

GSA FYLER WEEKLY BULLETIN

January 13, 2018

NO SCHOOL MONDAY JANUARY 15, 2018 MLK DAY

MLK Day- January 15 there is no school to honor and remember Dr. Martin Luther King Jr. and his dream and efforts to ensure civil rights and equality for all Americans. To commemorate the day, we encourage all students to engage in community service this weekend or be of service to a neighbor or person in need.

Classes resume January 16, 2018

PTO Fundraiser Deadline!!! Wednesday 17 January

We are working on a new fundraiser for our school! This fundraiser does not require you to purchase anything! We are asking that as you clean up from the holidays and you find things that you may want to donate, that you choose to donate your gently used items to our school. We have paired with Savers thrift shops and they are going to pay our school for donating our gently used items. We have had 2 weeks to collect donations, all the way through 1/17/18. We are very excited to make good use of all of your gently used items and look forward to collecting a great profit for the PTO to use for our school. We are working to raise money to do some wonderful things this year and we cannot accomplish that without your help! If you have any questions please feel free to reach out to the office and they will get you in touch with our PTO. Please reach out to family friends and neighbors and ask them to help make this fundraiser an AMAZING success!

Thank you for all you do for your students and our school each day!

Any 8th-11th grader

interested in playing girls volleyball next year, there will be an informational meeting Monday, January 29th.

STRENGTH & CONDITIONING

for any off-season middle and high-school athlete is available every Monday and Thursday from 3:30 - 5 pm. You will have time to go to tutoring, if necessary. Come dressed to sweat! Staff members are invited to join, as well!! Great way to start those New Years' resolutions and lose those extra holiday pounds!! See Coach Hibbler for details! Meet at room 124!

Green Team Event

Please come to GSA Green Team's Bald Eagle Watching this Saturday. Please, see Mr. Dohogne for a permission slip and more details.

UNIFORM SALE IN FRONT OFFICE

\$5 Long sleeve uniform shirts

\$5 GSA Sweatpants

WHILE SUPPLIES LAST!

UPCOMING EVENTS

January 15 All Day MLK HOLIDAY-NO SCHOOL

3-530p Varsity Boys Practice (Fyler Gym)

330-545p Wrestling Practice (Cafeteria)

7-8p GSA AA Practice (Fyler Gym)

January 16 Classes Resume

240pm Clubs, Activities, Tutoring, Detention (No MS Tutoring on Tuesday's)

330-545p Wrestling Practice (Cafeteria)

345 - 445 MS Girls bball B @ Hancock Hancock Senior High

445 - 545 HS Girls bball B @ Hancock Hancock Senior High

6 - 730pm Varsity Boys Basketball vs Cleveland GSA

7-8p GSA AA Practice (Fyler Gym)

January 17 2-4p No after school activities

3-530p Varsity Boys Practice (Fyler Gym)

4-6pm Wrestling @ Hancock Hancock Senior High

7-8p GSA AA Practice (Fyler Gym)

January 18 240pm Clubs, Activities, Tutoring, Detention (No MS Tutoring on Tuesday's)

3-530p Varsity Boys Practice (Fyler Gym)

345 - 445 MS girls bball A @ Hancock Hancock Middle School

4-6pm Wrestling @ Clayton Tri w/Cape Notre Dame Clayton High School

445 - 545 MS boys bball A @ Hancock Middle School

7-8p GSA AA Practice (Fyler Gym)

January 19 330-545p Wrestling Practice

530-7p Boy Varsity Basketball @ McKinley McKinley Classical Leadership Academy

7-8p GSA AA Practice (Fyler Gym)

January 20 All Day LINDENWOOD HONORS BAND GSA EVENT

All Day Wrestling @ PHL Tournament Gateway STEM High School

9-11am Varsity Boys Practice (Fyler Gym)

January 21 All Week Band Goey Louie Buttercake Fundraiser begins

January 22 NWEA Reading Testing 6-8 grades



Nurse Notes

January 2018

Tips for Staying Healthy During Cold and Flu Season

- ◊ Wash hands regularly, especially before meals.
- ◊ Drink plenty of water and avoid sugary drinks like soda or energy drinks.
- ◊ Students should aim for 8-9 hours of sleep per night.
- ◊ Eat 3 meals a day and include fruits, vegetables, whole grains and lean meats.



WHAT DOES MY CHILD HAVE?

Flu- Typically children will have fever, headache, exhaustion, and/or body aches along with cough and congestion.

Cold- Typically children will have congestion, sore/scratchy throat with drainage, and a mild cough. Children rarely have fevers or severe exhaustion.

Most colds and flus can be managed at home. Encourage plenty of rest, fluids, small and nutritious snacks, and good hand washing! Over the counter medications like Ibuprofen, Mucinex, Sudafed, and Tylenol can help manage symptoms.

If a child has a fever or severe exhaustion that last more than 24hrs you should call their medical provider.

Is your child feeling ill?

Do not send students to school if any of these symptoms are present:

- fever over 100.4 degrees in the last 24 hours
- severe sore throat with white spots/rash
- barking/hacking cough that is unrelieved by cough drops or medication
- vomiting or diarrhea in the last 24 hours
- body aches/fatigue lasting over 24 hours

Report any illness to the front office by 9:00am and please review the absence policies in the

GSA handbook!