



# PATCH ES

# THE ROUND UP

WEEK OF SEPTEMBER 3, 2024

## IMPORTANT DATES

**September 2**

Labor Day, No School

**September 3**

First Day UPK

**September 12**

Patch ES Open House  
15:00 - 17:00

**September 15**

Last Day to Order  
Spirit Wear

**September 17-19**

Tentative Dates for  
School Pictures

**September 20**

Half Day,  
Dismissal at 11:30

Hispanic Heritage

Celebration  
17:00 - 19:30

**September 27**

Staff Training,  
No School

## WELCOME UPK!



We're so excited to welcome our Universal Pre-K students on Tuesday, September 3rd! They've been hard at work setting up classrooms, taking important trainings, and collaborating to prepare for the arrival of our youngest stallions. Our team is ready to welcome them into their learning spaces.

## PRINCIPAL'S CORNER

Dear Patch Families, Staff, and Students,

We made it through week 2 of school year 24-25! Students are now getting into routines and getting familiar with teacher and school expectations.

Our UPK students will be joining us on Tuesday, and we can't wait to welcome them to join our Patch Star Stallion Family!

Enjoy your long weekend and stay safe!

Dr. Quinland  
Patch ES Principal



# QUESTIONS OR CONCERNS?

Contact our front office  
or school administration.  
We're happy to help!

(+49) 0631-7106-7000  
DSN: 324-483-7000



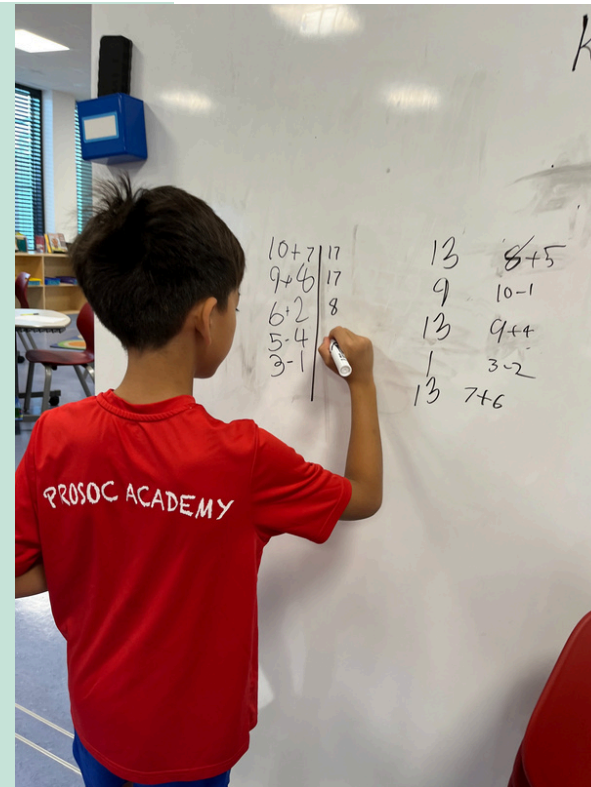
## THURSDAYS!

Every Thursday is an early  
release day! Dismissal is an  
hour earlier, so students go  
home at 13:30.

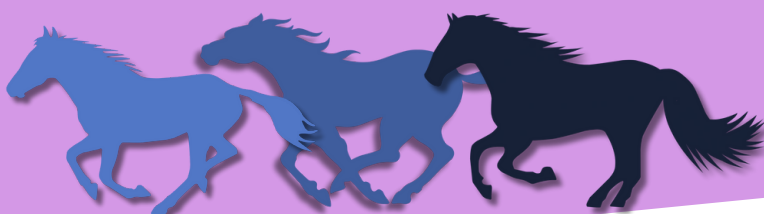


## BTC IN THE HUB

In our 21st-century school, teachers use a learning strategy called Building the Thinking Classroom, or BTC. After a group discussion, students are given a thinking task. Then they break into smaller groups and use vertical white board surfaces to show their thinking as they problem solve and collaborate to incorporate the target skills.



## DID YOU KNOW?



Our building is smart! The rolladen (electric blinds) automatically open and close depending on the amount of direct sunlight to help regulate the temperature.

# Illness

## school policies and guidelines for your child

### 1 When to stay home from school

1. When your child has a contagious or communicable disease.
2. When your child is exhibiting any of the signs or symptoms listed below or has an illness for which temporary exclusion is recommended for the health and safety of your child as well as other children.
3. When your child does not feel well enough to comfortably participate in their normal school activities.

2



#### Fevers

Temperature 100F or greater. **Must be fever free w/o fever-reducing meds for 24h before returning to school.**

3



#### Vomiting / Diarrhea

Actively vomiting or has diarrhea. **Must be symptom free for 24h from last episode before return to school.**

4



#### Contagious Illness

Influenza, Measles, Mumps, Rubella, (German Measles), Chicken pox, Pertussis (Whooping Cough), Impetigo

**Or any illness which presents with contagious symptoms.**

5

#### Interferes with ability to participate in school

Other symptoms interfering with learning or participation, such as abdominal pain, ear ache, itchy/painful eyes, light-sensitivity, or discharge from eyes that require frequent wiping.



**See back for more details of symptoms and when to stay at home and when it is safe to come to school.**

6



#### If illness occurs at school

If your child becomes ill during the school day, the school nurse will contact you to pick up your child. To return to school, your child must be w/o symptoms for 24h and fever-free w/o fever-reducing medications for at least 24h.

Additional DoDEA health information can be found at: <https://www.dodea.edu/education/student-services/health-services>

Symptom	Stay at Home?
<b>Fever:</b> Elevated temperature of 100 F or greater demonstrates the need to exclude the student from the school setting. Note: A fever is noted to be present at 100.4 F.	YES – when accompanied by behavior changes or other symptoms of illness, i.e.: rash, sore throat, stomach ache/vomiting, diarrhea, coughing, head ache, ear ache.  The student should be fever free (oral temperature below 99 F) without the use of fever-reducing medicines, for a complete school day (24 hours) before returning to school.
<b>Flu Symptoms:</b> Fever over 100 F or greater with cough and/or sore throat. Other flu symptoms can include fatigue, body aches, vomiting and/or diarrhea.	YES – for at least 24 hours after there is no longer a fever, without the use of fever-reducing medicines.
<b>Coughing:</b> Severe uncontrolled coughing or wheezing, rapid or difficult breathing; coughing lasting longer than 5-7 days.	YES – medical attention is necessary.
<b>Mild Respiratory or Cold Symptoms:</b> Stuffy nose with clear drainage, sneezing, mild cough; no temperature elevation.	No – may attend if able to participate in school activities.
<b>Vomiting:</b> One or more episodes of vomiting in the past 24 hours.	YES – until vomiting resolves (no further vomiting for 24 hours). Observe for other signs of illness and for dehydration.
<b>Diarrhea:</b> Frequent, loose or watery stools compared to child's normal pattern; not caused by diet or medication.	YES – if the child looks or acts ill; if the child has diarrhea with temperature elevation of 100 F or greater; if child has diarrhea and vomiting.
<b>Rash WITH Fever:</b> A body rash without fever or behavior changes usually does not require exclusion from school; seek medical advice.	YES – seek medical advice. Any rash that spreads quickly, has open, weeping wounds and/or is not healing should be evaluated.
<b>Conjunctivitis:</b> Pink/reddish color to white part of the eye and thick discharge may be yellow or greenish in color.	YES –discharge and signs of infection have cleared or completion of 24 hour treatment with ophthalmic solution prescribed by a health care provider.
<b>Head lice or scabies</b>	No - Treatment initiated. Note: Strict adherence to product directions is essential for successful eradication of parasites.
<b>Impetigo</b> (to include: streptococci, staphylococcus, MRSA infections) Blister like lesions which develop into pustules. May "weep" and crust.	YES – for 24 hours after medical treatment initiated. Note: Lesions must be covered for school attendance.
<b>Ringworm</b>	No – Treatment initiated Note: Lesions must be covered for school attendance.
<b>Vaccine Preventable Diseases</b> Measles, Mumps, Rubella, (German Measles), Chicken pox, Pertussis (Whooping Cough), Influenza	YES – until determined not infectious by medical care provider.



# SPIRIT WEAR

Be the best dressed on the block with our Stallion Spirit Wear! PTA-sponsored spirit wear is on sale now until September 15th and will be delivered in early October. Scan the QR code for more!

*By educating students in the importance of proper biomechanics for backpack wearing, adults can foster a child's responsibility for their health and wellness and help build lifelong healthy habits.*

## Backpack Tips

**Wide, padded shoulder straps**

**Lightweight material**

**Wear both straps!**

**Padded back**

**Waist strap**

**Multiple compartments**

**15% of child's body weight**

For a 48-pound child, 15% is **7 lbs.**

For a 59-pound child, 15% is **9 lbs.**

For a 76-pound child, 15% is **11 lbs.**

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Come by and see us at the C.A.R.E Fair on September 9<sup>th</sup> at the ACS Building from 11-2 for more information and hands on activities!

Contact your EDIS Physical or Occupational Therapist for further questions.

Patch Elementary:

April Bell, PT  
[April.r.Bell5.civ@health.mil](mailto:April.r.Bell5.civ@health.mil)

Sara Guzman, OT  
[Sarasvati.Guzman.civ@health.mil](mailto:Sarasvati.Guzman.civ@health.mil)

## Proper Backpack Biomechanics....

**Pick** a backpack that is sized correctly with the following features:

- Padded and adjustable shoulder, hip and chest straps
- Multiple compartments
- Light weight and water-resistant material

**Pack** no more than **10-15%** of the student's body weight

- Use compartments to distribute load evenly with heaviest items secured and closer to the student's back
- Clean your backpack regularly of unnecessary weight

**Position** using both shoulder straps and ensure straps are adjusted to keep the pack resting comfortably on your back

- Pick up the pack by bending and lifting in the knees
- Use hip and chest straps for heavy loads
- The bottom of the backpack should rest in the small of the students back and not be more than 4" below the waist
- Look for difficulty taking the pack on and off, red strap marks, tingling or numbness in the arms or legs, a change of posture or complaints of pain