Please help us spread the word in the Howard Community. We have enrollment packets in the office for families to sign up for fall. If you have a child who will be 5-years old on or before September 1st, please start gathering immunization records, birth certificates, and copies of proof of residency. Please call Lori at 541-790-4900 if you have any questions about the enrollment process.

**Kids in Transition to School (KITS)**

Do you have a student entering kindergarten next year? Join the FREE Kids in Transition to School (KITS) program this summer, July 10 – August 15, September 14 and 21.

During this program your kids will:
- Learn to make friends & cooperate
- Build beginning reading & counting skills

You will:
- Reduce parenting stress
- Connect with your child’s school

To enroll and for more information, please contact Alicia Longoria at 541-790-7230 or email: longoria@4j.lane.edu

Additional information is available at the KITS website: [http://www.kidsintransitiontoschool.org/](http://www.kidsintransitiontoschool.org/)

**Friday Early Release**

It is important to remember that every Friday is early release. Students are dismissed at 1:10. We ask that you be prompt in picking up your child/children. The office staff is not available to supervise students left waiting due to meetings that they are required to attend or other duties that they must attend to away from the office. Students that are left longer than 10 minutes after dismissal will be seated in the front hallway with little or no supervision.

**Cell Phones & Electronics at School**

Phones, tablets, music players, video games, laser pens, and other entertainment items should not be brought to school. Cell phones are not allowed to be used during school hours and need to be powered off and placed inside student backpacks during school hours. The school is not responsible for lost or damaged items.

We know it is very important that families are able to communicate with their students throughout the day, but calls and texts directly to students can be very disruptive to learning. If families need to communicate with students, please plan ahead, contact the office, or email teachers in a timely manner. Know that messages given to the office near the end of the day cannot always be relayed to your child.

**Red Cross Cascadia Subduction Zone Program**

Please mark your calendars - On Thursday, April 4th, the Red Cross will be offering a free community program at South Eugene High School’s Auditorium from 6pm-7:30pm called Prepare Out Loud that will focus on the Cascadia Subduction Zone and overall individual/family emergency preparedness tips. There will be a preparedness fair from 5:00-6:00pm ahead of the program to receive a variety emergency preparedness information from community partners.

Community agencies helping to promote this educational program are:
- City of Eugene
- Lane County
- Eugene 4J School District
- EWEB
- U of O
- Cascadia Prepared

This program is open to the whole community, we welcome businesses, nonprofits, individuals, families, faith organizations as all will be affected during a Cascadia event or other local disasters. The recent snowstorm affected some neighborhoods & communities in Lane County for several days without power and/or damaged houses. It is always good to be prepared.
Please Keep Sick Children at Home

When children are sick, they need to stay home. If your child has any of the following symptoms, please do not send him/her to school:

**Fever of 100 degrees or more.** Children should stay home until the fever has been gone for 24 hours without fever reducing medication.

**Vomiting or severe diarrhea.** Children should stay home until symptoms have been gone for 24 hours. If the doctor confirms norovirus please keep your child home for 48 hours.

**Severe cold.** A little sniffle is not a reason to stay home, but a severe cold or influenza is.

**Severe sore throat, ear ache, headache, or persistent cough.** If your child has a communicable disease, he/she should not come to school. Common childhood communicable diseases include chicken pox, measles, mumps, and whooping cough (pertussis). Please call the school and let them know if your child should contract any of these diseases.

### IS IT A COLD OR FLU?

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Cold</th>
<th>Flu</th>
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</thead>
<tbody>
<tr>
<td>Symptom onset</td>
<td>General</td>
<td>Ablert</td>
</tr>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual</td>
</tr>
<tr>
<td>Chills</td>
<td>Slight</td>
<td>Usual</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Uncommon</td>
<td>Fairly common</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Mild to moderate</td>
<td>Common</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
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</table>

What is the difference between a cold and flu?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are more intense. Colds are usually milder than flu.

People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, whereas flu can result in severe health problems. Common cold associated complications include chicken pox, measles, mumps, and whooping cough (pertussis).

### What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Recently, I had the opportunity to go into all of our classrooms to do a lesson on friendships. We talked about how to make friends, how to keep them, how to lose them, and about the meaning of friendship. Often times we adults teach kids skills that adults too can benefit from. I gave a real life example of when I was in high school when I thought that the more friends I had meant that I was more valuable. The higher that number, the better I felt about myself and it became the measurement of my self-worth. I tried so hard to make friends and to fit in even though it had cost so much. I didn't care that I was getting in trouble for being the class clown because I got kids to laugh and that meant they liked me. I didn't care that I was missing class material and falling behind in academics because I wasn't missing any of the latest gossip and news hitting the senior class. I didn't care that my attendance at school suffered because my attendance at social events was spot on perfect. I sacrificed so much to have friends because I thought that the number meant everything. I remember my senior yearbook had 366 signatures in it, even though there were only 365 kids in my class because I had to have the most popular teacher sign it too. That book was proof I existed and that I mattered. I couldn't have been more wrong. I shared with the classes that a couple weeks after high school graduation, I hit an all time low because of all the “friends” that I thought I had. I was only left with my buddy Jon who happened to be in my wedding party. When all my worth and eggs were in the basket of friendships, I felt pretty worthless when only one egg was left in it. That feeling was horrible. I had to have the hard boiled realization that it’s not the number of friends that make us any more or less valuable, but it’s all about the quality of the friends that we have. I decided to put my energy and effort into cultivating my friendship with Jon; after all he was there for me. We ended up best friends and still talk to this day. My challenge is for all of us to value that small number of great friends and to put more energy and time into those that care about us than those who don’t. We do it all the time and try so hard with those who never reciprocate, but sometimes we need to remember that fewer eggs in the basket is lighter to carry and less likely to break.

**STEM FUNdamentals with LEGO® Materials**

Starting in April, Howard will be offering an after-school class on STEM FUNdamentals with LEGO® Materials! Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Hot Air Balloons, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment.

**When:** Every Friday April 5th - April 26th  
**Time:** 1:15pm - 2:45pm  
**Where:** Howard Elementary Community Room  
**Grades:** 2nd - 5th  
**Cost:** 4 classes $66/student

Younger grade exceptions will be made on a case by case basis. Scholarships may be available. To enroll please visit: [https://play-well-registration.com/registration/new/77827](https://play-well-registration.com/registration/new/77827)
Did you know that Howard offers FREE Grab ‘N’ Go Breakfasts? In addition to the regular breakfast items offered each morning, Howard students also have the option to choosing a Grab ‘N’ Go breakfast, which typically contains string cheese, a granola bar, and a juice box. Let your students know that even if they have already eaten at home, they are more than welcome to pick up a Grab ‘N’ Go breakfast in the morning to save as a snack later at school or at home.

**Library News!**

April is school library month, first celebrated in 1985. April 12th is Drop Everything and Read Day D.E.A.R. 7th-13th National Library Week
9th Library workers Day - Say thank you to your favorite library person. Our downtown public library has so many hard working people.
30th Children’s Book Day

Monthly book review:

*I Am Not A Chair!* by Ross Burach. A funny and cheerful story about a Giraffe who must find the courage to stand up for himself. Playful illustrations help show the emotions of the characters in a cute and comical way. Does Giraffe have the courage to tell his friends he is not a chair in a kind way? Why, yes he does! We read this story during library classes for the younger and the kids loved it!

**Oregon Battle of the Books** has come to an end for this year, hard to believe we are in April already. Our 5th grade team The Spikes represented us well at the Regional competition at Thurston High School. It was a lot of fun, I was very proud at how our team worked together and read so many books! Next years book list is located on the web site [https://www.oregonbattlesofthebooks.org/](https://www.oregonbattlesofthebooks.org/) spring break is a great time to get a head start on next year.

I would like to give a special thanks to all the families and volunteers who supported and helped with our annual book fair. I couldn’t have done it without you! We had a really nice turn out. With all the family support we were able to provide every classroom with new books along with our specialists and our school library. The kids were so excited!

We are returning from Spring Break please help your children locate and return their library books. We are fast approaching year end, with that in mind there are only a few more weeks of check out and lots of new books to read!

Reading with your child at night I believe is one of the most important lasting things we can do for our children. This supports their reading at home and at school, develops their vocabulary and creates a close bond and trust between reader and child. I have such fond memories of my Grandmother reading to me as a small child. A priceless gift you can give a child they will carry through out their whole life time.

*And will you succeed? Yes you will indeed! 98 and 3/4 percent guaranteed.* - D. Seuss
Future Happenings

- 4/1 – Students return from spring break
- 4/3 – Monthly Walk and Roll to School Day
- 4/10 – Wacky Wednesday – Crazy Hair/Hat Day
- 4/15 – 19 PTO Penny War
- 4/16 – PTO Meeting, 6:00 p.m.
- 4/18 – McTeacher Night
- 4/22 – Site Council, 2:45 p.m.
- 5/1 – Monthly Walk and Roll to School Day
- 5/2 – PTO Movie Night, 6:00 p.m.
- 5/3 – No School – Transition Day
- 5/8 – Wacky Wednesday – Tie Dye Day
- 5/21 – PTO Meeting, 6:00 pm
- 5/27 – Memorial Day – No School
- 5/28 – 5/31 BOGO Book Fair
- 5/29 – Site Council, 2:45 p.m.
- 6/1 – Howard Carnival, 10:00 a.m.
- 6/5 – Monthly Walk and Roll to School Day
- 6/12 – Wacky Wednesday – Tropical Day
- 6/18 – Last Day of School
- 6/19 – Grading Day – No School
JOIN US IN AUTZEN STADIUM FOR THE 2019 KIDS DUCK DASH!

RACE DETAILS

**Distance:** 1K (approx .75 mile) around Autzen Stadium and #FinishOnTheFifty

**When:** April 27, 2019 at 8:00AM

**Age requirements:** Runners between 4 and 12 are welcome to participate. Kids under the age of 6 must run with an adult chaperone (can be PE teacher, friend, etc.)

**Goodies:** Youth cotton shirt, race medal, reusable tote bag, reusable water bottle, a Krusteaaz Pancake Breakfast and more!

**Packet pick-up:** At the Expo on Friday or at the starting line on race day. Visit eugenemarathon.com for more information.

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**PARTICIPANT INFORMATION**

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**SCHOLARSHIPS**

Scholarships are available. Have parent/guardian AND PE teacher or teacher sign below for scholarship only if needed and turn in to teacher.

Parent/Guardian

Teacher

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**PARTICIPANT WAIVER**

I acknowledge receipt of this notice, and understand that the Eugene Marathon is not liable for any injuries, accidents, or incidents occurring at, during, or in connection with this event. I agree to hold the Eugene Marathon harmless for any claims, actions, or suits by any party, whether or not related to any injuries, accidents, or incidents occurring at, during, or in connection with this event. I also agree to accept full responsibility for any and all actions I take while participating in the event.

The participant waives all rights to claim against the Eugene Marathon and its agents for any injuries, accidents, or incidents occurring at, during, or in connection with this event. The participant agrees to indemnify, defend, and hold the Eugene Marathon harmless for any and all claims, actions, or suits brought by any party, whether or not related to any injuries, accidents, or incidents occurring at, during, or in connection with this event.

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Legal Guardian Signature (Required for participants under 18)

Date

RETURN TO YOUR PE TEACHER OR MAIL TO THE EUGENE MARATHON WITH PAYMENT BY APRIL 4

*MUST BE TURNED IN OR MAILED BY MARCH 27 FOR CUSTOMIZED BIB
Learn the facts. Take action. Talk about it.
Together we can rise to the challenge of a Cascadia Earthquake.

The American Red Cross Prepare Out Loud presentation will empower you to be ready for disasters of all kinds (including a Cascadia earthquake) by taking practical steps to start preparing, being vocal about your preparedness and encouraging others to start preparing.

Learn more about:
- The science and history of the Cascadia Subduction Zone
- Human behavior during disasters
- What to expect during and after a Cascadia earthquake
- How to prepare to quickly locate your loved ones following a disaster
- How much food, water, and supplies you will need to take care of yourself and others

Free to attend

WHEN: THURSDAY, APRIL 4
5 - 6 P.M. Preparedness Fair
6 - 7:30 P.M. Presentation

WHERE: South Eugene High School
Auditorium
400 E. 19th Ave.
Eugene, OR 97401

Learn more at:
redcross.org/
PrepareOutLoud