

2022-2023 Parent Communication

11/10

Upcoming Dates:

NO School tomorrow, Friday Nov 11 - Veterans Day

Nov. 17 - PTO Community Night (6:00pm)

Nov. 21-25 - Thanksgiving Break

Thanksgiving Food Drive

November 4th - 16th

Every year, Meridian's student council leads a food drive to provide Thanksgiving meals to our neighbors in Adams 12. This year we will provide Thanksgiving food items to our friends at Stukey Elementary and Arapahoe Ridge Elementary. Each grade level provides a different food item and the Meridian PTO purchases turkeys and pies. Collection boxes are in the flex areas, so please consider donating. **All donations are due by Wednesday 11/15**, Thanksgiving meals will be delivered on Thursday 11/16.

- Kindergarten - Boxed Stuffing
- 1st Grade - Instant Potatoes
- 2nd Grade - Canned Fruit
- 3rd Grade - Canned Vegetables
- 4th Grade - Just Add Water Biscuits
- 5th Grade - Jars of Gravy

Fall 2022 Panorama Student Survey - As you may know, a key component of Adams 12 Five Star Schools ELEVATE plan is Social Emotional Learning. Specifically, our goal is to know every student's name, strengths, and needs. Our work in this area is guided in part through youth voice and engagement. On September 7th, 2022, 3rd, 4th and 5th grade students took the Panorama Student Survey which gives students the opportunity to answer questions in six topic areas: self-management, growth mindset, social awareness, self-efficacy, emotion regulation, and sense of belonging. Here is a PDF document with an overview of the data: [Fall 2022 Panorama Student Survey](#). Please take a few minutes to review the data. We can celebrate that our students have grown in nearly all topic areas, and our students have higher favorable responses in all 6 areas than the district average! We want to thank our Meridian families for partnering with us to ensure that our Mustangs are prepared for school, ready to learn and SHINE each day! We value this data tremendously, and utilize it to ensure that we are supporting our students and meeting their academic and social emotional needs in all the ways that we can! If you have any questions about the survey, please reach out to Chandra Combs - the Social Emotional Learning Specialist, or administration. Thank you!

Attendance – Prearranged and Medical Notes

This wonderful Colorado weather is reminding us that the holiday season will soon be upon us. If you have any family vacations planned, please make sure that you are filling out a Pre-Arranged Absence Form so that we know your student(s) will be gone. You can come into the front office to fill out the form or you can find the form [online](#). Also, please make sure to turn in a doctor's note or dentist note if your student misses school. Per board policy, all absences with a medical note on file are excused. Thank you so much for continuing to partner with us to meet our school wide goals around attendance!

RSV and Flu Information

Respiratory viruses, including Respiratory Syncytial Virus (RSV), flu, and COVID-19 are spreading across Colorado and the nation.

RSV: RSV causes respiratory tract illness in people of all ages, but infants, young children, and older adults are at greater risk of severe illness from RSV. It spreads by inhaling or having contact with virus-containing droplets (typically through the mouth, nose, or eyes) produced by a person with RSV infection when talking, coughing, and sneezing. Symptoms can include a runny or stuffy nose, sneezing, or coughing and can also include fever, decreased appetite, and difficulty breathing or wheezing.

Flu: Anyone aged 6 months or older can get their annual flu vaccine. Children younger than 9 years who are either getting the flu vaccine for the first time or have only previously received one dose of the vaccine should get two doses of the vaccine. The first dose should be given as soon as possible during the flu season. The second dose should be given at least 28 days after the first dose. Medicare, Medicaid, CHP+, and most private health insurers cover the full cost of the flu vaccine. You don't have to pay anything to health care providers that accept your health plan. If you don't have health insurance, you can still get the flu vaccine for free at certain health care providers. Free vaccine providers, as well as additional information on flu vaccines, can be found at fluvaxcolorado.org.

Important Recommendations:

- Get vaccinated. Both flu and COVID-19 have effective, safe vaccines. Anyone 6 months and older can get vaccinated for flu and COVID-19. It is safe to get the vaccines [together](#).
- See or call a health care provider or doctor before going to a busy emergency department when you or your child has respiratory symptoms. Your provider can help you determine the best ways to manage symptoms and when it is important to be seen in the clinic, urgent care, or emergency department.
- Stay home when sick, including not visiting or interacting with people who may be at higher risk, including older adults, young children, and infants. What might feel like a

mild cold for one person can be very serious for another person. This is important to preventing the spread of viruses and causing outbreaks.

- Wash your hands frequently for at least 20 seconds with soap and water or use hand sanitizer with 60% alcohol.
- Cover your nose and mouth with a tissue or upper arm sleeve when you cough or sneeze, throw away the tissue after you use it, and clean hands as instructed above.
- Clean potentially contaminated surfaces, like doorknobs, tables, handrails, etc.
- Avoid sharing cups, eating utensils, and touching your face with unwashed hands.