

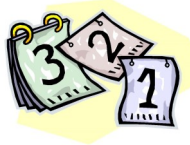
Brooklyn Bridge

A monthly newsletter connecting you to Wetzel County Schools' County Office

VOL. 2, ISSUE 5



PEIA
UPDATE



Upcoming
Dates



Fight The
Flu



Hidden in
Plain Sight



Spring Trips



Upcoming
Trainings

PEIA UPDATE

- From the Benefit and Web Contributions Coordinator of PEIA, 1/30/18

PEIA will continue the Healthy Tomorrows program during Plan Year 2019. It will continue to have the additional \$500 deductible, but will not include the additional \$25 premium increase.

Members who met the requirements for Healthy Tomorrow during this plan year will not need to send in anything to PEIA during Open Enrollment this coming May 2018 to fulfill the Healthy Tomorrows requirement for Plan Year 2019.

If a member did not meet the Healthy Tomorrows Requirement during this plan year, they will need to go to the doctor, have their biometrics done, have the doctor fill out the form and either meet the required fields or have the doctor sign the waiver to avoid the additional \$500 deductible. This is no different than the past year's requirement and will need to be sent in to the address at the bottom of the form before the end of open enrollment to fulfill the Healthy Tomorrows requirement.

During Plan year 2019, beginning July 1, members may go to the doctor, have them fill out their HTOM reporting form, have the numbers within range or have the doctor sign the waiver and send it in to fulfill the requirement and avoid the additional \$500 deductible. Or, members are also able to utilize the Healthy Tomorrows Go365 tool to fulfill the Healthy Tomorrows requirement by earning 3,000 points. The Go365 tool is completely optional however, and members may choose which way they would like to fulfill the Plan Year 2020 healthy Tomorrows requirement.



Important Upcoming Events

On February 10, 2018, Carloss Gray, WWII Veteran, will receive his diploma from Paden City High School. The graduation ceremony will take place at 3:00pm, and refreshments will follow. Paden City Alumni Band Members have been asked to help provide music for the ceremony. Mr. Gray was a member of the United States Navy and would have graduated in 1945.



- ⇒ Feb. 7—Golden Horseshoe essay test
- ⇒ Feb. 22—Golden Horseshoe online test
- ⇒ Feb. 28—Governor's Honors Academy deadline
- ⇒ Feb. 22—Careers Under Construction for 9th-12th @ WesBanco Arena
- ⇒ March 30-May 25—3rd-8th Summative Assessment

Co-Curricular Events

- ◇ Feb. 24—Social Studies Fair (Snow Date— March 3)
- ◇ March 24—Regional Math Field Day—Wheeling Park
- ◇ March 26&27—All County Band @ VHS
performance March 27, 6:30pm
- ◇ April 11 & 12—All County Choir @ MHS
performance April 12, 6:30pm
- ◇ April 21—Stat Math Field Day—Marshall University

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends a three-step approach to fighting the flu.

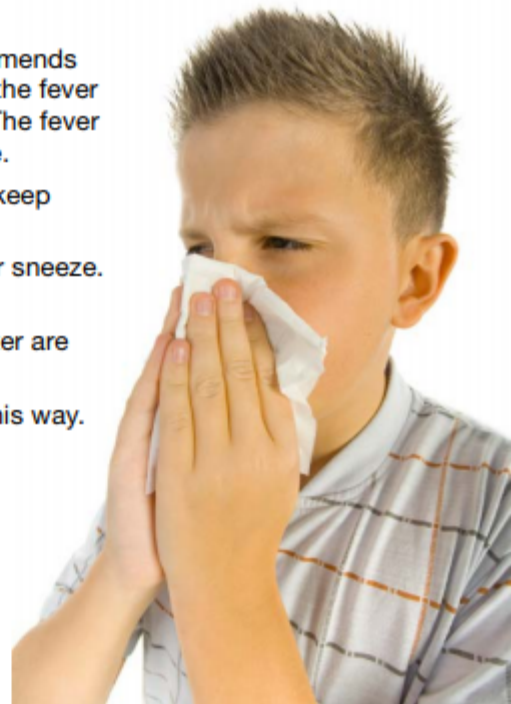
CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention



What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.





Hidden in Plain Sight

New Martinsville School

Tuesday, March 20

6pm

ADULTS ONLY

Parents and concerned community members are encouraged to attend New Martinsville School's interactive awareness program, **Hidden in Plain Sight.**

The exhibit is designed to look like a teenager's bedroom. The bedroom will contain items that may be indicative of risky behaviors.

Topics will include substance use, violence, juvenile crime, risky challenges, technology, and is accompanied by a Power Point presentation and discussion.



Spring Trips

Spring trips will begin on Monday, March 19, 2018 and conclude on Saturday, June 9, 2018. Please submit forms for Spring trips to Jill Fox by **Friday, February 9th, 2018**.

Additional forms are available by contacting Jill Fox, at extension 117. Spring trips will be **ASSIGNED, Wednesday, February 14th, 2018**. It is very important that the **February 9th deadline is observed, allowing drivers to pick their trips as opposed to the County Office appointing drivers**. We understand that some trips are scheduled at a later date. We appreciate your cooperation in this matter.

PAC Meetings

The following dates have been chosen for the Title I—Parent Advisory Committee meetings. All will fall on Thursdays, from 10:00 to 11:00 am at the Wetzel County Board Office in the Board Room.

March 8

April 12

Winter Menu Available Online

Wetzel County Schools – Fall Menu					
LUNCH Menu			August 21 – November 9		
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W	Chili Dog Crispy Chicken Cantal Sticks Applesauce	Chicken/Potatoes Coleslaw Broccoli/Potatoes Mashed Potatoes Red Pepper Sticks	Pork Chops Corn w/Hot Oil Green Beans Fruit Salad Watermelon	Spaghetti w/Meat Sauce Fruit Coleslaw Sticks Fruit	Grilled Pork Tenderloin Fruit Salad w/ Yogurt Fruit Sticks w/ Yogurt Milk w/ Cheese Sweet Beans Candy Sticks Fresh Apple Slices
E²	Chicken Nuggets Mashed Potatoes Broccoli/Potatoes Peas	BBQ Pulled Pork Sandwich Fruit Salad Candy Sticks Peas	Roasted Chicken w/ Potatoes Dipping Sauce Corn Green Beans Cantal Sticks Fresh Apple Slices	Delishious Hamstrings w/ Potatoes Fruit Fruit Sticks Candy Sticks Fruit	Grilled Pork Tenderloin Fruit Salad w/ Yogurt Fruit Sticks w/ Yogurt Milk w/ Cheese Sweet Beans Candy Sticks Fresh Apple Slices
L	Sticky Chicken Corn Mashed Potatoes Cantal Sticks Fruit Cocktail	Chicken Spring Mix Salad w/ Dressing Cantal Sticks Peas	BBQ Chicken w/ Potatoes Coke Peas and Corn Fruit	Orange Chicken Coke Brown Rice Orange Sticks Fruit Cocktail	Pineapple w/ Marshmallows Salad w/ Dressing Cauliflower Fruit Cocktail Strawberry Strawberry Cookies

Trainings

Don't forget to use the ERO system to register and check for updates!

<http://>

ero5.eschoolsolutions.com

District ID: 26155

