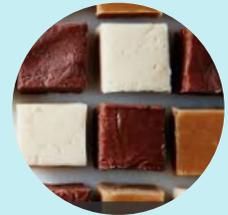


Manchester Elementary School

“A caring school community dedicated to excellence.”

Notes from Principal Hartford



Fudge Thank You!

We raised \$1,155
MES PTCO
Enrichment Fund!



MES PTCO Meeting

Thursday, February
28th 6:30 pm MES
Library



Book Fair Is Coming!

March 11th - 15th!

10 ways to become a better reader...

1. Read
2. READ
3. Read
4. read
5. READ
6. Read
7. Read
8. read
9. Read
10. READ

Vacation week is here, a time to rest and recharge but also a time for winter fun. By February the sun is higher in the sky and days are hopefully a little warmer, just right to spend time outside; skiing, skating, sliding or even building forts. After outside play, it's time to warm up reading a great book or playing

board games. Don't forget to add to your Read to ME reading logs. Wishing you all a healthy, active week off from school. See you February 25th.

Scholastic Book Fair coming March 11-14th! New books are something to celebrate.

14

SPRING PARENT CONFERENCES

Scheduler will open up
Monday - 2/25

15

NO SCHOOL

Teacher Workshop Day!

20

SPRING PICTURES

All students are
photographed!

Dear MES Parents,

Unfortunately, cold and flu season has arrived in full force. Influenza is widespread throughout much of the country including Maine. Here are a few tips to keep our children and ourselves healthy:

- * Avoid close contact with people who are sick.
- * Stay home when you are sick.
- * Cover your mouth and nose with a tissue when you cough or sneeze.
- * Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- * Avoid touching your eyes, nose or mouth.
- * Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Symptoms of influenza include:

- * Fever or feeling feverish/chills
- * Cough
- * Sore throat
- * Runny or stuffy nose
- * Muscle or body aches
- * Headaches
- * Fatigue (tiredness)
- * Some people may have vomiting and diarrhea, though this is more common in children than adults.



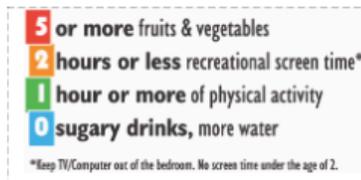
Please remember: If your child develops a fever, we ask that you do not send him/her to school until the fever has been gone for at least 24 hours without medication (Tylenol or Ibuprofen). We consider a fever to be a temperature of 100.4 or greater. Additionally, if your child develops vomiting or diarrhea, we ask that you keep them at home until the symptoms are gone for 24 hours, and they are able to eat and drink normally.

Please feel free to contact us at anytime with questions/concerns, 622-2949 ext 1. Stay well!

Jada Clark RN

Read to ME Challenge at MES!

Manchester Elementary School will be participating in the Maine DOE initiative to encourage families to read to their child for at least 15 minutes per day. At MES we understand the value of the families support as children acquire both the skills for reading and the habit of reading for enjoyment and knowledge. Children should be completing Home Reading Logs and will return them to school on March 4. Families are encouraged to take a picture of a family member reading with their child and send it to school for our bulletin board. Total reading minutes will be tabulated and shared and celebrated with the students. This program will run Feb. 4th through March 2nd.



Happy February, Folks! Our district Wellness Win for this month is all about our Middle School! Healthy Decisions Day was on Friday, February 1. Nan Bell from Healthy Communities of the Capital Area visited both lunches with delicious, cold, flavored water and bracelets for students. Every time a student eats a fruit or veggie, they move a bracelet over to the other wrist. Has your student shown you their bracelets? Have they told you about 5210?

MANCHESTER ELEMENTARY SCHOOL YEARBOOK

Order forms for the school yearbook are going home Friday. Yearbooks can be ordered on line, or by returning the form with \$10 payment. Only prepaid yearbooks will be ordered. Order deadline is April 18th!

