

# Nashoba Pride

**Integrity—Collaboration—Achieve—Respect—Enthusiasm**

**Parry Graham, Principal**

**Brian Cote, Assistant Principal**

**Kerri O'Donnell, Assistant Principal**

**Tania Rich, Athletic Director**

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

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## A Message from Dr. Graham

The school year has finally begun! As I write this, we have finished up our first three days, with great success. On Wednesday and Thursday, I kept bumping into freshmen who would ask me for directions, and then develop a wide-eyed look of panic when I told them, "The gym? Oh no, that's nowhere near here. You need to head all the way back across the school to get to the gym." Inevitably, however, a smiling and friendly upperclassman would appear who would offer to escort them to the gym, and by Friday all of the freshmen were confidently marching from one class to the next. We did have to hold the buses for a few extra seconds Friday afternoon to accommodate the sprinting freshman girl whose new locker had not wanted to open in a timely manner, but we got her onboard safe and sound.

What made the first three days a success—and what will make the next 177 days equally successful—is the wonderful people that we have at Nashoba, and that starts with our students. When I say that an upperclassman always seemed to magically appear when a wayward freshman needed help, I am not exaggerating. I was consistently struck during our first few days with how thoughtful and compassionate our students are, and how quickly they are willing to step forward to lend a hand. I was struck by this phenomenon, but not surprised: this is the same sort of generous spirit that I witnessed over and over again last year. I know that every principal says that the students in his or her building are amazing, but the students at Nashoba are especially amazing. They are a joy to work with, a joy to teach, and a joy to know.

In addition to wonderful students, we also have a wonderful staff. There are lots of things that I try to do as the principal to improve the quality of our school, but what matters most in a child's education are his or her teachers. It takes a lot to be a truly effective high school teacher—deep knowledge of both one's subject matter and the pedagogy required to teach it, organizational skills, the ability to build lasting relationships with students, an understanding of how to give effective feedback throughout the learning process, and a sixth-sense about individual and group behavioral dynamics—and Nashoba is full of rock-star teachers who have

those qualities. In addition to our instructional staff, we have tremendous support people as well; from secretaries to guidance counselors to cafeteria managers, our people do their jobs well and support students in the process.

In fact, I wanted to use this month's newsletter to highlight someone who has meant a tremendous amount to Nashoba. Tracey Calo spent almost 15 years working at the high school, first as an English teacher and most recently as an assistant principal. She had a huge impact on thousands of students during her time at Nashoba, and she is a perfect example of the type of talented educators we have at the high school. I say "spent" and "had" because this summer Ms. Calo had the exciting opportunity to take on a larger role in another district; she was recently appointed as the Assistant Superintendent for Grafton Public Schools. This newsletter is my first opportunity to publicly thank her for everything she did for Nashoba, and to wish her well in her new job. I know that many of you had the chance to interact with Ms. Calo and see firsthand how talented she is. And while I know that we will miss her, she now has the opportunity to impact an even larger group of students, an opportunity that I know she is very excited about.

That's one of the challenges about working with great people: sometimes new opportunities come along that pull them in different directions. But one thing I have learned in my time in public education is that talent attracts talent; because we have such a fantastic and dedicated staff, when job openings occur we are able to recruit highly talented, dedicated people. We had a number of new openings this past spring and summer, and I could not be more excited about the level of talent of the people we were able to hire. From first-year teachers to experienced veterans, our new staff members all possess those qualities that define highly effective educators. And nowhere has this been more true than with our new assistant principal, Kerri O'Donnell. Ms. O'Donnell comes to us most recently from Gloucester High School, where she also worked as an assistant principal, and her background and skills have already started to add value to the work we do with students.

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The return to school is always a time of heightened excitement and, in some cases, anxiety: what teachers do I have, how much work will my classes be, to which colleges should I apply, do I have any friends in my lunch period? But a high-quality education, and a positive high school experience, depend more than anything else on the quality of the educators working in a school. I am proud to work with such a talented and dedicated staff, and I hope you see the positive impact that those people have each day on your child.

I am excited for the next 177 days, and I am excited to have your child at Nashoba!

Parry

## NOTES FROM THE NURSES

Welcome back!!! 2013-2014

### Immunizations and Physical Exams:

All students entering the High School must be up to date on all state mandated immunizations. Failure to meet state requirements will result in the student being excluded from school until requirements are met.

**\*\*Students without up to date immunizations will not be allowed to start school and/or may face exclusion from school on October 1, 2013. (State mandate)**

In addition, a Physical Exam, performed by a physician, is required for all students to try-out/play competitive sports. Forward a copy of the exam to the Nurse's Office. The appropriate information will be directed to the Athletic Director. Remember to fill out and turn in the Emergency Health Form.

A new Physical Exam is requested for all students in 10<sup>th</sup> grade whether or not they play sports.

### Medications:

The school nurse can dispense Tylenol and Ibuprofen in school only if the parent has given us permission and signed the back of the Blue Emergency Health Form.

ALL OTHER MEDICATIONS (including over-the-counter) require a written physician's order. No medication will be administered to your child without an order on file. Please have the doctor write an order, and do not forget to sign the order as well.

### Health Issues:

Chronic health issues such as seasonal allergies, asthma, diabetes, serious allergies which require Epi-pen, and others may require an individual health care plan. If your child falls into any of the above mentioned categories, please make an appointment to see the school Nurse if you have not done so already. \*Our phone number at the high school is (978) 779-2257 ext. 6 or ask your

child's physician to write a Health Care Plan and mail us a copy; please sign such plan.

### Vision and Hearing Screening:

The Nurse's office will be conducting the annual state mandated Screenings starting in October and throughout the school year. Hearing and Vision Screening are currently scheduled for October 16<sup>th</sup> and 17<sup>th</sup>, 2013. The purpose of these screenings is to detect early signs of possible hearing and/or vision problems in students in grade 10. It is not a diagnostic service but a screening to identify young people who require further medical evaluation. If your child has any unusual findings, you will be contacted and asked to take the child to a physician as a precaution. If your child was prescribed glasses or contact lenses, please make sure that your child comes to school with them and especially on the screening date.

### Height and Weight Screening:

All students in grade 10 will be screened for BMI (body mass index). This will be done by measuring each student for height and weight during one of their physical education class in August and throughout the school year. BMI results will be mailed home during the school year.

### Postural Screening:

All students in grade 9 will have their Postural Screening done starting in August and throughout the school year. This is done discreetly and privately by our PE teachers and nurses in the locker rooms or the nurse's office.

The purpose of this screening is to find the early signs of possible spinal problems in students in grade 9. It is not a diagnostic service but a screening to identify young people who require further medical evaluation.

**\*\* If your child has any unusual findings, you will be contacted and asked to take *the child to a physician as a precaution*.**

### Fitness Gram:

The Wellness Department will be conducting a longitudinal fitness study of all students while at NRHS (Fitness Gram). Twice a year each student will be tested in five fitness components: cardiovascular, flexibility, muscular strength and endurance as well as having their height and weight (BMI) recorded. This is being done with the hope that all students will become more aware of his/her personal fitness level and how he/she compares state wide as well as nationally.

**\*\*\*Your child can be excluded from any of the screenings and or the fitness gram with a written note from a parent or guardian.\*\*\***

*(Continued on page 3)*

### Update on Absence Reporting:

If your child will be absent for five consecutive days, it is required that you submit a note from the physician. Please feel free to contact the nurse if you would like to discuss any medical issues concerning your child.

As always, please call the nurse's office if your child will be out for the day and follow up with a written note within 48 hours.

Nurse's office # 978-779-2257 Ext. 6

Sincerely,

Ms. Rivera, Mrs. Oetman, and Mrs. Sullender  
High School Nurses

### NASHOBA FRIENDS OF DRAMA



**WHO WE ARE:** We are a group of dedicated parents who work together to provide production support to director, Bill Grady, and financial support to the Nashoba Drama Program. Some of our past contributions have included a new electric piano, lights and sound equipment for the auditorium.

Our support is "hands on" in all areas of each production including set, costumes, makeup, front of house, back stage and publicity. Last year's fall production of "We Love Lucy" had the audience laughing in their seats and the spring musical of "Hello, Dolly!" transported us all back to a wonderful era of petticoats and parasols. We welcome anyone interested in joining us. Parents who are interested should contact Audrey MacLean at sam-jackaud@yahoo.com, Tracy Lindsay at joelandtracy.lindsay@comcast.net or Carolyn Ryan at carezy@comcast.net.

A great big thank you goes out to all parents and students who contributed to the success of the Face Painting booth at the Bolton Fair. Because of your efforts, we were able to raise \$1,090. WOW!

### FUNDRAISING

As a non-profit organization, much of our financial support comes from ticket sales of our shows and donations from parent and local businesses placing ads in our show programs. In August, we kicked off the year with our annual Ad Campaign. Our program supports ten arts related events throughout the school year. Co-sponsored in partnership with the Friends of Music, the ad campaign provides significant revenue that allows us to continually support these events throughout the school year. Please consider contributing to our annual Campaign on a business or family level. Our students are grateful for the support that allows them to continue to provide exceptional music and drama productions. Please contact us if you are available to assist with follow-up of businesses

who have not yet responded to our mailing.

**FRIEND OF DRAMA MEETINGS:** (First Wednesday of every month)

Our first meeting is Wednesday, September 4<sup>th</sup>, 2013 at 7:00 pm in the auditorium lobby. Additional meetings are as follows: October 2<sup>nd</sup> at 5:30 pm, November 6<sup>th</sup> at 5:30 pm, December 4<sup>th</sup> at 7 pm, January 8<sup>th</sup> at 5:30 pm, February 5<sup>th</sup> at 5:30 pm, March 5<sup>th</sup> at 5:30 pm and April 2<sup>nd</sup> at 7 pm.

**AUDITIONS:** Fall Play Auditions will be held on Sunday, September 8<sup>th</sup> at 2pm and Monday September 9<sup>th</sup> at 6 pm.

**THIS YEAR'S PRODUCTIONS:** Mark your calendars!

Fall play: November 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup>.

Class Play: Competition January 10<sup>th</sup> and

Spring Musical: March 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>.

All students who are interested in being a part of Nashoba Drama should contact: Katie Agretelis at [swagretelis@gmail.com](mailto:swagretelis@gmail.com) or Abbie Wade at [ab-bie.wade1811@gmail.com](mailto:ab-bie.wade1811@gmail.com).

Be sure to visit us at [www.NashobaDrama.com](http://www.NashobaDrama.com).

### FALL SOCCER PROGRAM SEEKS VOLUNTEERS AND SPECIAL ATHLETES

**Nashoba Unified Sports** is now registering volunteers and special athletes! This year's **soccer program** begins on Sunday afternoon, September 8<sup>th</sup> at Stow Community Park in Stow. Weekly sessions, from 2:30 – 4 pm, include practices and games. This program pairs athletes with special needs with student volunteers. PLEASE REGISTER NOW!



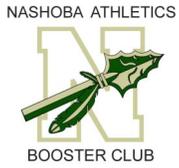
Even if you/your child is only considering the program as either a volunteer or special athlete, please let us know as soon as possible.

For more information, to express interest or to register please contact either Joan Finger at, [Joan@ZooterGroupTutoring.com](mailto:Joan@ZooterGroupTutoring.com) (978)-337-5132 or (978) 779-6046 or Bob Moalli [bmoalli@comcast.net](mailto:bmoalli@comcast.net).

Kids are welcome to come to some or all of the sessions and may simply come to one session to check it out. Soccer lasts through October and the **basketball** program will resume in January.

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## THE NASHOBA ATHLETICS BOOSTER CLUB (NABC)



is the parent volunteer organization that supports all interscholastic athletic programs at NRHS and the Athletic Director. *Your participation is making a difference! Support your student athlete, the coaches and your school !!!!*

You can contact the Booster Club at [NashobaBoosters@nrsd.net](mailto:NashobaBoosters@nrsd.net) or visit our website at [www.NashobaBoosters.com](http://www.NashobaBoosters.com) for more information. Click "Follow" and enter your email address to receive periodic email updates.

Some current Booster Club information is provided below.

**TEAM BONDING CONTEST.** Fall Teams will be competing this season to have the highest membership percentage per team in the Booster Club. The winning team will receive a team bonding event (up to \$100 in value) to get their team started on the right foot for this season! Multi-sport and multi-athlete families need only one family membership. Membership forms are available on the Nashoba Boosters website [www.nashobaboosters.com](http://www.nashobaboosters.com). It's quick and painless – do it now! Deadline for Fall Contest is October 4<sup>th</sup>. Contact [CatherineHam-mill@gmail.com](mailto:CatherineHam-mill@gmail.com) or [yjlukekim@yahoo.com](mailto:yjlukekim@yahoo.com) with any membership questions.

**CONCESSION VOLUNTEERS.** The Booster Club will be using Volunteer Spot again this year. Our goal is to have every parent volunteer for just one event so that we can cover as many events as possible! Please click the following link which will bring you to Volunteer Spot. <http://www.volunteerspot.com/login/entry/36288182805>. If you have any questions please email Linda Gothie at [lgothie@nrsd.net](mailto:lgothie@nrsd.net).

**FALL OPEN MEETING.** The next Booster Club open meeting will be held in the high school cafeteria at 7 pm on Monday, September 23. Parents of student athletes are encouraged to attend.



## DESTINATION IMAGINATION

It is that time of year, DI is Back! We are gearing up for a brand new season of all new challenges that are just waiting to be solved!!

Destination Imagination (DI) is an educational program where student teams (2 to 7 members) solve open-ended Challenges and present their solutions at competitive tournaments. Participants build a lifelong confidence in working together to solve any life challenge! In working to solve Challenges, our teams learn important life skills such as: time management, collaboration, conflict resolution, and creative and critical thinking. Our goal at Destination Imagination is to give students the chance to learn and experience the creative process from imagination to innovation.

### WHY DO DI?

To have fun! In 2011, researchers from the University of Virginia Curry School of Education conducted an independent research evaluation of the DI program and found that among other findings, "Students who participated in the activities and tournaments provided by DI outperformed comparable students who had not participated in DI on assessments measuring creative thinking, critical thinking and collaborative problem solving."

### YOUR CONTACTS

Wendy Enzmann and Karen Wall are the Co-coordinators for the Nashoba DI at NRHS. Feel free to contact us with any questions. We can be reached at [wenzmann@verizon.net](mailto:wenzmann@verizon.net) or [kwall2259@gmail.com](mailto:kwall2259@gmail.com)

### THIS YEAR'S CHALLENGES:

- A - - **Dig In** (Technical)
- B - - **Going to Extremes** (Scientific)
- C - - **Laugh ART Loud** (Fine Arts)
- D - - **Pandemonium** (Improvisational)
- E - - **The Tension Builds** (Structural)
- PO- - **Pitch & Play** (Community Service Learning)

If you interested in the challenges for the 2013-2014 season, please visit to learn more: <http://www.destinationimagination.org/challenge-program/challenge-previews>

### HOW TO REGISTER:

Please complete the attached registration form with payment and leave at the NRHS office addressed to NRHS DI by Friday, November 15<sup>th</sup> or email the form to [wenzmann@verizon.net](mailto:wenzmann@verizon.net).

### FRIENDS OF MUSIC

#### WELCOME FRESHMEN AND PARENTS!

The NRHS Friends of Music welcomes freshman musicians and their parents to Nashoba! We are a non-profit organization whose purpose is to support the music program at Nashoba Regional High School. The NRHS instrumental and vocal ensembles have won many awards,

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and individual members have been selected to perform at the district, state and eastern conference levels. The band and choral groups participate in a variety of festivals and performances during the school year, concluding with the Pops concerts which occur in May. The Friends of Music provides refreshments, stage decorations, sells tickets, and produces programs for these events. Over the years, Friends of Music has sponsored Master Classes and Concerts performed at the school by outside groups, made major purchases for the music department such as equipment and instruments, and sponsored trips to New York City and performances around the greater Boston area. Each year we award college scholarships to deserving recipients. To help fund these endeavors, we rely primarily on the Friends of the Arts Ad Campaign. In addition, we also organize smaller fundraisers, such as our Car Wash.

### **FRIENDS OF THE ARTS AD CAMPAIGN**

The major fundraiser for both the music and drama programs is the annual Friends of the Arts Ad Campaign, which began in August and winds up in September. Families and local businesses show their support for Nashoba's student musicians and thespians by purchasing family sponsorships or business ads, which appear in our concert and play programs throughout the school year. Please use the form attached to this newsletter and consider contributing to this worthwhile cause.

### **FIRST FRIENDS OF MUSIC MEETING: SEPTEMBER 9<sup>TH</sup>**

We meet on the second Monday of each month. Parents, please join us at our first meeting of this school year on Monday, September 9<sup>th</sup>, at 6:30 pm in the chorus room. We'll be going over the schedule for the year and planning some 1<sup>st</sup> semester activities.

### **FOM CAR WASH: SEPTEMBER 21<sup>ST</sup>**

The annual FOM Car Wash fundraiser is scheduled for Saturday, September 21<sup>st</sup> in Bolton at the high school faculty parking lot from 9:00 am until 2:00 pm. During their music classes, band and chorus members will have an opportunity to sign up to work.

### **WE'D LOVE YOUR HELP!**

Can you spare a few hours to chaperone at the Car Wash or the annual UMass Band Day on Saturday, October 12<sup>th</sup> at Gillette Stadium? These are great opportunities to meet other NRHS musicians and their families. Please contact Mr. O'Toole or Mrs. Mianulli for more information.

For more information about Friends of Music and to see this year's Music Event Schedule please visit our website at <http://nashobamusic.wordpress.com>

### **SEED-SAVING PROGRAM AT BOLTON LIBRARY**

Lancaster gardening guru Gene Christoph will be on hand at the Bolton Public Library Thursday, Sept. 19<sup>th</sup>, from 7 to 8:30 pm to talk and answer questions about how you can save your own seeds from this year's garden as it comes to a close—and use them to start next year's! It's not a black art—anyone can do it! Sponsored by Bolton Local. For more information visit [www.BoltonLocal.org](http://www.BoltonLocal.org).



Be a Friend of the Arts!

# Nashoba Regional High School Friends of the Arts 2013-2014

Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support Nashoba's enthusiastic young actors and musicians *and* obtain publicity for your business. Your family sponsorship of \$25 or business advertisement (prices below) will appear in the program for each of the following performances:

- |   |   |
|---|---|
| <b>Fall Play – November 22-24</b>           | <b>Spring Band Concert – April 1</b>    |
| <b>Holiday Band Concert – December 6</b>    | <b>Spring Choral Concert – April 3</b>  |
| <b>Holiday Choral Concert – December 13</b> | <b>Band “Pops” Concert – May 9</b>      |
| <b>Class Play Competition – January 10</b>  | <b>Choral “Pops” Concert – May 22</b>   |
| <b>Spring Musical – March 14-16</b>         | <b>Fall Band Concert – October 2014</b> |

Your donation assists Nashoba in maintaining the high quality of its music and drama programs. Funds raised benefit the students *directly*, providing items that the school budget cannot support including:

- drama sets and costumes
- royalties for scripts
- travel for students taking part in district and state music competitions
- scholarships for graduating seniors

If you are purchasing a business ad, either e-mail artwork to Holly Kouvo ([Holly.Kouvo@gmail.com](mailto:Holly.Kouvo@gmail.com)) in jpeg or pdf format with subject line: Nashoba FOA, or send a business card or clean ad copy (newspaper ads not acceptable). We can adjust the size. If you have questions, please contact Holly or Tracy Lindsay ([joelandtracy.lindsay@comcast.net](mailto:joelandtracy.lindsay@comcast.net)). **Business ads must be submitted by September 20, 2013.**

Please detach and complete the form below and send it along with your check (made out to Friends of the Arts) to: **NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740.**

.....

Name of Family/Sponsor(\$25) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

**Please circle Business Ad Size choice and whether design work is desired:**

Business Ad Size	Cost	Additional fee for design work (optional)
Business Card	\$50	\$10
¼ Page	\$100	\$20
½ Page	\$125	\$25
Full Page	\$175	\$35

Name of Advertiser \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Contact Name \_\_\_\_\_ Fax Number \_\_\_\_\_

# Nashoba Regional High School Destination Imagination 2013-2014 Registration Form

The cost of the program is **\$90.00 including the cost of the T-shirt**. Completed forms and money (checks made out to **NRHS Destination Imagination**) will be due in the office or returned to Karen Wall or Wendy Enzmann by **Friday November 15, 2013**. If you have any questions, please email Karen at [kwall2259@gmail.com](mailto:kwall2259@gmail.com) or Wendy at [wenzmann@verizon.net](mailto:wenzmann@verizon.net).

Name: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

### **Challenges:**

For a preview summary of the challenges check out: [2013-2014 DI Challenge Previews](http://www.madikids.org/2013-2014-DI-Challenge-Previews) at [www.madikids.org/](http://www.madikids.org/)

Please note your order of preference of each the challenge:

\_\_\_ Technical                      \_\_\_ Scientific                      \_\_\_ Fine Arts  
\_\_\_ Improv                          \_\_\_ Structural                      \_\_\_ Service Learning

When are you available to meet? Day \_\_\_\_\_ Time: \_\_\_\_\_

### **Coaches:**

We may need coaches! If you already know who your coach will be, please provide the following information:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

email address: \_\_\_\_\_

**MA-DI appraiser policy.** Each team will be required to provide an appraiser (who has attended a MA-DI training) or be forced to become non-competitive at the Regional Tournament. Appraisers will be allowed to select tournaments they are able to appraise at and be assigned according tournament needs. The responsibilities include a meeting to learn the job and a day at our tournament volunteering or appraising a team. If you know the person who is willing to be your appraiser, please provide the following information:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

email address: \_\_\_\_\_

Parent Signature \_\_\_\_\_  
(if under 18)

Date: \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_



**Nashoba Regional High School Athletic Department  
2013 - 2014  
Chieftain All-Seasons Pass  
Order Form**



(All HOME Games - Fall, Winter, and Spring)

Attention Chieftains - purchase your All-Seasons Pass and save! Home game tickets are \$5 for adults and \$3 for students. The Chieftain All-Seasons Passes are good for admission to all Nashoba Regional High School HOME regular season sporting events for the 2013-2014 school year (includes fall, winter, and spring home games).

- Home athletic events where tickets are sold for admission include the following: JV/V field hockey, football, JV/V soccer, JV/V basketball, Varsity hockey, and JV/V lacrosse.
- This pass is not valid for admission to away games, playoffs, or MIAA tournament games.
- This pass admits one bearer only. Students and adults must present the All-Seasons Pass at the gate for admission.
- Passes are non-transferable and will not be replaced if lost. Adult passes may not be used by students.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Adult Pass:**

All-Seasons Pass \_\_\_\_\_ @ \$80 = \_\_\_\_\_

**Student Pass (High School, Middle School, Elementary School):**

All-Seasons Pass \_\_\_\_\_ @ \$50 = \_\_\_\_\_

**Senior Citizen Pass (Age 62+):**

All-Seasons Pass \_\_\_\_\_ @ \$50 = \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

Please enclose a check (payable to Nashoba Regional HS Athletics Dept.) with the order form and submit to Miss Rich in the athletic office (12 Green Road, Bolton, MA 01740).

Questions? Contact: Tania Rich, Athletic Director, [trich@nrsd.net](mailto:trich@nrsd.net), (978) 779-2257 x3102

*First come, first serve basis! Only a limited amount of passes available.*



# The Flu:

## A Guide for Parents

### Flu information

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

#### 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 flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

#### How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

#### Can my child go to school, daycare 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 to caregivers.

#### When can my child go back to school after having the flu?

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

### Protect your child

#### How can I protect my child against flu?

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household **every year**. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.

# An Act Relative to Influenza Awareness (MGL c.111, s.229, Chapter 431 of the Acts of 2012)

- Law enacted early 2013
- Law requires elementary and secondary schools and providers of early education to distribute information regarding annual flu vaccination for children 6 months to 18 years of age.
- New flyer may be used to meet requirements of law: [www.mass.gov/eohhs/docs/dph/cdc/flu/the-flu-guide-for-parents.pdf](http://www.mass.gov/eohhs/docs/dph/cdc/flu/the-flu-guide-for-parents.pdf)



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.

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Can my child go to school, daycare 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 to caregivers.

When can my child go back to school after having the flu?  
Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4 F (38°C) or higher.

#### Protect your child

How can I protect my child against flu?  
The first and most important thing to do is to get the flu vaccine for your child, yourself, and everyone else in your household every year. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children, and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.

## The Flu:

### A Guide for Parents

#### Flu information

What is the flu?  
Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?  
Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

#### 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