



# Adams Topics

February 16, 2016

Gerald Adams Elementary  
Dolphin Pride

**YANKEE CANDLE FUNDRAISER:** Students and parents are asked to participate in our Yankee Candle sale.

Online Shopping:

[www.yankeecandlefundraising.com](http://www.yankeecandlefundraising.com)

Group Code: 990043081

Credit is given to seller when name is entered.

HELP YOUR SCHOOL by participating in this great fundraiser.

## **FSA TESTING DATES:**

March 1: Grades 4-5 FSA Writing Test

March 30-31 Grade 3 ELA FSA/Gr 4 Math FSA

April 19-20 Grade 5 ELA FSA

April 26-27 Grade 5 Math FSA

May 3-4 GRADE 5 FCAT SCIENCE

## **ACCESS TESTING FOR ELL STUDENTS:**

WINDOW OPENS FEBRUARY 9TH

**ODYSSEY OF THE MIND:** We are delighted to have three Odyssey of the Mind Teams representing Gerald Adams this year! Our teams will be competing with teams throughout Monroe County Saturday, Feb. 27th at Coral Shores High School. Odyssey of the Mind is a afterschool creative problem solving event where students plan, design, create, and act out a solution to a long term problem. Students have been dedicated to work on their team project since last October. Please wish them well as they prepare for their upcoming competition! This year's teams are:

**Primary** - Connor Jones, Owen Jones, Steele Gomez, Jaxen Cabrera, Ja'mal Bernard, Jakub Nurkiewicz, Beau Bender, and Shae Smith

**Division 1 Problem #3** - Antonio Gomez, Peyton Logan, Nazair Bernard, Yanais Nodal, Derek Criado, John Owens, and Christ Jolis

**Division 1 Problem #5** -Briana Nodal, Julia Nurkiewicz, Eva Jackel, Rachel Owens, Brenner Logan, Hunter White, and Zandre Font

## **February Dates to Remember:**

2-19	Yankee Candle Fundraiser
23	Progress Reports
25	1st Grade Show
25	Writing Camp
26	Symphony KWHS
27	PBS 5K RUN

**ESE PARENT SURVEY:** This year, the surveys are paper-based, not electronic. The sealed envelopes have the student name and school visible through a window. There is a postage-paid envelope inside for the parents to drop into the mail. Please look for these surveys and return via mail. Thank you!

## **READ ACROSS AMERICA DAY—LITERACY CHALLENGE:**

Read across America day is so near  
And at Gerald Adams we're ready for reading fun  
With a literacy fair, book swap, and Seusstastic PAKER in gear  
Our literary jubilee has only begun

Our first order of business is to ask for your books  
No, not them all, just the ones you don't need  
Those ones finished, forgotten, and lost in hidden nooks  
Your librarian will repurpose them so another good person can read.

Please drop off any books that you may wish to donate for a book swap to the Media Center for our book swap March 2-4.

Other events during Read Across America Week include our Seusstastic PAKER night where we will celebrate Dr. Seuss's birthday March 2 @5:15) and our Literacy Fair March 5th.

SEE BACK FOR IMPORTANT MEDICAL UPDATE

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

Dear Parent,

We are seeing an increase in influenza in the Florida Keys. The "Flu Season" is underway, and there has been an increase in Emergency Room and Urgent Care visits in Florida, particularly in the younger age group (1-10 years old). This year influenza A – H1N1 has been the most commonly identified influenza subtype and this strain is included in this year's vaccine. Influenza is increasingly nationally and the Centers for Disease Control and Prevention CDCP have received reports of hospitalization and severe outcomes from complications of the disease.

People who have the flu usually experience some of all the following symptoms: fever/chills, cough, sore throat, runny nose, fatigue, muscle or body aches, and headache. Some people (especially children) may experience gastrointestinal symptoms like nausea and vomiting. It is important to know that not everyone with the flu will have a fever. Individuals at high risk of complications from influenza with suspected influenza should be evaluated and treated promptly.

Influenza viruses spread mainly by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. People sick with the flu can spread it to others a few feet away. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching his or her own eyes, nose, or mouth. Good hygiene and careful hand-washing are among the most important things we can do to prevent diseases like the flu.

You may be able to pass the flu on to someone else even before you know you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5-7 days after becoming sick. It is best to stay home from work or school if you think you have the flu and see or consult with your doctor or primary care provider for guidance on treatment.

The flu vaccine is safe and continues to be the best way to protect yourself and others from the flu. All individuals six months of age and older should receive the flu vaccine every year. Since infants younger than 6 months of age are too young to get vaccinated, it is important that their family members and caregivers be vaccinated. There is still time to get the flu vaccine and we encourage everyone to do so. The Florida Department of Health in Monroe County offers the flu vaccine at no cost or you can receive it from your doctor or local pharmacy.

The CDCP recommends a three-step program to combat influenza. The first step is yearly vaccination which is still the best protection against the disease. The next step is to stop the spread of the virus. As mentioned, people sick with influenza should stay home and seek medical attention if they get worse. They should limit contact with others and cover their mouth and nose when they cough or sneeze. The third step is antiviral therapy (which can shorten or modify the disease) if it is recommended by your doctor.

If you have any questions about influenza, please contact us here at the Florida Department of Health in Monroe County - phone 305-809-5280. You can speak to me, our Epidemiology Nurse Jean Barber, or our Director of Nursing Mary Turner. We hope everyone can be vaccinated and work together to protect all of us in Monroe County.

Mark Whiteside, M.D., M.P.H.  
*MARK WHITESIDE M.D. M.P.H.*

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