

St. Mary School

We will come to know God, to love God, and to serve God and His people

Mark your Calendars:

- Feb. 11- Daddy Daughter Dance
- Feb. 14- Out of Dress code with donation
- Feb. 17- **No School**
- Feb. 20- **No School**
- March 1- Ash Wednesday- All School Mass 8:15am
- March 4- Sacramental Prep Retreat for 2nd grade parents/students
- March 9- Advisory Council Open Forum meeting- 6:30pm Gym

Coming home today:

4th grade Field Trip Form
Love and Mercy Project
Information-
Homeless Student Uniform Drive

*See the back of this newsletter
for details*

Playground:

Monday-	Elijah Thelen Elyse Thelen
Tuesday-	Ember Thelen Emma Thelen (Brian)
Wednesday-	Emma Thelen (Andy)
Thursday-	Jake Thelen Kambrie Thelen Kyle Thelen
Friday-	No School

Dinner and Raffle- We want to thank everyone involved in anyway with helping to make the St. Mary School Dinner/Raffle a success. The evening was great with awesome entertainment by the committee and great food and conversation. Thank you again to all who bought tickets, classroom baskets, auction items etc. **Special thanks** to the committee for their many hours of work – it was a very enjoyable evening.

Illness- We have seen an increase in the number of students with the stomach virus. We also have a couple possible cases of Influenza or Respiratory Flu. Both are very contagious.

Influenza (Respiratory Flu) - (from Mayo Clinic)

Initially, Influenza may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with Influenza.

Signs and symptoms of the Influenza include:

- Fever over 100.4 F (38 C)
- Aching muscles, especially in your back, arms and legs
- Chills and sweats
- Headache
- Dry, persistent cough
- Fatigue and weakness
- Nasal congestion
- Sore throat

Signs and symptoms of Gastroenteritis (Stomach Flu)

- Diarrhea
- Abdominal cramps and pain
- Nausea, vomiting or both
- Occasional headache
- Low-grade fever

Viral Gastroenteritis symptoms may appear within one to three days after you're infected and can range from mild to severe. Symptoms usually last just a day or two, but occasionally they may persist as long as 10 days.