcentral.browardschools.com>

Delicia Decembert, Principal
Kelly Heverly, Asst. Principal

February 2018

754-323-6150

Attendance: 754-323-6152



CHARACTER CORNER

**Character is EVERYTHING I Say
and Do That Shows How Much I
Care About You and Me!**

HONESTY – FEBRUARY

Being truthful, trustworthy
and sincere.

FREE PARENTING WORKSHOPS

The Center for Children and Families hosts a series of FREE workshops to help you be the best parent you can be for your child. Parenting doesn't come with an instruction manual, but we can give you the tips and tricks you need to make parenting more manageable!

All sessions are free and refreshments are served. If you can't make it to a session in person, you can watch the workshop on our Facebook page (<https://www.facebook.com/FIUCCF>).

<https://ccf.fiu.edu/news-and-events/free-parenting-workshops/index.html>

February 7 (noon-1 p.m.)

Free Parenting Workshop: How to Talk to Your Kids About Depression and Suicide

March 7 (noon-1 p.m.)

Free Parenting Workshop: Strategies to Manage Your Young Child's Challenging Behaviors

March 21 (noon-2 p.m.)

Free Parenting Workshop: Frustrated Trying to Manage your Child's Media Devices?

March 28 (noon-1 p.m.)

Free Parenting Workshop: Raising a Bilingual Child: Dispelling Myths

April 4 (noon-1 p.m.)

Free Parenting Workshop: How to Talk to Your Kids About Sexuality and Teach Them the Skills to Support Sexual Well-Being



African American History Month

- Feb. 1 Report Cards Issued
- Feb. 2 Take Our Daughters and Sons to Work Day
5th Gr. Field Trip
- Feb. 7 3rd Gr. Honor Roll Red Carpet – 8:00 a.m. – ITV
(by invitation only)
KG Field Trip
- Feb. 8 4th Gr. Honor Roll Red Carpet – 8:00 a.m. – ITV
(by invitation only)
- Feb. 9 5th Gr. Honor Roll Red Carpet – 8:00 a.m. – ITV
(by invitation only)
2nd Gr. Field Trip
- Feb. 13 Interim Reports Issued
- Feb. 14 Heart Run
- Feb. 19 NO SCHOOL – PRESIDENTS' DAY
- Feb. 21 Student of the Month – 8:00 a.m. – ITV
(by invitation only)
- Feb. 22 Early Release – Dismissal at 12:00 Noon
- Feb. 23 Class Pictures
- Feb. 28 SAC/SAF Meeting – 2:30 p.m.



School Choice Application Deadline is February 7, 2018

The School Choice application window for Broward County Public Schools Magnet programs, Nova schools and school reassignments for the 2018-2019 school year is open until Wednesday, February 7, 2018.

Explore your options and submit an application at <http://www.broward.k12.fl.us/dsa/school-choice.shtml>

THE FLU: A GUIDE FOR PARENTS

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

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

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs. These include:

- Stay away from people who are sick.
- If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever reducing medicine.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against 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 and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed. Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting or Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes or asthma) and develops flu symptoms, including a fever and/or cough.

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 giving the flu to other children or caregivers.

When can my child go back to school after having the 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.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO.