

Free Flu Vaccine For AE/MS Students

CCNTR press release

Protect your child during the upcoming influenza (flu) season. A free flu vaccination clinic will take place at the Andover Elementary/Middle School on Thursday, October 13. The vaccination will be given during school hours, and there will be no cost to you.

The school vaccination clinic is facilitated by the Caring Community Network of the Twin Rivers (CCNTR) and is limited only to the children who attend AE/MS. A consent form and other information will be sent home with your child in the next few weeks.

Each year, seasonal flu can threaten the health of children, families, and communities. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby.

Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or possibly their nose.

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after

becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

The best way to protect against the flu and its severe complications is to get an influenza vaccine each year. Influenza vaccine is recommended for children six months of age and older by the Centers for Disease Control and Prevention (CDC) and the New Hampshire Department of Health and Human Services.

The 2011-2012 flu vaccine will protect against the three influenza viruses that research indicates will be most common during this flu season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. Vaccination is especially important in children with long-term health conditions like asthma, diabetes, and heart disease. These children are at high risk of serious complications.

Influenza season can begin as early as October. It takes about two weeks after the vaccination for antibodies to develop in the body and provide protection against influenza. The CDC recommends that vaccination begin as soon as vaccine becomes available.

More: AE/MS school nurse Christine Frost, 735-5500 or CFrost@andover.k12.nh.us.

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ers run structured “homework help” sessions during the 45-minute gap between the end of the school day and the start of practice.

The homecoming game is on Friday, September 30. The AE/MS Soccer Jamboree will be on Saturday, October 15, on Carr Field. Come by and watch a game!

Testing

The start of a new school year brings with it assessments for students. Of course, classroom assessments begin the first day. In addition, Northwest Evaluation Association (NWEA) testing was administered in mid-September to grades three through eight. Using laptops, students take three tests: reading, mathematics, and language usage. Teachers are able to quickly obtain results and use the information for lesson planning and teaching.

Concord Chorale

Proctor Academy’s Kris Johnson is the new director of the Concord Chorale, an adult choir associated with the Concord Community School of Music. Their performance venue is St. John’s Catholic Church in Concord, not because of religious affiliation, but only because of its suitability and availability. On Saturday and Sunday, December 10 and 11, they’ll be performing a Christmas concert of traditional choral music, accompanied by a 26-piece orchestra. Interested AE/MS students have been invited to join the chorale for part of this concert.

Monday evening practices will be held at Proctor in late September through mid-October, then Monday night practices with the Chorale in Concord from late October through the December performance time. The only cost would be a minimal fee for the sheet music.

No prior vocal experience is needed – only a basic ability to sing on pitch and an interest in learning to sing choral music. Kris is an inspiring director, and if this goes well, he’ll be looking for future opportunities to involve AE/MS students.

Free/Reduced Lunches

School families are encouraged to apply for free and reduced lunches at any time during the school year. If your income or household situation should change, please keep this in mind.

These applications, however, can be quite confusing. Don’t hesitate to give me a call or stop in for help with it. If you also have a son or daughter at Merrimack Valley High School, you can submit one form to AE/MS and it will cover both schools. All information provided is confidential.

AE/MS Open Houses

The Middle School Open House has already been held and was well attended. We always have Open House for fifth- through eighth-grade families early because we know it is especially helpful for sixth-grade families new to the Middle School.

The Elementary School Open House

was September 22. Open Houses are intended to give parents and guardians a synopsis of their child’s school year, a chance to meet the AE/MS staff members who work with your child, and a chance to visit all the classrooms on your child’s schedule.

Web Site

If you haven’t visited the school Web site lately, you are in for a surprise. Chris Connor is constantly updating the Web site and has added a lot of new information and photographs. There is also an SAU link to Andover School Board minutes and postings.

There are many academic resources for students and parents. A lot of new math information has been added. Curriculum specifics are on the Web site. Check out the photos from our Back to School BBQ and Celebration!

PTO

The first official meeting of the AE/MS Parent Teacher Organization was held on September 26. All are welcome to attend PTO meetings, which are held in the school library. We have many members who are unable to make the monthly meeting but participate in many other ways.

KUUF

Thank you, Kearsarge Unitarian-Universalist Fellowship! The group, which meets Sunday mornings in Proctor’s Stone Chapel, generously purchased and assembled well-stocked backpacks for our students. They have also contributed toward a snack fund for students.

The seventh grade science class will participate in the Sea to Lake, Summit to Sky Initiative this year. This is a grant-sponsored program that involves four different science-based institutions in New Hampshire: Squam Lakes Natural Science Center, Sea Coast Science Center, Mount Washington Observatory, and the McAuliffe-Shepard Discovery Center.

Each institution has developed a program under the theme “Environmental Change.” Each program is specific to the expertise of the institution – for example, the Squam Lakes Natural Science Center takes a look at how wildlife can cause environmental change and how wildlife is affected by environmental change.

Our students will have an experience with each of the institutions. The experience can be an outreach to our school, a field trip to the institution, or a distance-learning experience.

The cost of the initiative is covered by a grant. There is also a travel reimbursement available for up to \$450 to help cover the cost of buses.

Skateboard Park

The Skateboard Park and basketball court area, located on school grounds, is now lit up at night from 7:30 to 10 PM through the fall months. The basketball court has already become a busy place at night. It is definitely helpful if anyone using the area picks up after themselves.

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NEW PROVIDERS



ANDOVER FAMILY PRACTICE
is pleased to welcome **Family Nurse Practitioner, Barbara Wood, APRN** to the local community. Barbara will practice general family medicine, with office hours at Andover Family Practice, Mondays, Wednesdays, and Fridays between 8:30 a.m and 4:00 p.m.

Wood holds a Masters Degree in Nursing from the University of New Hampshire and a Bachelor’s Degree in Nursing from Georgetown University in Washington, DC.

She has worked in the Lakes and Three Rivers Regions since 1996.



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▶ **To schedule an appointment, please call the Andover Family Practice at (603) 735-4363.**