



FRIDAY FLASH



299 Main St, Burlington, VT 05401 • 864-1791

May 15, 2015

From the Principal's Desk

I grew up in Connecticut, and spent a lot of time down at the shore. I knew people who lived on the shore where ticks were an occasional oddity. No big deal. I was in college in NH by the time Lyme disease was identified as a tick borne illness in 1977. I was no longer roaming the woods and didn't think much about it. My children grew up in Vermont and we never worried about ticks. I've known some people who had been infected in VT beginning around 2008. The fact that it was not common to the state actually delayed the diagnosis to the detriment of my friends. Physicians were not really looking for it a decade ago - especially if the classic symptoms were not there.

Our school nurses received an update from the Health Department about the disease. I decided to take some time to learn more. I was shocked at the increase in the number of cases by county between 2005 and 2012 found at healthvermont.gov/prevent/lyme/resources.aspx. As we enter the summer months, it is wise to know more about how to avoid ticks and what to do should you find that you or one of your family members have a tick. The infected ticks are usually in the nymph stage and very small, about the size of the tip of a pencil.

Avoidance is simple. Avoid high grass and bushy areas as much as possible, Wear long pants and long sleeves. Tuck pants into socks to keep ticks out. Wear light colored clothing in order to see ticks.

When you come back indoors, check yourself and your children, for ticks. **A tick may look like no more than a speck of dirt, as small as the tip of a pencil.** Teach your children what to look for. Pay special attention to armpits, head, and folds of skin. Showering within a few hours of being outside may be helpful.

If you find a tick, remove it with fine tipped tweezers as soon as possible. It can take up to 36 hours for the Lyme Disease bacteria to be transmitted. Wash both your hands and the bitten area with soap and water or rubbing alcohol.

Lyme Disease can be very painful and debilitating if not treated. While one identifying symptom may be a red rash around a bite, it is not always present and many times, people don't know that they have been bitten. Other symptoms may be fatigue, chills, fever, joint pain, and headache. Symptoms can be confused with other illnesses but there are tests for Lyme Disease to eliminate it as a possibility if some of the symptoms are present. It is important to consult a physician if the symptoms are present or you know you've been bitten by a tick. Lyme Disease can be treated with antibiotics and according to healthvermont.gov, antibiotics almost always result in full cure.

Summer is a great time of year here in Vermont, and staying healthy is a good bet by being proactive.

Up Coming Events

- May 15 Mayfair
- May 21 VSO Petting Zoo
- Jun 5 Field Day
- Jun 10 EES Chorus performs at Jazz Fest 2pm
- Jun 11 5th Grade Appreciation 6:30pm
- Jun 12 Last Day of School 11:30am dismissal (bag lunch)

**Whole School Assembly
Wednesday, May 20**

SUPPORT FOUR WINDS AND ATTEND A BALL GAME

Take me out to the Lake Monster's Ball Game and Support Four Winds Science Program at EES!

Who doesn't like going to a baseball game on a warm summer night! The Lake Monsters Baseball Team has generously offered to support our Four Winds Science program by giving us \$2.50 of every \$6 ticket we sell to their home game on June 22 at 7:05 pm. In order for your ticket purchase to benefit our school, tickets MUST be purchased in advance using the special envelope that will come home with your student Tuesday, May 19 and need to be returned by June 2. Only those tickets purchased during this time period will go towards the benefit. If you can't come to the game, your tickets are fully exchangeable for any other game this season before the June 22 game.

Four Winds is a hands-on natural science program developed by the Four Winds Nature Institute, www.fwni.org, and is available to all grades at EES. This year we studied patterns in nature, and learned about insects, leaves, cones, snowflakes, animal tracks, bird nests, animal coloration, and frogs! The program includes training for the volunteers teaching the lessons and the materials costs \$3,295 per year. The funds are raised by volunteers in partnership with the PTO. Advance ticket sales to this one Lake Monsters game through this special program will help to cover the cost for next year.

Mrs Norland has offered to once again lead all students going into 3rd-6th grade this fall in singing the National Anthem before the start of the game! It is a really special tradition for the kids. Students will have one rehearsal at the end of May (during the school day).

All students need to have a ticket to the game in order to perform. Participating students will meet at 6:30 p.m. at the home team clubhouse. They will sing at 7:00, and the game will start at 7:05.

Please remember that there is no school supervision for children at the game so please remember to attend with your child or make other arrangements to have an adult to sit with and supervise your child(ren) during the game. Regardless of whether your child sings, we hope to see you at the game.

For questions about singing the National Anthem, please contact Mrs. Norland: cnorland@bsdvt.org. For questions about ordering your ticket(s) please contact Paul Hobbs: paulandrew98@gmail.com. For questions about the Four Winds program, please contact Carolyn Hanson at carolynhanson21@gmail.com.

FROM THE COMMUNITY

The dissemination of this material is intended to be of community service. BSD does not endorse or sponsor this organization.

CCTA understands how hard it is to manage transportation for your children during summer break. This year we are offering a new **Youth Summer Fun Program** which offers **UNLIMITED local service** for children **ages 7-17 from June 15 through August 25 for only \$25!** That's more than two months for the price of one! This pass (in the form of a wristband) gives children access to convenient, safe, reliable transportation to sports and summer programs, museums, parks, beaches, friends, family and much more. The best part is you gain the freedom and independence you've been looking for. For more information on this program or to purchase your pass, visit us at CCTAride.org or call the main office at [802-864-2282](tel:802-864-2282).

From the PTO

VSO MUSICAL PETTING ZOO

THURSDAY, MAY 21

VOLUNTEERS NEEDED

Attention music lovers- we need your help!

The musical petting zoo is a hands-on experience for kids in kindergarten and first grade to learn about the instruments that are part of an orchestra and get a chance to try to play them.

We need parent volunteers to help hold the instruments and sanitize them between students. You don't need any musical background to volunteer. The schedule is as follows:

8:20-9:10 Weidman/Paige

9:20-10:10 Quinn/Nutting-Goldsmith

10:20-11:00 Ziegfinger/O'Brien

We need 8 volunteers for each workshop. You can volunteer for just your child's class at the above time slot. Or if possible, it is really helpful to have volunteers who are able to stay for more than one.

If you are interested in helping, please contact Kimberly Price at mrskimberlyprice@gmail.com with your child's name and class, and what time slot(s) you are available to help. This is a great opportunity for grandparents as well. Thank you!