



Pacific Primary

SUNspots

OCTOBER 28, 2009

CALENDAR

Friday, October 30 Black and Orange Day & Halloween Sing-Along

NO COSTUMES, PLEASE! Wear orange & black clothing, if possible.

4:00pm OSS Halloween Sing-Along

4:30pm YSS Halloween Sing-Along

Friday, November 6 6pm-9pm Book Fair and Raffle at Books Inc. on Van Ness

Sunday, November 1 Daylight Savings Ends Set clocks back one hour

Wednesday, November 11 Veteran's Day
School closed

PREPARING FOR FLU SEASON

Town Hall Meeting - Preparing for the Flu

We felt incredibly fortunate to have the expertise of our panel to help us understand the particulars of this early flu season. Physicians, Mitch Katz, Director of SF Public Health, Brinda Emu and Sunil Parikh, infectious disease experts, presented the parents with practical and reassuring information regarding the seasonal flu and H1N1. Here are some of the most important facts:

- H1N1 is no more serious than seasonal flu (seasonal flu season usually begins in January but H1N1 is peaking now)
- The increase in cases of H1N1 now make it impossible to prevent, so quarantine is no longer effective.
- Out of 1000 people, 999 will be okay. The one/1000, statistically may be a child (4 or younger or a pregnant woman in 1st or 2nd trimester).

Precautions:

- Get vaccinated
- Stay home when ill. Keep children home when they have a fever. Children and adults must be fever-free, without fever reducing medicine, for 24 hours before returning to school. Be prepared to pick up your child from school if they are ill.
- Wash hands often, or use alcohol-based sanitizers.
- Fresh air and sunlight - keep windows/doors open and air out the house.

By vaccinating children, you may prevent them from getting the flu and help protect others. H1N1 vaccine is now available at many locations and is reserved for high-risk groups including: people 6 months-24 years of age, pregnant women and adults with medical conditions. To schedule a vaccine, call your physician or see the flyer in the Sunrooms that gives information about the Public Health H1N1 vaccination sites held throughout the city October 29-October 31. Call 311 for more information.

CELEBRATION OF BOOKS

Celebration of Books - Book Fair and Raffle

We hope that you have checked your child's folder for both the postcard invitation and the blue memo that explains this exciting event in detail. The Book Fair is held at Books Inc. at Opera Plaza on Van Ness Avenue at Turk, from 6 - 8:30 p.m. A generous 20% of all sales will be donated to the school. Children and adults are all welcome. Invite your family and friends! Think ahead for all your upcoming gift needs - birthdays and holidays, as well as some goodies for yourself!

The store is also happy to pre-order books which can then be picked up that evening and count towards our fundraising. If you would like to do this, simply call 776-1111 and mention that you would like to pick the order up the night of the Book Fair. We recommend that any special orders be placed by November 1.

The Raffle, with many wonderful prizes, is also an important part of this fundraiser. Raffle tickets are in your mail folder. Please try to sell at least two books and

return the raffle ticket stubs to the Sunroom. Additional books of raffle tickets are available, so please support the school by selling as many books as possible. You may be the lucky winner!

Our "Celebration of Books Month" encourages parents to read their favorite children's book in the classrooms. See the teachers to schedule a specific time.

PARENT COMMITTEES

Thank you for returning your Parent Committee and Auction Committee requests. We appreciate your patience! Assignments will be announced on Friday.

CLASS PHOTOS

CLASS STAFF PHOTO ORDERS ARE DUE BY FRIDAY, OCTOBER 30 - sign up in the classroom! See Belann or Lynn if the price makes it prohibitive for your family.

belann@pacificprimary.org
lynn@pacificprimary.org

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