



FOX RIVER COUNTRY DAY SCHOOL

Nuts & Bolts

Thinking ahead to the week of September 21 - 25, 2009
CBQ for this Week: Courtesy

IMPORTANT H1N1 FLU LETTER INCLUDED(see page3)

- Saturday
Sept 19** **Fen Day**
9:00 – 11:00 a.m. This Saturday is our first Fen Day of the school year!! To kick things off, we are heading to a ridiculously beautiful prairie in Barrington to help the Citizens for Conservation collect seed. Bring long pants, long-sleeve shirt (optional but good for protection from tall prairie grasses), sturdy shoes, hat or sunscreen, and water bottle. Our seed collecting location is inspiring and gorgeous. There is no prior experience needed when collecting seed. Start your Saturday morning off right! We will be finished by 11:00 and anyone that wants can join for a delicious and inexpensive brunch in Barrington afterwards. All ages welcome!! **Look for more information in Friday Folders**
- Monday
Sept 21** **Sports**
4:30 p.m. MS Girls Volleyball vs. Trinity Oaks School. Home.
- Tuesday
Sept 22** **Sports**
4:15 p.m. MS Girls Volleyball vs. Faith Christian Academy. Home.
- Thursday
Sept 24** **Sports**
4:00 p.m. MS Boys Soccer vs. Harvest Christian Academy. Home
4:45 p.m. MS Girls Volleyball at Harvest Christian Academy. Away
- Monday
Sept 28** **MS Trip Fundraising Information Meeting**
4:30 p.m. in Friborg Commons. **This is an important meeting for all parents of 5-8 grade students.** Come prepared with any and all fundraising ideas. We will review suggestions, establish timelines, and put together fundraising teams for each term. Starting early will help to ensure that every student has the opportunity to participate in a safe, enriching field trip this May. We need everyone's help to make this a success.
- Tuesday
Sept 29** **Sports**
4:00 p.m. MS Boys Soccer vs. Einstein Academy. Home
4:00 p.m. MS Girls Volleyball at Einstein Academy. Away
- Thursday
October 1** **Sports**
4:30 p.m. Boys Soccer vs. Quest Academy. Home
4:45 p.m. Girls Volleyball at Quest Academy. Away
- Thursday
October 1** **Everyday Math Parent Night**
6:15 p.m. in Friborg Commons
Parents of Preschool - Grade 5 students will enjoy this presentation by the Everyday Mathematics curriculum representative, Sue Saban. Learn how and why this program supports strong math skills throughout the Early Education and Lower School program at FRCDS.
- Friday
October 2** **Grandparents and Special Visitors Day**
10:00–11:30 a.m. Preschool & Kindergarten Classes and 1:00–3:15 p.m. for Grades 1-8. This is a very special day for students at Fox River as they share time with their grandparents and/or special people in their life. In our effort to go paperless, we have attached an information flyer electronically. Please print or forward this to family members who may like to join us on this fun day. We are asking visitors to RSVP to Judy Kennedy via email at jkennedy@frcds.org or phone at 847.888.7924. This is a huge help in planning needs for the day.

Remarks and Reminders

Campus Alive

Campus Alive registration is due by Friday, September 25. Don't delay! There are many fun and exciting new classes offered this fall! Also, check out aquacize, pottery and parenting classes just for adults! Registration and class information is available on the website <http://www.frcds.org/program/afterSchool.asp> Classes begin starting the week of September 28.

Band Program

Band will begin the week of September 21, It is not too late to sign up for band! Parents can register online at www.thecrescendo.com. The band schedule is posted on the FRCDS website under afterschool enrichment program.

Inaugural Acorn Open Golf Outing Update

Thank you for the overwhelming response to our first time outing! A great day of golf, games, prizes and food is being planned for our outing at Elgin Country Club on Monday, October 5. The best part is that all proceeds will go to the school. You may still register online through our school's website at www.frcds.org. If you have any questions, please contact Jami Switzer at jswitzer@frcds.org.

2009-2010 FRCDS Annual Fund Update

Thank you to several families who have already responded to our request for gifts to the FRCDS Annual Fund. An information/promise card was distributed in your youngest child's information folders at Back To School Night. If you did not receive one, please contact Jami Switzer at jswitzer@frcds.org. You may leave your gift/promise card in the Annual Fund box which will remain at Judy Kennedy's desk until the end of September. Thank you in advance for helping us reach our goal of 100% family participation in the FRCDS Annual Fund this year.

Get involved in the PSA!

Thanks to the many parents who signed up for committees and Room Parent roles at the Ice Cream Social. Our Steering Committee is in the process of setting up committees for this school year and we will be contacting everyone who signed up within the next week with information on upcoming committee meetings or assignments. Our first general PSA meeting will be held on October 22 when a full report of committees and planned activities will be presented.

Photo request

Do you have a great photo from the first day of school, sports events or any other school activity? If so, we would love access to them for possible use in our upcoming parent newsletter and/or the yearbook. You can email single photos to Kathy Prigge at kprigge@frcds.org. If you have a lot, she'd appreciate a USB drive or disk that would be returned to you.

Spirit Wear Update

Following several unexpected hurdles our first batch of spirit wear should arrive next week! The due date for the second round has been extended to Monday, September 21. Please email Kathy Prigge with any questions you may have regarding your orders at kprigge@frcds.org.

Book Fair Volunteers Needed

The Book Fair is coming in early October! Our new Book Fair partner, Anderson's Book Fairs, is bringing in a large selection of excellent books and reading materials for both students and adults. We still need to fill a few open spots on our schedule. Can you help out for an hour or two? If so, please contact Book Fair Co-Chair Jennifer Reitmeister at jreit66@sbcglobal.net for dates and times.

Birthday Book Club

Please see flyer attached to the N&B email for more information about this event.

**Please read this letter from our Head of School
with important updates from
The Center for Disease Control and Prevention.
www.cdc.gov**

September 18, 2009

Dear Parents:

Since the emergence of the H1N1 Flu last spring and its rise to pandemic status over the summer, Fox River Country Day School has been diligently monitoring all aspects of this health situation, relying on the policies and recommendations of the Centers for Disease Control and Prevention (CDC), the state and county health departments, and other medical authorities. Key members of our administration have been working to develop a plan of action for every possible phase of a flu outbreak, should one occur in our school or community.

Guidelines for FRCDS Parents

Based on CDC recommendations, there are several things they suggest to help prevent an outbreak in the community:

- **Keep sick children home.** Children with flu-like symptoms (fever with cough, runny nose or sore throat) may not come to school until they are fever-free (less than 100 degrees Fahrenheit) for 24 consecutive hours without the use of fever-reducing medications such as Advil or Tylenol. Should your child come to school before the 24 hour period ends, or comes to school ill or becomes ill while at school, he/she will be sent home. When calling in your child's absence, please indicate whether it is due to flu-like symptoms.

- **Practice good hand hygiene and respiratory etiquette.** The CDC estimates that 80 percent of all infections are spread by hands, so washing your hands for 20 seconds with soap and water is the single best thing you can do to prevent the spread of illness. Teach your children to sing "Happy Birthday" twice while washing to reinforce the necessary thoroughness and contact with soap. If soap and water are not available, use hand sanitizers with 60 percent alcohol content. Cough or sneeze into the elbow of your sleeve or a tissue, and don't share drinks, utensils or food.

- **Get your family vaccinated.** Make plans to receive the regular seasonal flu shot and the H1N1 vaccine as soon as they become available.

- **Make preparations to stay home with sick children.** Should your child become sick with the flu, you or another caregiver may need to stay home with him/her for 5 to 7 days.

- **Ensure FRCDS has up-to-date contact information.** We will keep you informed of the latest flu developments and changing recommendations via e-mail, our Web site and, in some cases, our Alert Now emergency phone communications system. It is therefore critical that we have a current e-mail address for you, that you read e-mails from FRCDS, and that you regularly log in to the CDC (<http://www.cdc.gov>) website and familiarize yourself with the H1N1 page.

What is FRCDS Doing Right Now to Prepare?

To date, no cases of H1N1 Flu have been reported in our school community, but we are taking several steps now to ensure that we are prepared:

- **We will continue to monitor the H1N1 outbreak** as it evolves. Our Safety Committee will monitor regular updates from the CDC, ISBE and Kane County Health Department.
- **We are implementing the CDC's recommended action steps for schools** to prevent the spread of flu. As things develop, those recommendations may change; if this occurs, we will explain to you how we are responding and why.
- **We are developing a response plan** for all possible stages of a flu outbreak. Please note that because the CDC says that the closing of schools is rarely indicated, even if a H1N1 case is reported within the school, our goal will be to stay open. Should a severe outbreak affect significant numbers of students, faculty and/or staff, closure will be an option.
- **We will keep our community informed.** Although it is not practical to send out a community-wide e-mail for every sore throat or cough, please be assured that we will keep the channels of communication open regarding important developments. A Health Update status page will be available under the Community sub menu on the school website and we will send email notices if deemed necessary.

Sincerely,

Karen Morse

Head of School