

Jennifer Wood School Counselor Bigfork Middle School jwood@bigfork.k12.mt.us

بالجيد

NOTES FROM mexe THE SCHOOL NURSE



The flu is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Here are some tips to avoid catching it.

WASH YOUR HANDS 1

Wash your hands often and thoroughly (for at least 20 seconds) especially after being in public places. Keep gel sanitzers close at hand. If a sink isn't nearby, a gel sanitzer or an alcohol-based hand wipe is easy to grab to clean dirty hands.



The flu virus can live on any type of surface, including door handles, phones and elevator buttons. Avoid touching your eyes, nose, and mouth until you have washed your hands. These are access points for viruses to enter the body.

DISINFECT 3

Disinfect surfaces frequently, Pay special attention t high-contact areas like bathrooms, work spaces, and kitchens. Also be sure to disinfect high-contact items control, exempting, and and cell phones

IT'S SOMETIMES NICE TO Not share 4

Avoid sharing food, drinks, utensils, and personal items. Try not to use a coworker's phor desk, office, computer, or other work tools and equipment.

TAKE SOME SPACE 5 Avoid close contact with those who are already sick. Avoid shaking hands and giving hugs.

6 STRENGTHEN YOUR IMMUNE SYSTEM

The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the

GET VACCINATED 7 Get the flu vaccination—it's not too late! The CDC recommends annual flu vaccina for everyone 6 months and older, unless



Seasonal Parent

Reminder

Please keep your child home for 24 hours after their last fever or episode of vomiting or diarrhea. Please call with any questions.

Seasonal influenza vaccine is now available at our Logan Health School **Based Health Center.** Call 1-406-858-3453 to schedule an appointment.



influenza (or flu) is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.

Flu viruses can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly

People who have flu often feel some or all of these symptoms: Fever* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children.

* It's important to note that not everyone with flu will have a fever

#FIGHT FLU

2.00





www.cdc.gov/flu/takingcare.htm

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2025 **FEBRUARY**

Harvest of the Month: Beets

			Beets			BIGFORK CAFETERIA PRICES AND
Monday	Tuesday	Wednesday	Thursday	Friday	,	INFORMATION
27	28	29	30		31	StudentsBreakfast K-6\$1.75Breakfast 7-12\$2.00
03 B:Muffin L: Breaded Chicken Parmesan Sandwich, Salad Bar, Berry Cup	04 B:Bagelw/Cream Cheese L:Beef Taco, Mexican Corn Salad, Apricot Cup	05 B:Granola Bar L: Pizza, Fresh Veggies, Sliced Pears	06 B:Banana Bread L:Orange Chicken, Coconut Rice, Mandarin Oranges	B:Cereal L:Fish Sticks, Sala Sliced Oranges	07 ad Bar,	Lunch K-6 \$2.75 Lunch 7-12 \$3.25 Reduced Breakfast K-12 .30 Reduced Lunch K-12 .40
10 B:Muffin L:Chicken Fajita, Corn and Peppers, Applesauce	11 B:Bagelw/Cream Cheese L:BBQ Pork Sandwich, Cole Slaw,Strawberry Cup		13 B:Banana Bread L:Corn Dog, Salad Bar, Sliced Peaches	<mark>B:Cereal</mark> L:Meatball Sub San Salad Bar, Fresh Ap		<u>Adults</u> Parents/Visitors \$4.75
17 NO SCHOOL	18 B:Bagelw/Cream Cheese L:Sweet&Sour Chicken, Coconut Rice, Mandarin	19 B:Granola Bar L: Pizza, Fresh Veggies, Fresh Cut Melon	20 B:Banana Bread L:Sloppy Joe, Salad Bar, Fresh Pears	B:Cereal L:Pork Carnitas Taco Chips, Salad Bar, Cir		You can deposit money online at: www.mymealtime.com, or cash/check to the teacher or secretary with your child's name on the envelope.
24 B:Muffin L:Egg Rolls, Coconut Rice, Salad Bar, Mandarin Oranges 03	25 B:Bagelw/Cream Cheese L:Mac and Cheese, Peas and Carrots, Fresh Grapes 04	26 B:PARFAIT L: Pizza, Fresh Veggies, Fresh Sliced Oranges 05	27 B:Banana Bread L:Hot Dog, Sun Chips, Cole Slaw, Fresh Strawberries 06		Beets	Thank you for your support! <u>Contact Information</u> Roger Vanlandingham Food Service Director rvanlandingham@bigfork.k12.mt.us 406-837-7400

6-837-7400 A new free/reduced meal form needs subject to change depending on

to be filled out every year

024-25 Free/Reduced Meals

Click above for form. You can fill out online or print then send to rvanlandingham@bigfork.k12.mt.us or drop off at the district office this summer.





We are accepting your receipts from Harvest Foods until March 31.



VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP IN THE CONCESSION STAND!

Scan the QR code below or visit our website to sign up to help in the Bigfork Booster Club concession stand!

No experience necessary!







Threads is a FREE resource for Bigfork area Students. Threads offers a variety of age appropriate, new and nearly new, gently worn clothing, outerwear, shoes, new socks/underwear, personal care items, and school supplies for students who may need them. Threads is an ongoing project of BLSC (Bigfork Ladies Service Club), giving our local students the opportunity to get what they may need to be successful in school as well as an opportunity to learn the value of giving back and helping one another.

Threads A Student Resource

Located on the upstairs floor of the Methodist Church just east of the High School, we love to have students visit, even for just a snack and a short break from their school day! We welcome ALL students to visit Threads with a parent, counselor or teacher and encourage them to take what they need and in turn, donate items for others when possible.

Recycle/Reuse/Responsible

Open Thursdays from 9-3pm 406-249-5820

SCHOOL CALENDAR 2024-2025

Bigfork School District 38 2024-2025 Calendar

K-12 School Day: 8:00 am - 3:20 pm Wednesday Late Start: 8:40 am - 3:20 pm

ry 24 - End of 1st Semester February 17 - PIR - No School March 7 - End of 2nd Trimester March 24 to 28 - Spring Break - No School April 4 - End of 3rd Quarter May 26 - Memorial Day May 31 - High School Graduation June 4 - 8th Grade Graduation June 6 - Last Day of School - 1:30*

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Х	No School
*	First & Last Day of School - Release 1:30*
PIR	Teacher Work Day/No School
PTC	Parent Teacher Conference
EQ	End of Quarter
ET	End of Trimester
ES	End of Semester
Α	HS Athletics - Fall, Winter, Spring
@	MS Athletics - Fall, Winter, Spring

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Bigfork School District #38 PO Box 188, 600 Commerce St. 406-837-7400 | Fax: 406-837-7407 www.bigforkschools.org

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