

May /June Newsletter 2009

*Message
From the
Principal*

Dear Parents,

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Powell on the web:
<http://powell.littletonpublicschools.net>

Here we are at the end of the year—how quickly it has passed! You will find a great deal of helpful information in this newsletter regarding various activities occurring throughout the month of May, as well as information regarding the closure of this school year and the beginning of the 2009-10 school year. In addition, we will continue to post updates on our webpage. Please be sure to utilize that valuable tool.

This will be my last newsletter article to you as I will begin retirement in June. My time at Powell has been the highlight of my career in education and I have greatly enjoyed my years here. I retire with many, many wonderful memories of working with you and your children, watching the students as they grew educationally, physically and emotionally through each of the years. I will miss you all very much, but am looking forward to this new stage of my life. I have frequently been asked what I am planning to do. My initial plans are to spend more time with my children and grandchildren, sleep a little later in the mornings, travel further and for longer periods, and cook many of those recipes that I've been collecting over the years.

Please join me in welcoming Mr. Steve Wolf as the new principal of Powell Middle School! Steve is currently an assistant principal at Heritage High School and has background as a principal of a 7-12 high school in Minnesota. He is very excited to be joining the Powell community and I know that you will enjoy working with him.

Many thanks for all of the good years! I wish all of you only the best in the coming years.

Sincerely,

PTO NEWS



NOTE FROM DEBBIE and SHERI President's Report May 2009

I want to wish everyone a happy spring! It's finally feeling like Colorado weather again. Thanks to all of the moisture, it's more beautiful than ever. I hope you get to take time this summer to relax and hopefully travel around this grand state of ours.

To start, I would like to welcome new families coming into Powell next year. We are glad to have all of the new students and families that bring a new excitement each year. We also want to welcome our new principal, Mr. Steve Wolf. Please make a point to introduce yourself to him when you see him around our school. As we transition to a new leader, we will continue our high standards of excellence and keep many Powell traditions in place.

As the PTO Representatives for Powell, we want to welcome ALL parents into the volunteer community. We have always had a high rate of volunteer hours and hope to continue that through next year. Also welcome our PTO Board members for 2009-2010. Please keep these people in mind if you have any parent concerns or ideas throughout the year. We have monthly meetings that all are welcome to attend (see the website for a schedule). We love hearing from you and look forward to seeing you around the school.

2009-2010 Board
Co-Presidents:
Sheri Brasher and Debbie Cordero
Secretary: Amy Eckhout
Treasurer: Bob Belin
VIPs coordinators:
Holli Sparks, Pat Corder and Pam Seiler

Your VIPs coordinators handle the volunteers for our school year activities. You will be receiving volunteer information included in your registration packets asking where your interests lie. Remember, we can use everyone. If you want to help with registration in August, please email hollisparks@msn.com to **volunteer for this event only**. All other activities and committees will begin after the school year.

Look to our website for many items. First, you will find information on our upcoming magazine sales. This is our one and only official fundraiser and we have all kids participate. Something I do through the summer is collect all of my renewal offers from my current magazines. If you submit these offers with your orders in September, they will honor the lowest priced subscription. It is a wonderful deal. Be sure to tell your friends, they will always get the price that the magazine has offered if it is lower than the list price. Our website will list the monthly PTO Board meeting and all of the minutes from them after they have been approved. Come and get involved! It's a great place to be.

Please don't hesitate to e-mail us with any ideas or concerns.

Sheri Brasher
ssbrasher@comcast.net

&
Debbie Cordero
Debbie.cordero@comcast.net



PAC NEWS

POWELL ACCOUNTABILITY COMMITTEE SUMMARY FOR 2008-2009

The Powell Accountability Committee (PAC) has completed its service for the 2008-2009 school year. Per stated bylaws, PAC reviewed and advised Powell's administration regarding the following topics:

- 2008-2009 School Improvement Plan
- 2009-2010 Powell Staffing Plan
- 2009-2010 Powell Budget
- 2009-2010 Powell Calendar

PAC monitored the Powell School Improvement Plan, currently in the third year of a three-year cycle. The plan focused on the following three goals:

By spring of 2009, 90% of students at Powell Middle School will be Proficient or Advanced in writing as measured on the spring 2009 CSAP Writing Test.

By spring 2009, boys' writing CSAP scores at Powell Middle School will increase by 10% at each grade level.

By the end of the 2008-2009 school year, Powell Middle School will increase by 10% the number of students eligible for the Assertive Discipline Reward program.

Both the overall staff size and school budget will decrease for the 2009-2010 school year. Staffing and budget have been reduced because of budget cuts taking place at both the state and district levels and because of an anticipated decrease in student enrollment at Powell for the coming year. In addition, Powell and all schools in the LPS District had to return money assigned to the current school year to meet the state of Colorado's budget shortfall in the current fiscal year. The budget crisis in Colorado is ongoing, and further monetary cuts to schools are still possible.

Regarding the Powell calendar, dates were selected for back-to-school night and the various types of parent-teacher conferences.

Throughout the year, PAC was also briefed on the progress to date concerning the PLCs. The departments of math, language arts, science, social studies, and unified arts were reviewed. Rubrics and common assessments for the various courses were presented.

Staff members on PAC were Gerald Maness, Mark Talley, Betty Ross, Mary Jo Johnson, Marilyn Bailey, Stacy Miller Stelling, and Ben Lacey. Parent representatives consisted of Becky May, Holli Sparks, Steven Haas, Laura Ellen Daffoe, Jon Habert, and Dallas Jones.

PAC is seeking parent volunteers for two openings on next year's PAC. If you are interested, please download a PAC application from the Powell website or obtain one from the office.

Dallas Jones
2008-2009 PAC Chairperson

VOLUNTEERS NEEDED

Parent Volunteers are needed to help prepare registration packets for the July mailing. Packets will be stuffed on **June 11th, 8:00a.m.—11:00a.m. or 1:00p.m.—3:00p.m.** We need volunteers for one shift or the entire day. Please contact Nancy Lesan at 303 347-7951 if you are able to help.

PARENT NEWS

POWELL ACCOUNTABILITY COMMITTEE SEEKING NEW MEMBERS FOR 2009-2010 SCHOOL YEAR

The Powell Accountability Committee (PAC) is seeking two new parent members and one community member to serve a two-year term beginning with the 2009-2010 school year. PAC meetings typically take place on the first Wednesday of the month and last roughly two hours. Time requirements beyond the monthly meetings are minimal.



Elections for PAC membership will take place during schedule pickup in August. Applications for membership can be obtained in the main office at Powell or by contacting me at cowboydjj@comcast.net. Completed applications are due by the end of May.

Participation in PAC is a tremendous way to learn about how both Powell and LPS operate, and it provides an easy method to get involved. Next year's accountability committee will enjoy a particularly unique experience as they will work closely with Powell's new principal.

Please consider serving on the Powell Accountability Committee.

Dallas Jones
2008-2009 PAC Chairperson

LITTLETON PUBLIC SCHOOLS TO AGAIN OFFER FEDERALLY FUNDED, FREE SUMMER LUNCH PROGRAM

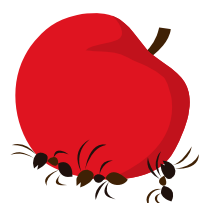
The Food Services department of Littleton Public Schools will again offer the free, summer lunch program. The program is fully funded by the United States Department of Agriculture and provides free meals to all children, ages one to 18. Individuals over the age of 18 may purchase a meal for \$3.25.

The program begins June 1, 2009 and concludes July 31, 2009. Meals are served from 11 a.m. to 1 p.m. at Field Elementary School, 5402 S. Sherman Way, Littleton, CO 80121.

During the school year, more than 18 million children across the country receive free and reduced-price meals at school. Just as learning does not end when the school year is over, neither does the need for good nutrition. This summer food service program helps children get the nutrition they need during the summer months.

Questions? Please contact LPS Food Services at 303.347.3357.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, immediately write to or call the USDA, director, office of civil rights, 1400 Independence Avenue, S.W., Washington D.C., 20250-9410, (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



PARENT NEWS

POWELL BAND NEWS

Dear Parents:

Are planning ahead for the coming school year's band classes? If so, here's some information you might want to know regarding each of the bands here at Powell.

6th Grade Band: Nothing needs to be done over the summer until school starts: Tuesday, August 18th is the 1st day back to school.

Wednesday-Friday, August 19th-21st students will try out all the band instruments and decide which ones to play—expect them to come home and talk to you about the costs involved (look for information coming home from me about that too).

Monday night, August 24th from 6-8 pm in the band room we will be renting instruments and other necessities. Music stores will be here to rent instruments to you and will have the correct books available to purchase. I will be here to rent the school instruments as well.

Concert Band: Students will need the 2nd book that we use which is called *Essential Elements 2000 Book 2*. Make sure the book is for the right instrument!

Symphonic Band: Students will need the 3rd book that we use which is called *Essential Technique 2000 Book 3*. Make sure the book is for the right instrument! If your student is a 7th grader in this 8th grade level band, it would be good to make sure they've worked through book 2 (the one listed above for Concert Band).

POWELL BAND NEWS, cont...

Puma Band: There are two books for this class: *Foundations for Superior Performance Warm-Ups & Technique for Band* as well as *Essential Musicianship for Band Masterwork Studies*. Make sure the books are for the right instrument! If your student is entering Puma Band from Concert Band, it would be good to make sure they've worked through book 3 (the one listed above for Symphonic Band).

If you have any questions or need recommendations of private lesson teachers or summer band programs please feel free to email me throughout the summer (however don't bother calling as they turn off the phone system) at mtalley@lps.k12.co.us.

Thanks,

Mark Talley (Powell Band Director)



THANK YOU!

This is a thank you message to our Powell parents who drive their children to school and choose to drop them off in the student lane provided for this purpose.

When these guidelines are followed we can ensure the safety of all our students. Thank you again for your consideration regarding this policy.

SCHOOL NEWS

THE POWER OF BOX TOPS



Please don't take a break from clipping this summer! We count on those Box Tops and Campbell Soup Labels for Powell Middle School. We will be happy to take them off your hands in August!



Thank you,
LSS class
Amy Folk
Box Top and Labels for Education Coordinator

SUMMER TIME!

COUNTDOWN TO A PAPERLESS NEWSLETTER

Powell is....**Going Green**

Printed copies of the Powell Newsletter will no longer be available after this May / June newsletter. The August Newsletter will mark the beginning of our electronic only delivery. Please make sure your email address is current in our system to insure electronic delivery.



WASHINGTON, D.C. TRIP

What a tremendous success the Washington D.C. trip was again this year. We were able, for the first time, to visit historic Williamsburg and Jamestown. The students were enthralled with musket shooting, a real Indian village, the Wig maker and many other fun and interesting sites.

We traveled back up to D.C. where we were able to visit the new Capitol Visitors Center, the Ford Theatre, viewed the Declaration of Independence, among many other memorials and places they have seen only in social studies books. We had four representatives from Powell lay the wreath at the Tomb of the Unknown Soldier. Each student had a connection to someone buried there which made the ceremony emotional for us all, including a few parents who were able to join us for the ceremony. We topped off Saturday night with a pizza party after Shear Madness at the Kennedy Center, a favorite of the students.

Thanks again to all the families, students, staff and community support that made this trip possible.

Dawn Hare
dhare@lps.k12.co.us



SCHOOL NEWS

NJHS HELPS EVERYWHERE



Although every National Junior Honor Society does a lot for the community, the Powell NJHS really goes above and beyond in many ways. In the first semester we completed numerous community-minded group projects with the support of our faculty council: Mrs. Arnold, Mrs. Durbin, Ms. Miller-Stelling, Mrs. Thursby, Mrs. Ross, Mrs. Darnick, Mrs. Hare, Ms. Masek, Mr. Meersman, and Ms. Hancock. One very successful project was Coats for Colorado, in partnership with **9 News**. A huge group of students made posters to advertise the collection, too. We gathered about 350 coats for needy individuals. As a reward for caring, about 350 Powell students wore hats for a day. Another project group, Tray Trinkets, made little toys – kaleidoscopes and mini Christmas trees – for Children's Hospital patients. The Project Linus group was also very busy crafting hand-made blankets and goodie bags which were then donated to a local hospital. Gift wrapping, a very "messy" and happy group, wrapped towels and tucked them into twelve Meals on Wheels food deliveries. In addition, a small group of students were paired with 7th-grade students for tutoring. Several members also wrote holiday letters to military personnel in hospitals and abroad. All of these groups spread some holiday cheer, and in doing so, caught the contagious spirit of helping others less fortunate.

Throughout first semester, each student was also responsible for completing three individual hours of unpaid volunteer work. Members' service ideas involved clever ways of helping others, from volunteering at church to babysitting

NJHS HELPS EVERYWHERE! con't....

required during second semester, as well. Volunteer service is required both semesters because "an NJHS member's devotion to fellow man is ongoing", as NJHS advisor Ms. Hancock explains it.

The service projects for second semester will mainly focus on beautifying the school grounds. On May 12 we will go all around the inside and outside of the school in groups and pick up any trash we can find. Moreover, we have given our ideas for the upcoming plans of making the xeriscape garden more classroom-friendly. We have consulted Doug Craig, the father of one of our members, Jeff Craig, and he will consider some of these design suggestions when he draws up the plan some time in the future! NJHS always sponsors the popular staff/student basketball and volleyball competition, which took place May 4. We asked for \$ 1.00 admission, which, along with monies collected from Student Council's fundraisers this year, will be donated to Craig Rehabilitation Hospital. Finally, at the 8th-grade dance, we will hold a raffle, selling \$ 1.00 tickets for some nice prizes. All money collected will be added to the Craig Hospital donation.

LAST DAY OF SCHOOL

The last day of school for all three grade levels is May 22nd. If your student will not be in attendance on May 22nd, **PLEASE** make sure you call the attendance line at 303 734-6310 to report your student's absence. A few minutes of your time helps save the Attendance Office several hours of phone calls on the last day. The Attendance Office must account for all students.

We appreciate your assistance in this matter!

INCOMING STUDENT NEWS

POWELL MIDDLE SCHOOL WELCOMES OUR INCOMING SIXTH GRADE CLASS

In May, we will welcome our four remaining elementary fifth graders who will be visiting and touring Powell.

Tuesday, May 5th

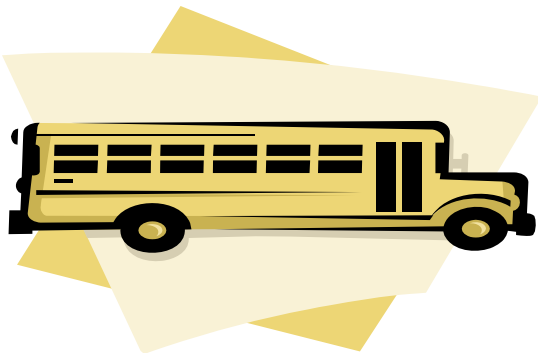
Highland Elementary
(9:30a.m. – 11:00a.m.)

Runyon Elementary
(9:30a.m. – 11:00a.m.)

Wednesday, May 6th

Sandburg Elementary
(9:30a.m. – 11:00a.m.)

Franklin Elementary
(9:30a.m. – 11:00a.m.)



AUGUST SCHEDULE PICK-UP DATES

Dates	Students	Times
Monday, August 10th	All Grades All Students	2:00 p.m. 7:00 p.m.
Thursday, August 13th	All Grades All Students	2:00 p.m. 7:00 p.m.

ATTENTION PARENTS AND INCOMING STUDENTS

The forth annual PRIDE Program is already gearing up for next school year. The Powell PRIDE Program serves to welcome all incoming 6th graders and new students to Powell by offering a special orientation at the beginning of the school year. During this orientation, 8th Grade Powell students, called PRIDE Leaders, will help new students get acquainted with Powell by offering welcoming activities, tours and a fun assembly on the first day of school. Please mark your calendars for the following dates.

Monday, August 17—All 6th Graders and new Powell students are encouraged to attend day one of Orientation from 9:00 to 11:00a.m. at Powell Middle School. Students will participate in activities outside led by Powell 8th Grade PRIDE Leaders so that students can begin to get to know their new classmates.

Tuesday, August 18—FIRST DAY OF SCHOOL, **6th Graders will start at 7:54** and attend a Welcome Assembly in the Gym. Students will go on a tour and be assigned a locker at this time. ****Please note all 7th & 8th Grade students will start at 9:54a.m. that day.**

Please call Ralph Hancock at 303 347-7962 with any questions regarding PRIDE.



END OF YEAR NEWS

CLEAN OUT SCHEDULE FOR HALLWAY LOCKERS

On *Thursday, May 21st, 2009*, all students will clean out their individual hallway lockers. Cluster and homeroom teachers, members of the custodial staff and administrators will supervise this task. The Powell custodial staff will provide trash bags and other needed cleaning supplies. The schedule follows below:

Clusters and Homerooms	Blocks	Times
Cluster 6-1 Supervising Teachers: Jason Mair, Stacy Miller Stelling, Betty Ross and Eric Sadler	Block One	8:05-8:25
Cluster 6-2 Supervising Teachers: Sandra BenAmi, Kendy Blake and Kim Gilbert	Block One	8:25-8:45
Cluster 6-3 Supervising Teachers: Allison Brenzikofer, Lauri Hamill and Chelsea Rogers	Block One/ Two	8:45-9:05
7th Grade Homerooms Supervising Teachers: Marilyn Bailey, Lisa Calkins, Sue Emmons, Joe Hagemeister, Cindy Hagen, Sally Hancock, Don Meersman, Keith Michie, Judy Parrent, Tim Patterson, Rachel Root, LeeAnne Sheets, Anne Thurmond, Melissa Toland	Block Two	9:10-9:40
8th Grade Homerooms Supervising Teachers: Rose, Clary, Beth Darnick, Sophie Derksen, Kathy Dinmore, Judy Graham, John Koudelka, Ben Lacey, Yvette Manculich, Gerald Maness, Catherine Pane/ Michelle Weber, Melissa Smart Wally Sprague, Kathie Summers, Deb VonVihl	Block Eight	2:00-2:30

STUDENT NEWS

CONGRATULATIONS COLUMN

Congratulations to our "Roll of the Dice" DI Team who won first-place at the regional DI competition on Saturday, April 4th, at Heritage High School. The team members are **Brandon C, Jared C, Joy D, Kyle D, Alex S, Madison S** and **Sarah S**.

Congratulations to our "Pi" DI Team who also won first place at the regional DI competition on Saturday, April 4th, at Heritage High School. The team members are **Heather K, Emily C, Calvin M, Lizzie S, Grant W** and **Aaron Z**. The team manager is **Bri K**.



PHYSICAL EDUCATION LOCKER CLEAN OUT

On *Wednesday, May 20th* and *Thursday, May 21st*, the Physical Education Department will be cleaning out the lockers in the boys' and girls' locker rooms. Students who are enrolled in P.E. this semester will be cleaning out their lockers during class. Students who were enrolled in P.E. last semester and still have possessions stored in the P.E. lockers need to clean out their lockers on either the 19th or the 20th after school.

All items left in lockers will be donated to the InterFaith Task Force.

DRESS REHEARSAL FOR CONTINUATION 2009

This year's Continuation Ceremony will be held on Thursday, May 21st, 2009, from 5:30-6:30. The dress rehearsal for this year's ceremony will be held on **May 21st, during Block 3, 9:40-10:26 a.m.**

All students who will be participating in this year's ceremony are asked to attend this dress rehearsal. Eighth grade teachers who teach eighth graders during Block 3 are asked to supervise this rehearsal.

Congratulations to these 8th graders who took the National Spanish Exam! They each received an award of excellence for their scores.

Logan B – Premio de Oro (Gold Award)
 Brianna M – Premio de Bronce (Bronze Award)
 Miranda R – Premio de Bronce (Bronze Award)

The following received Premio de Excelencia or an award of excellence for scoring at or above the national average:

Emily B
 Katie W
 Nate K
 Michelle H
 Taylor W
 Karlyn J
 Ben E
 Justin E
 Cayla C
 Nick Z
 Alex A
 Eric P



G/T AT POWELL

May 2009

Clubs & Activities

Brain Bowl: Any parent interested in helping to coach a Brain Bowl team for next year should contact Ms. Fraietta. Brain Bowl will resume in October 2009. New teams are welcome!!

Sustainability Fair: The Science Olympiad class will be holding a Sustainability Fair on May 20th and 21st in the Media Center from 10:00 to 1:00. Come check out student displays about green energy, architecture, and agriculture.

Have a great May, and a wonderful summer!

Maria Fraietta, GT Facilitator

Email: mfraietta@lps.k12.co.us

Phone: 303-347-3974



DISTRICT NEWS



May 1, 2009

Dear Parents of Students in Littleton Public Schools,

This is written to update you regarding expectations and planning in Littleton Public Schools (LPS) related to H1N1 virus (Swine Flu) concerns. As you know, this subject is very much in the news, following the Colorado Department of Public Health's announcement that there are two confirmed cases in the Denver metro area. We are monitoring the situation closely and working with the Tri County Health Department regarding any necessary response in the event of an identified case in LPS. We hope that this letter will help address any concerns that you have.

We are asking for your help in making sure that our students are healthy when they attend school and that they stay home when they are sick.

At this time, the state and local health departments have advised us that students can continue to come to school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with this flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

If a student comes to school or school activities with these symptoms, he or she will be sent home and should remain at home until 24 hours after the symptoms no longer exist. If you have any concerns about your child's health, please consult your medical provider.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as the mall, activities with other students or adults, or sporting events—where other people would be exposed to flu germs. It is also important to teach your child how to reduce their risk of getting the flu and protect others from infection.

Please be sure your child knows to:

*Wash their hands often. Washing with soap and water for at least 20 seconds is ideal.

*Properly use hand sanitizers such as gels, rubs, and hand wipes. These all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.

*Keep their hands away from their face and avoid touching their mouth, nose, or eyes.

*Cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!

Learn these healthy habits by setting a good example and always doing them yourself.

If we all practice good hygiene and prevention strategies, health officials believe we can limit the spread of H1N1 virus in our schools at this time.

We are working with County Health officials to monitor the situation here in LPS and will make all decisions in consultation with them and state officials. We will inform parents immediately if the situation changes and it becomes necessary to close schools. Decisions will be made on a case by case basis, as the need arises.

Please stay informed by paying attention to media reports. You may also get information at www.cdc.gov/swineflu or the Colorado Help Line at 1-877-462-2911. Additional information can be obtained at the Colorado Department of Public Health's website: at <http://www.cdphe.state.co.us/>.

As a district we take health, safety and well being of our students and staff very seriously. Let's all work together to implement the above guidelines as to the greatest extent possible.

Thank you,

Lucinda Hundley
Assistant Superintendent of Student Support Services

DISTRICT NEWS

Swine Influenza and You

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that 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.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

School Event Calendar—May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 - 8th Grade MAPS TESTING -Field Trip Jazz & Ladies Select	2 -8th Gr Girls Volleyball District Tournament @ Powell
3	4 - 8th Grade MAPS TESTING -Student/Staff Volleyball & Basketball Game	5 - 7th Grade MAPS TESTING Make-up -6th Gr Volleyball Practice -7th Gr Girls Volleyball P @ E -Chess Club Rm 346 -Cross Country -6th Gr Band Concert 6:30—7:30 p.m.	6 - MAPS TESTING Make-up -6th Gr Volleyball Practice -Cross Country -"Pops" Show 6:30—7:30p.m. -Puma Band Festival	7 - MAPS TESTING Make-up -6th Gr Volleyball Practice -AHS Girls Softball Social -"Pops" Show 6:30—7:30p.m.	8 - MAPS TESTING Make-up	9
10	11 -6th Gr Volleyball Practice -Cross Country -6th Grade Vocals Concert 6:30-7:30p.m.	12 -6th Gr Volleyball Practice -Concert Band Concert 6:30-7:30p.m. -Symphonic Band Concert 7:30—8:30p.m.	13 - AVID Breakfast 6:45-7:45a.m. -Cross Country -Strings Concert 6:30—7:30p.m.	14 -Elitch Ticket Sales— All Lunches -6th Gr Volleyball Practice -Puma Band Concert 6:30—7:30p.m.	15 -Elitch Ticket Sales— All Lunches	16
17	18 -7th Grade Field Trip Snow Mountain Ranch (overnight) -Cross Country -Guitar Concert 6:30—7:30p.m.	19 -7th Grade Field Trip Snow Mountain Ranch (return) -Art Tea 10:40-12:11	20 - HHS Graduation - 8th Grade Dance	21 - AHS Graduation - 8th Grade Continuation 5:30-6:30p.m.	22 LHS Graduation -Last Day of School -Elitch Gardens	23
24 31	25 Memorial Day 	26 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	27 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	28 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	29 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	30

For more information about what is happening at Powell on a daily basis, please visit our school website, <http://powell.littletonpublicschools.net>.

School Event Calendar—June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	2 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m. Last Day for Counselors	3 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	4 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	5 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	6
7	8 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	9 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	10 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	11 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	12 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	13
14	15 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	16 Main Office Counseling Office Open 8:00-11:30a.m. 1:00-3:30p.m.	17 Main Office Open 8:00-11:30a.m. 1:00-3:30p.m.	18 Main Office Open 8:00-11:30a.m. 1:00-3:30p.m.	19 Main Office Open 8:00-11:30a.m. 1:00-3:30p.m.	20
21	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26 SCHOOL CLOSED	27
28	29 SCHOOL CLOSED	30 SCHOOL CLOSED				

WELCOME SUMMER

IMPORTANT DATES

Elitch Gardens Ticket Sales.....May 14 & 15

7th Grade Field Trip—Snow Mountain Ranch..... May 18 & 19

8th Grade Dance.....May 20

8th Grade Continuation.....May 21

Last Day of School—Elitch Gardens.....May 22