



Cougar Tracks Newsletter

Steven Fuller – Principal

Melisa Frank - Office Manager

September 2023

SUN MON TUE WED THU FRI SAT

**WELCOME BACK
TO SCHOOL**

1 2
No School

3 4 5 6 7 8 9
Labor Day
No School
No School

10 11 12 13 14 15 16
4:30-
VB@Home
No School

17 18 19 20 21 22 23
4:30-
VB@Home
4:30-VB@
Shady Cove
5-6:30pm
Back to School
Night
No School

24 25 26 27 28 29 30
4:30VB@
Sacred Heart
4:30-VB@
Lorna Byrne
No School



Applegate School Needs **YOU**

Applegate School PTSG

(Parent Teacher Support Group)

Come help us bring closer relations between parents and teachers in a cooperative effort for the education of children. To assist and promote physical, mental, and social growth in students.

September 21st

Jog a thon Kick off









October 5th

Jog a thon

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine.
 New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled).
 New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably). <i>Urgent medical care may be needed.</i>
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. <i>Urgent medical care may be needed.</i>
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.







PICTURE DAY-OCTOBER 23rd

Parent Guide to Student Medications at School

Dear Parent/Guardian,
The school medication law is designed to protect student and school staff from harm. In order to administer medication to students the following requirements must be met:

- Medication must be brought into the school office by the parent/guardian.**
 - Please do not send medication on the bus or in with your child.
- Medication must be in the original container.**
 - If medication needs to be split or cut please do so prior to bringing to school.
 - If medication needs to be crushed, please send pill crusher.
 - If medication needs to be measured please send a correctly calibrated measurement device (i.e. liquid medication spoon).
- School medication form must be filled out and signed.**
 - Forms are available in school office.
 - If medication changes, a new form must be filled out and a new bottle with an accurate label must be brought to school.




Accepted	Not Accepted
 <p>Prescription medication in original container with a pharmacy label. If your child has an inhaler make sure a label is on the inhaler or on the box sent with the inhaler.</p>	 <p>Prescription medication in a medication bottle without a pharmacy label. Medication in the wrong bottle or a different dose than it says on the label.</p>
 <p>Over the counter medication in the original packaging with your child's name written on the container - this includes cough drops and eye drops. Over the counter medication must be FDA approved.</p>	 <p>Over-the-counter medication in a baggie, envelope or any container that is not the original container. Doses that are not recommended by the manufacturer.</p>

We will not dispense medication to student unless above instructions are followed.

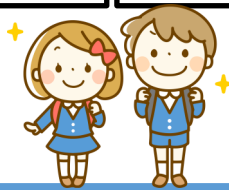
Guia para Padres Sobre Medicamentos para Estudiantes en la Escuela

Querido Padre/Guardian,
La ley de medicamentos de la escuela esta diseñada para proteger a los estudiantes y al personal escolar de cualquier dafio. Para administrar medicamentos a los estudiantes se deben cumplir los siguientes requisitos.

- El padre/guardian debe traer los medicamentos a la oficina de la escuela.**
 - No envíe medicamentos en el autobus o con su hijo.
- La medicacion debe estar en el envase original.**
 - Si es necesario dividir o cortar el medicamento, hagalo antes de traerlo a la escuela.
 - Si es necesario triturar el medicamento, envíe un triturador de pastillas.
 - Si es necesario medir la medicacion, envíe un dispositivo de medicion correctamente calibrado (es decir, una cuchara para medicacion liquida).
- El formulario de medicamentos de la escuela debe ser completado y firmado.**
 - Los formularios estan disponibles en la oficina de la escuela.
 - Si la medicacion cambia, se debe llenar un nuevo formulario y se debe traer a la escuela un nuevo frasco con una etiqueta precisa.

Aceptado	No Aceptado
 <p>Medicamento recetado en su envase original con etiqueta de farmacia. Si su hijo tiene un inhalador, asegurese de que haya una etiqueta en el inhalador o en la caja enviada con el inhalador.</p>	 <p>Medicamentos recetados en un frasco de medicamentos sin etiqueta de farmacia. Medicamento en el frasco equivocado o en una dosis diferente a la que dice la etiqueta.</p>
 <p>Medicamentos de venta libre en el envase original con el nombre de su hijo escrito en el envase; esto incluye pastillas para la tos y gotas para los ojos. Los medicamentos de venta libre deben estar aprobados por la FDA.</p>	 <p>Medicamentos de venta libre ' en una bolsita, sobre cualquier recipiente que no sea el original. Dosis que no son recomendados por el fabricante.</p>

No administraremos medicamentos a los estudiantes a menos que se sigan las instrucciones anteriores.



TITLE ONE

Applegate School is a Title 1 School. Title 1-A is the United States Government's largest educational assistance program for schools. The funds received from Title 1 are used to provide programs to help children who are struggling in reading and math by providing extra

help in addition to the core classroom instruction. This is a school wide program and all students are eligible to receive services. Student's progress is closely monitored and adjustments to instruction are made throughout the year as needed. Parent's rights include

the right to request teacher qualifications, opportunities to meet with staff, plan and participate in decision making.

If you would like more information about Title 1 please contact the school at

541-846-6280