

# Mountain View Elementary School

## "Kenai's Neighborhood School"

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### \*IMPORTANT DATES\*

**Friday, March 6**  
INSERVICE DAY  
NO SCHOOL FOR  
STUDENTS

**Monday, March 9 –**  
**Friday, March 13**  
SPRING BREAK  
NO SCHOOL

**Tuesday, March 17**  
SPRING PICTURES

**Tuesday, March 17**  
ST. PATRICK'S DAY



**Wednesday, March 18**  
EARLY RELEASE DAY  
FOR STUDENTS  
Students will be dismissed  
at 1:55 PM

**Friday, March 27**  
Kindergarten Beach Day



### Spring Fever Epidemic Strikes Mountain View

Sorry for playing on the "topic de jour" from the news headlines lately, but the odds are your student is a lot more likely to lose precious academic opportunities from catching a case of Spring Fever than from any fallout from the Coronavirus.

We will keep you informed of any contingency plans KPBSD puts in place for the very unlikely "what if" scenarios surrounding the Coronavirus. Also please read the article later in this newsletter from our school Nurse regarding good personal hygiene to stop the spread of any virus.

However, for now, please, let's take a moment to deal with the actual reality of the fever that is currently spreading rapidly at school as we speak.

#### **Here are a few things you can do to help stop the spread of Spring Fever at Mountain View:**

- Even though the days are getting longer, please ensure your student is going to bed at an appropriate time.
- The weather is quite variable. Check out what the weather for the day is and send your child to school with appropriate outdoor gear. We do have outdoor recess in the morning and the temperature is often much colder than the sunny afternoon from the day before that is stuck in your mind.
- Remember that there is a lot of the school year left and help your child stay focused.
- Have your child play outside whenever possible. Fresh air and activity help your child's brain as much as their muscles, heart and lungs.
- Resist the temptation to take your child out of school early or for a long weekend to enjoy the better weather.

**The last few months of school are critical academically for students.** They are cementing skills and using that acquired knowledge to explore subjects that are more complicated. All students will take benchmark assessments at the end of the year that will be used or class placement for next year. Help us help your student get all they can out of this academic year by finishing strong.





# NEWS FROM THE NURSE

From Nurse Debbie



**Happy almost spring from the Nurses office!!!**

It has been a long winter and we have all had our share of colds, flu and many other illnesses. The word on everyone's mind now is "Coronavirus" so let's address it.

First, the School District is formulating plans and keeping us all updated on what is happening in the nation and Alaska. If it should arrive here, the plan will be in place.

The key points for all of us remain the same:

- Good handwashing for 20 seconds (about how long it takes to sing the ABC song) with soap and water is still the most effective way to prevent the spread of disease. Do it often. Hand sanitizer is also effective.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.

It is spread from an infected person to others through the air by coughing and sneezing, close personal contact such as touching or shaking hands, touching an object or surface with the virus on it, then touching your mouth, nose or possibly eyes.

Clorox, Lysol or any other disinfecting wipes are good to have around to wipe commonly touched surfaces i.e.: faucets, doorknobs, refrigerator handles, countertops to decrease spreading germs to each other at home (we do it at school).

Wearing a mask does not help because we all tend to touch and move the mask with our hands resulting in the virus getting on our hands anyway. It is much better to follow the key points above.

If your child is sick (fever over 100 degrees or a nasty cough), please keep them home. If they come to school sick and are sent to me, I will call you to pick them up and take them home.

The most important thing for us all is to keep ourselves as healthy as we can. Get a good night's sleep, fresh air, vitamin rich foods, drink lots of water and **WASH YOUR HANDS OFTEN AND WELL!!!**

## APPLICATIONS AVAILABLE FOR THE 2020-2021 TITLE ONE PRE-K PROGRAM AT MOUNTAIN VIEW ELEMENTARY

Screenings for this program will be held on Monday & Tuesday, May 11<sup>th</sup> & May 12<sup>th</sup>.

Applications are available at the office at Mountain View Elementary.

In order to be considered, a child must be 4 years old by September 1, 2020, live in the Mountain View attendance area, and have a completed application returned to Mountain View Elementary.

For more information, please call 283-8600.

