



Superintendent's Message

The H1N1 Flu Vaccination process is up and running in the Kettering City Schools. Over the next three weeks, our school nurses will be working with nurses from the Public Health Department -- Dayton and Montgomery County to administer the vaccine to students whose parents have submitted a permission form.

As you can imagine, this will be a massive undertaking, as school districts across Montgomery County hold vaccine clinics for thousands of students. With the hard work of our nurses and the assistance of many individuals who have stepped forward to volunteer to help with at our vaccine clinics, I am confident that things will go smoothly here in Kettering over the next month.

Below is some general information regarding the process we have in place to administer the vaccines. Our goal is to get all of our students with consent forms vaccinated before the Thanksgiving break and to do so with a minimum of classroom disruption. If you have any questions regarding the process, please feel free to contact me at 499-1430 or our Community Relations Office at 499-1458. If you have questions about H1N1 or the vaccine that are medical in nature, I would strongly recommend that you contact your health care provider. Our school nurses are professional, knowledgeable and fully capable of answering medically related questions. Please keep in mind, however, that because all of our nurses will be working at all of our schools on all of the scheduled vaccination dates, they may not always be available to field calls.

The outbreak of the H1N1 flu virus has presented us with some rough waters to navigate. Yet, regardless of the obstacles, our young people have much to learn this year. I am confident that, with all of us working together, we can manage this challenge and still have a successful school year. Thank you!

— *Jim Schoenlein*

H1N1 Vaccine Clinic Update

⇨ Letters were mailed to every student/family in the district in early October noting each school's scheduled H1N1 Vaccine Clinic. If you are **not** sure of your school's scheduled clinic date, please contact your school's main office.

⇨ Clinics will run from **8:30-11 a.m. and from 1-2 p.m.** in the elementary schools; from **8:50-11 a.m. and from 1-3 p.m.** in the middle schools; and from **8:15-11 a.m. and from 1:30-2:45 p.m.** at the high school. Each building's school nurse is working with the principal and staff to set up each individual school's schedule for administering the vaccine.

⇨ The Kettering Schools submitted information to the county on October 23rd for the number of vaccines needed for our students who had submitted their consent forms. If, for some reason, we have extra vaccines at a building, our nurses will be happy to administer the available vaccine to students whose consent forms were turned in after October 23rd, while the vaccines last and in the order that the forms were received by the school.

⇨ A second dose of the H1N1 vaccine will be administered to all children nine-years-of-age and younger who received the first dose. Clinics to administer the second dose will be held in December, and parents will be notified of the schedule, once it is set.

⇨ The Public Health Department -- Dayton and Montgomery County has said that it plans to

schedule additional public H1N1 vaccine clinics. We will do our best to keep in contact with the health department and to notify our Kettering parents of clinic dates, in the event that your child was not able to be vaccinated at his/her school.

A Cold vs. the H1N1 Flu

Symptoms often vary...

With all the media coverage surrounding the H1N1 flu, parents can become understandably nervous when their children become sick. As always, if your child is sick, it is recommended that you consult your health care professional. Oftentimes, however, what we might identify as "the flu" is actually the common cold. The following information comparing the typical symptoms of a cold to that of the H1N1 flu may prove helpful in calming some of our fears during the ensuing "flu season."

Symptom	Cold	H1N1 Flu
Fever	Rare	Usually present with up to 80% of flu cases. A temp of 100 degrees or higher is associated with the flu.
Cough	Hacking, mucous-producing cough often present	"Dry cough" usually present
Aches	Slight body aches	Severe body aches and pains

Symptom	Cold	H1N1
Stuffy Nose	Usually present and resolves within a week	Not commonly present
Chills	Uncommon	60% of people with the flu have chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	Commonly present	Not commonly present
Sudden Symptoms	Symptoms tend to develop over a few days	Flu has a rapid onset of 3-6 hours, and symptoms hit hard
Headache	Fairly uncommon	Present in 80% of flu cases
Sore Throat	Commonly present	Not commonly present
Chest	Mild to Moderate	Discomfort often severe

Helping Prevent Spread of Flu

You don't have to go much further than your television set or the morning paper to know how seriously the U.S. Department of Health is taking the threat of the H1N1 flu virus. Below are some tips from our own school nurses and the Centers for Disease Control for preventing its spread.

- ✓ In times such as these, it is probably best to **err on the side of caution**. If your child exhibits any of the symptoms of the flu, in particular, a fever, it is best to keep him/her home from school. A person should stay home – except to seek medical care -- **until a fever has subsided for a full 24 hours** without the aid of a fever-reducing medication.
- ✓ **Wash your hands! Wash your hands! Wash your hands!** – The benefits of good hand washing in preventing illness cannot be emphasized enough. Help your children make hand washing a habit.
- ✓ **Cover your mouth and nose** when sneezing or coughing – another good habit to help your children develop!
- ✓ **Get enough rest** – good advice in helping to prevent all of the illnesses -- such as the flu, colds, strep throat and bronchitis -- that typically hit harder during the fall and winter months.

Want More Information?

The Centers for Disease Control and the Public Health Department – Dayton and Montgomery County have lots of information regarding the H1N1 flu virus and prevention on their websites. Visit the CDC's site at www.cdc.gov and the county's site at www.chdmc.org.

Identifying Students With Disabilities

The Kettering City School District joins districts across Ohio in ongoing efforts to **identify, locate and evaluate children** from 3-to-21-years-of-age who may have disabilities.

Public school districts are responsible for providing a “free and appropriate” education to any eligible child living within the district – including children with disabilities, regardless of the nature or extent of the disability.

Children with disabilities may qualify for services through their public school under Section 504 of the *Rehabilitation Act* or the *Individuals with Disabilities Education Improvement Act (IDEIA)*.

Under Section 504 of the *Rehabilitation Act*, any student with a disability may not be discriminated against and may qualify for special accommodations because of the disability.

The Kettering City School District recognizes and acknowledges that students may be disabled and eligible for services under Section 504, even though they do not qualify or require special education services pursuant to IDEIA. In order to serve these children, however, they must be identified, and the proper information about available services needs to be communicated to their parents or guardians.

If you have a child, or are aware of a child, who may have a disability, you are encouraged to contact your child's building principal; if your child is a preschooler or you are referring a child for possible evaluation, please contact the Special Education Office at 499-1435. All contacts from parents and community members are kept in the strictest confidence.

Lots of Talent to Converge on Fairmont for A Capella Festival

Pop, rock and gospel will fill the air at Fairmont High School on **November 14th**, but don't bother looking for any musical instruments – it will all be in the voice.

Twelve high school a cappella groups from throughout Ohio will join Fairmont's a cappella groups for the school's second annual *A Cappella Festival*. The day-long event includes workshops and critiques for the groups, as well as performances.

Topping the day is a public concert of *The Fault Line*, a nationally-known a cappella rock group and semi-finalist on *America's Got Talent*.

Tickets for the 7:30 p.m. concert, which will include performances by Fairmont's *Eleventh Hour* and *Fusion* groups, cost \$10. Tickets are available at the Fairmont High School Box Office and through Ticketmaster outlets. The festival and concert benefit the Kettering Fairmont Choral Boosters.

For more information, please call the Fairmont High School Music Department at 499-2647.