



# Cobra Tales

Oct. 5, 2022

**Our Goal... Individualized Education for All Learners**

## Schedule of Events

- Oct 7 – Regular school day**
- Oct 10-** School Board Meeting at 6:30pm
- Oct 14 – NO Friday School /NO Friday Enrichment**
- Oct 26 – School Pictures taken.**

Picture Day will be on Oct 26. Fliers will be coming home with more information.

Meal Charges for the Elementary:  
Breakfast - \$1.70  
Lunch – \$2.80  
Milk - .50 cents  
Milk is included with a meal however, by itself, it is .50 cents and is not covered by the free and reduced lunch program.  
**For questions about meal charges: please contact Cindy Chapman at [cindy.chapman@centrallinn.k12.or.us](mailto:cindy.chapman@centrallinn.k12.or.us) or 541-369-2813 ext. 2232.**

There are many opportunities to volunteer here at school coming up: Picture Day, Jog-a-thon and more. Remember if you want to volunteer you must have a completed background check on file with the District Office. You may pick up one up at the either the District Office or the Elementary Office

Parent Teacher Conferences will be on Thursday and Friday, Oct 27 & 28. Watch for the information coming home from your child's teachers.

Last two Friday School & Friday Enrichment of this first session will be Oct. 21 and Nov 4. A new session of Friday Enrichment will start Dec 2. New sign-ups will be sent home in November.

## **CLES JOG-A-THON – October 20**

Central Linn is proud to announce the return of our annual Jog-A-Thon! Students participate in this event by getting pledges from family, friends, and neighbors for running a 3K. All money raised for this fundraiser will go directly towards funding a new playground. In addition to being a great fundraiser for our school, the Jog-A-Thon also benefits the students by providing an opportunity for increased activity and a chance to set and work toward fitness goals in a life-long sport.

Students will use the pledge sheet attached to their collection envelope to record flat amount donations from family and friends. If a flat amount is pledged, payment may be collected at the time of pledging and kept in the envelope; checks can be made out to **CLES PTC**. All money is due Thursday, Oct. 27.

Parent help with money collection is appreciated. Prizes will be awarded to the Top 10 money earners.






The Jog-A-Thon will be held outside this year at the high school, weather permitting. Students will have approximately 45 minutes to jog or walk. All students who participate in the jog-a-thon will be given a water bottle and granola bar. Parents are welcome to come help at the event and cheer the students on. Please reach out to sign-up. Thank you for your support!

**Pledge sheets are going home today, Oct 5. Students will have until October 27 to collect so start getting your pledges now!**

For more information, please feel free to call:  
Kori Helget 541-497-3704  
Brandy Gaskey 541-905-3605

Here are some general guidelines of when to keep your child home. It is that time of year, when illness is on the rise. Stay hydrated, get rest, wash your hands and stay well!

## I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL	I HAVE THE FLU
							
TEMPERATURE OF 100.0 F OR HIGHER	WITHIN THE PAST 24 HOURS	WITHIN THE PAST 24 HOURS	BODY RASH WITH ITCHING OR FEVER	ITCHY HEAD, ACTIVE HEAD LICE	REDNESS, ITCHING AND/OR PUS DRAINING FROM EYE	HOSPITAL STAY AND/OR EMERGENCY ROOM VISIT	ACHY BODY, PAIN, TIREDNESS, HEADACHE, DRY COUGH, SORE THROAT, RUNNY NOSE (may have vomiting, diarrhea or fever)

## I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil, etc.)	Free from vomiting for 24 hours	Free from diarrhea for 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.	Released by a medical provider, symptoms are gone.
--	---------------------------------	---------------------------------	--	--	---	--	--

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given your child permission to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

We have a number of confirmed cases of Hand, foot, and mouth disease. If your student has symptoms, please keep them home and contact your health care provider with any questions.

Symptoms include:

- Flu-like symptoms or Fever - Infected persons often get a fever and other flu-like symptoms 3 to 5 days after they catch the virus.
- Mouth Sores
- Rash
  - Not itchy
  - Looks like flat or slightly raised red spots
  - Sometimes with blisters that have an area of redness at their base
  - Fluid in the blister and the resulting scab can contain the virus that causes hand, foot, and mouth disease.
  - Keep blisters clean and avoid touching them.
- Sore Throat
- Feeling unwell

Students may return to school once they are fever free for at least 24 hours without medication and all blisters are completely scabbed over and there are no visible signs of seeping. This includes mouth sores.

Central Linn School District is an equal opportunity educator and employer. El Distrito Escolar de Central Linn es una empresa educadora de oportunidad igual. Thank you.

Si usted tiene preguntas con respect a la informacion de este boletin de noticias (o para conseguir otra informacion en español) hable con Sra. Silvia Alloway 541-369-3419 Ella está aquí despues de la escuela en la tarde.

Leisa Keyser is the editor of Cobra Tales; please email her at [Leisa.Keyser@centrallinn.K12.or.us](mailto:Leisa.Keyser@centrallinn.K12.or.us) if you have information to put in the weekly newsletter. Deadline is Monday @ 4pm.