

Lone Rock Rocket Newsletter

Superintendent: Dennis Kimzey
Principal: David Cluff
Business Manager/Athletic Director: Sandi Boland

October 9, 2009
1112 Three Mile Creek Rd.
Stevensville, MT 59870
777-3314

Calendar of Events

Friday, October 9	Community Health and Safety Fair – Lone Rock School – 3 PM – 8 PM Flag Football vs. DeSmet – Away – 4:00 EXCEL – 3:30 – 5:30 Archery Club, Board Game Club
Saturday, October 10	Girls Basketball vs. Florence – Away – 9:00 AM
Monday, October 12	Girls Basketball vs. Darby – Away -4:30 Flag Football vs. Superior – Home – 4:00 EXCEL – 3:30 – 5:30 – Make a Scarecrow Club, Math Club
Tuesday, October 13	Flag Football vs. Clinton – Home – 4:00 EXCEL – 3:30 – 5:30 – Cooking Club, Computer Club, Dance Club
Wednesday, October 14	Early Out – 2:30 Girls Basketball vs. Darby – Home – 5:00 EXCEL – 2:30 – 5:30 – Nature Club Lee Metcalf Nature Walk
Thurs. Oct. 15-Fri. Oct 16	MEA Convention – No School
Wed. November 11	Veteran's Day Breakfast and Assembly – 8 AM – Free Breakfast for Vets!

HEALTH AND SAFETY FAIR

Just a reminder that the Lone Rock Community Health and Safety Fair is tonight from 3-8 p.m. Flu shots will be available for \$20 on a first come first serve basis. We will also have many informative booths as well as some great door prizes donated by Liberty Northwest Insurance, Caffè Firenze, and Cottage Garden Greenhouse. We look forward to seeing you there!!

EXCEL Update

The EXCEL after school program is up and running. We started this past Monday and thus far have about 100 students signed up for the wide variety of clubs being provided. This past week we stretched young brains with Thinkfun Rush Hour games, made delicious tortillas in cooking club, danced with the wonderful Stewarts, made rockets, visited the Wildlife Refuge, learned Spanish and had a few computer club members recording our every move using digital cameras and making movies. Mrs. Burgess has created an afterschool environment where Lone Rock kids to EXCEL. Hats off to Mrs. Burgess for all her hard work! For more information call Mr. Cluff at 777-3314 ext. 201.

Vets Breakfast and Assembly

We are planning a Veteran's Day breakfast and all school assembly for Veteran's Day, November 11th. Free grub for all veteran's and a bottomless cup of coffee. Danice has a surprise breakfast planned that sounds both filling and delicious. So if you know any vets who would like to join us on Veteran's Day for free food and some fine patriotic music round them up and join us at the Lone Rock Veteran's Day Breakfast and Assembly on Veteran's Day, November 11.

Over the last few weeks...

several students have told us that they came to school on medicine. Parents, please keep your children home until they have broken their fever for twenty-four hours. Even though your child feels better when they are given medicine, they are still contagious. We are doing everything we can to teach students to wash their hands and control their sneezes. At the same time teachers and custodians are wiping down tables and door handles to keep our classrooms as antiseptic as possible. Let's all work together to keep as many of us in the school and the community healthy in the next few weeks. Also...If you child is well enough to come to school, our policy is that he or she is well enough to go outside for recesses. Please don't ask teachers to keep students in for recess. Thank you.

Here is Information from the State of Montana

It is important to remember that good hand hygiene, practicing respiratory etiquette and staying home when ill are the primary means for preventing the spread of influenza!

HAND HYGIENE

Remind staff to clean hands frequently.

- Ensure that restrooms are supplied with soap and paper towels or working hand dryers.
- Advise everyone to clean their hands frequently. Hands should be washed before meals; after using the restroom; after sneezing/coughing into them or using tissues; and when visibly soiled. Alcohol-based hand gels (containing at least 60% alcohol) should be used when soap and water are not available and hands are not visibly dirty.
- Remind everyone that frequent hand cleaning will help protect them from germs. When washing hands, use soap and warm water and wash for 20 seconds. If paper towels are

available, use paper towel to turn off the faucet.

RESPIRATORY ETIQUETTE

Remind everyone to cover their noses and mouths when sneezing or coughing.

- If coughing or sneezing, use a tissue to cover nose and mouth or cough or sneeze into your sleeve.

Tissues should be discarded in the trash.

- Provide conveniently located trash receptacles so that used tissues can be promptly discarded.
- Encourage everyone to wash their hands or use an alcohol-based hand gel as soon as possible, if they have sneezed or coughed on their hands. Hands also should be cleaned after using tissues.
- Post the “Cover Your Cough” and hand hygiene posters in restrooms, break rooms and work areas as a visual reminder of appropriate hygiene practices.

STAY HOME WHEN YOU ARE SICK!

CDC recommends that individuals with influenza-like illness remain at home until at least 24 hours after they are

free of fever (100° F [37.8° C] or greater), or signs of a fever, without the use of fever-reducing medications.

For more information on control of influenza in schools:

<http://www.cdc.gov/h1n1flu/schools/technicalreport.htm#routine>

BOX TOPS: We have started our Box Top Drive at school. The class that brings in the most wins a Root Beer Float party. Please send Box Tops and Campbell’s labels bar codes to school. We will be collecting these until October 23rd! Thanks and good luck to each class!!!



2nd Grade Field Trip to St. Mary’s

What do Mrs. Ray and Mrs. Nichols have to say about their field trip to St. Mary’s Mission? “It was fabulous! “...with an exclamation point nonetheless. “It was all centered around the Indians and their history in this region. We visited the chapel and the history of Father Ravalli and his connection to the Indians was told by the tour guides. Then we went to stations that had to do with: Indian games, the bison and their importance, teepees and the role of women taking care of them, another tee pee station, and then a visit to the Indian museum – the previous home of Chief Victor. Each presenter is certified and excellent. All in all it was just great and it is aligned with the curriculum on Indian education.

Middle School Field Trip

On Wednesday October 14, 2009 the Middle School will be taking a field trip to Missoula. We will be going to the University of Montana Campus for several events.

First we will view the Pulitzer Prize Photographs. This is a major exhibition consisting of more than 150 photographs that “capture historically and culturally defining moments from 1942 through today.” Some images are graphic so we have in our library a book with all the images which will be on display if you would like to preview them. Next we will have lunch on campus and then we will tour Grizzly Athletics with a stop at the Hall of Champions, the weight room, and a chance to play on the field of Washington-Grizzly Stadium. We will leave at 9:45 and return to school at 2:30. Children should bring a sack lunch and dress appropriately for time outside.