

Sudlow Intermediate School Eblast

Saturday, October 31

Don't forget to "Fall" behind tonight & set your clocks back 1 hour

Monday, November 2

Happy Monday!!!

Tuesday, November 3

7th gr BBB @ Williams (430p)
8th gr BW @ Williams (430p)
8th gr GBB vs Williams @ Sudlow (430p)

Wednesday, November 4

240p - Early Dismissal

Thursday, November 5

7th gr BBB vs Smart @ Sudlow (430p)
8th gr BW vs Smart @ Sudlow (430p)
8th gr GBB @ Smart (430p)

Friday, November 6

Have A Wonderful Fall Weekend & Be Safe!!!

***For Sale Now.....\$5.00 while supplies last - Class of 2014 (8th graders) & Class of 2015 (7th graders) Autograph T-Shirts. To purchase, see Mrs. Kreuger during Homeroom in Room 208.**

***The 8th grade event is scheduled for May 7th.**

******COMING SOON******

We will keep you posted, but soon the office will be selling PTA Sudlow Spiritwear.

1st Quarter Report Cards are in the mail – you should be receiving them Saturday or Monday. If your child receives an "I" as a grade they have 2 weeks to make up their missing work – this gives them until Tuesday, November 17.

If your child has made up their work and you are in need of knowing their letter grade, we are not going to re-print report cards for the child to bring home to you. We "highly" encourage you to sign up for Parent Assist, and if you are already on Parent Assist your child's new grade will be posted there. Also, if you look on the back of your child's report card we supplied you with all the teachers email addresses so that you may contact them via email.

Don't forget to "Fall" behind this weekend (Sunday, November 1, 2009) – Set your clocks behind 1 hour for the change in Day Light.

Lost & Found – There is a Lost & Found table located in the main office. The table is getting rather full of clothing (sweatshirts, coats, etc). If you could tell your child if they are missing anything they can come in the office and check out the table....or we do invite parents to come in and check it out. We plan to bag up all items and ship off to GoodWill on Wednesday, November 11th.

8TH GRADERS FURTHER CAREER PLANNING PROCESS

Sudlow 8th grade students will continue their career and educational planning in the next 2 weeks in their Language Arts class. They will spend 3 days in the computer lab researching careers associated with their personal interests and skills.

They will be utilizing a new State of Iowa career planning tool known as “I Have a Plan”. The website is www.ihaveaplaniowa.gov. This is a continuation of a career exploration process they began as 7th graders. Sudlow Counselors, Ms. Pancratz and Mr. Neuhaus, will present the unit with Ms. Hall and Ms. Craig, as part of a Language Arts writing assignment. You are encouraged to ask your child about this project and discuss their plans with them. They should be bringing a Career Pathway sheet home for you to sign and return to Sudlow within the next couple of weeks. This form will be kept in their file and reviewed as they continue through school.

8th grade students will be registering for high school classes some time in January. We hope they use the information from this unit to help them make decisions regarding course selection and developing a 4-Year Plan of Study.

Our boys and girls basketball teams and our wrestling team get into action next week.

On Tuesday, our 8th grade girls basketball team plays Williams at Sudlow at 4:30. Our 7th boys basketball team and 8th wrestling team travel to Williams on Tuesday to open there. Both start at 4:30

On Thursday, our 7th boys basketball team and our 8th wrestling team play Smart at 4:30. Our girls basketball team plays at Smart at 4:30

Any 6th or 7th grade girl interested in playing volleyball on a club team for Central, contact Amber Hall at: halla@davenportportschools.org

6th Grade Honor Choir rehearsal will be at 7:50a on the following Fridays: November 6, 13 & 20 and December 4

Mrs. Houston – 6th Grade Science

We are about halfway done with our research papers. The official due date is Nov., 6th. Presentations will be on the 6th and 9th of November. Students should have their rubric/criteria for the paper and visual in their science folders if you would like to look it over. This is a big project for 2nd quarter, so please ask your child if they are on track with their research paper/visual. The visual will need to be done at home, but the entire research paper is done in class.

Miss Charlier's 7th Grade Honors English is working on a Music Montage outside of class that will be due on November 23rd. They will present on the 23rd and 24th.

Also, Language Arts classes are currently writing their second formal paper of the year, the comparison/contrast paper. Please do not forget to remind your child that they need to be turning in their SSR reading logs every Tuesday.

Mr. Elmore's 7th graders will be gathering food intake information for themselves starting next week. So don't be alarmed if they are writing down everything they eat and drink for two days. They will also keep track of their activities so they can compare their calorie intake against their calories burned during the day.

Fight the Flu! Flu.gov has continual updates and information about the flu.

Remember the 3 Cs

Cover your cough – use a tissue or your elbow

Clean Your Hands- Use soap & water or hand sanitizer

Contain germs- Stay home when sick

Know the Difference between a Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu.
Coughing	A hacking, productive (mucus- producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the H1N1 flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the H1N1 flu.
Chills	Chills are uncommon with a cold.	60% of people who have the H1N1 flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the H1N1 flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the H1N1 flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the H1N1 flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the H1N1 flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the H1N1 flu.

The only way to stop the spread of the epidemic is to spread the awareness.

SUDLOW WILL NOT HAVE A SEASONAL FLU SHOT CLINIC FOR STUDENTS THIS YEAR

Genesis will be holding Seasonal Flu Clinics at the *Elementary Schools* in Davenport the 1st 2 weeks in November.

Information about H1N1 will be shared as it becomes available.

The Rules about medications in school:

Students are not to have any medications with them at school.

Students needing to carry inhalers must have an order signed by their physician and their parents.

Please contact the nurse (563) 326-3502 & ask for the nurse if your student needs medication during school hours.

Medications taken at school are to be dispensed through the nurse's office.

Upcoming PTA Events and/or Events that we need help with:

***Tuesday, November 10th – Next PTA Meeting @ Sudlow Library**

***Friday, January 8th 6pm – Annual Sudlow Movie Night**

If you should have any questions or would love to join the PTA, please feel free to contact Lisa Prior at 563-650-8221.