

# Hao Xiao Xi

Our “Good News” Bi-Monthly Newsletter  
September 19, 2009

## Information on H1N1

From the CDC website

### How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

### What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.

### Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners\\*](#) are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

### What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours](#)

[after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

### What should I do if I get sick?

If you live in areas where people have been identified with 2009 H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. If you become ill and experience any of the following warning signs, seek emergency medical care.

### In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

For more information please go to the CDC website.

## Helping Kids with Homework

By MRS. SCHILLER

Now that classes are fully underway at QSI, students are bringing home assignments and projects. As parents, there are many ways you can help and encourage your child to complete this homework. Below are a few tips that prove helpful on a day to day basis.

- 1. Turn off the T.V.** T.V. has become a staple in many homes; however, it becomes a major distraction while kids are doing their homework. Turn off the T.V. during homework time.
- 2. Designate a homework time and place.** Determine when you expect your child to do their homework. This time will depend on your family schedule, but it can be right after school, after a snack, or immediately after dinner. Also, set up an area in the home where your child can work where there is little distraction, plenty of light and space to work.
- 3. Provide your child with necessary school supplies.** Try to have a basic supply of materials at home for your child to use, such as notebook paper, pencils, a dictionary and thesaurus, colored pencils or markers, and a calculator for example. If students have materials at hand, homework assignments are easier to complete.
- 4. Be available to answer questions.** Children will have questions about their homework, may need advice or suggestions, or just need general encouragement and praise. Be there for your child, but let them do as much of their homework independently as they can.
- 5. Prepare the night before for the day ahead.** Mornings are stressful! Before kids go to bed, direct them to pack their backpacks, gather their snack and lunch, even set out their clothes for the next day. This will allow for an easier morning and a happy start to a new school day. Of course, QSI teachers are available if you or your child have more specific questions or concerns regarding homework. Working together, we can make this a successful year!

## Breakfast Brain Power

By MRS. ELY

Data has proven that kids who eat breakfast do better in school! It's important for kids to have breakfast every day, but what kids eat in the morning is crucial. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Research also has shown that kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school.

Kids who skip breakfast tend to feel tired, restless, and irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

What **not** to serve for breakfast is important. Sure, toaster pastries and some breakfast bars are portable, easy, and appealing to kids. But many have no more nutritional value than a candy bar and are high in sugar and calories. Read the nutrition labels carefully before you toss these breakfast bars and pastries into your shopping cart.

Try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (get dishes, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat.

*Condensed from kidshealth.org*

## Nurse on Duty

Amber Stoker, RN, will be taking on the responsibilities of our school nurse. Mrs. Stoker will be reviewing all medical forms, taking charge of weighing and measuring, providing first aide training for all the staff, and handling any medical situations we have at school. Mrs. Stoker will not be at school full time but will be on-call for us when she is not at school. Welcome!

## Let the Children Play (Some More)

*Parents, consider this article before you ask for “more homework” for your elementary students!*

Condensed article by STUART BROWN

... Even if summer does not bring children a complete release from their over-organized, cell-phone-computer-TV-and-video-game-saturated lives, it does offer most a bit of free “goof-off” time – the sort that leads to physical activity and elective, self-organized play, often in short supply during the school year. Still, it’s not enough. Goof-off time shouldn’t be limited to summer vacation: it’s important all year.

For most American children in the not-so-distant past, “going out to play” was the norm. Today, according to a University of Michigan study, children spend 50 percent less time outside than they did just 20 years ago — and the 6.5 hours a day they spend with electronic media means that sitting in front of a screen has replaced going out.

Through the lens of play research, we can see that there is a direct line between play deficiencies and some frightening public health and social trends: tragic statistics for obesity, 4.5 million children diagnosed with attention deficit hyperactivity disorder, an increase in childhood depression and classroom behavioral problems involving violence, and an inability to interact well with peers.

Just an hour a day of vigorous play — running, chasing, games like tag or dodge ball, and even dealing with or avoiding being excluded from these activities — can provide intense skill learning. Active kids are also more facile intellectually and perform better academically in the long term.

The differences in playfulness when adulthood arrives (I have followed more than 6,000 detailed play histories) validates the importance of lifelong play. Play-deprived adults are often rigid, humorless, inflexible and closed to trying out new options. Playfulness enhances the capacity to innovate, adapt and master changing circumstances. It is not just an escape. It can help us integrate and reconcile difficult or contradictory circumstances. And, often, it can show us a way out of our problems. The benefits

of play come not from “rest” for the brain, as if play is just a time-out from life. Play is an active process that reshapes our rigid views of the world.

Even if I didn’t know all I do about the concrete benefits of play, I would feel sad about the kids (and their parents) who have given up on play for another nine months. Knowing what I do, I can see that their autumnal devaluation of play is a tragic loss for them and for our society.

## Fall Festival

By MRS. NOLL

Fall Festival is coming on October 23rd! All 3-10 YO families are invited to attend our Fall Festival on October 23 from 6-8 pm. Costumes for all (even mom and dad) are encouraged. We will have an evening of games, food, prizes and a few surprises! (Mom’s get ready for the “mummy wrap” and dad’s should start practicing their pumpkin sweeping skills!)

If you are traveling out of China and would be willing bring back individually wrapped candy to hand out at “Trick or Treat Lane” please let us know.

Roots and Shoots will be hosting the food booth again this year. Each family is asked to bring something for Roots and Shoots to sell at the Fall Festival. Kim Dallas will be sending out a note to give you more information. The food is always wonderful, and eating snacks and dinner at the Fall Festival is a must! Roots and Shoots will also have popcorn and drinks for sale.

Level 11- Secondary 4 students will be volunteering at the Fall Festival as well as planning their own party for after the festivities.

### Dates to remember:

Sep 25: ½ day; 11:30 dismissal

Sep 26- Oct 4: Holiday

Oct 14: PSAT for Secondary students

Oct 16: 1<sup>st</sup> Quintile (Q1) ASA ends

Oct 22: Q1 ends

Oct 23: Fall Festival; 6-8 pm at QSI

Oct 28: Q1 status reports issued

Oct 29/30: Parent-Teacher conferences;

12:15- 4 pm (students dismissed at 11:30)