

UPCOMING EVENTS

Jan 11	PTA Meeting 6:45pm 2 nd Grade Program
Jan 24th-28th	Magazine Drive

Whitt Relay For Life Team Forming

Nurse Brandon is organizing a Whitt Relay for Life team. If you would like to be a part of the team, let her know. The first meeting is Jan. 29th; so look for more info soon.

Benefit Garage Sale*

A group of parents and staff will be having a garage sale at Whitt on Jan 29th from 9-1 to benefit our librarian's daughter who was a hit-and-run accident victim. Contact Deonna at deonao@gmail.com for info and look for upcoming flyers.

**Please note this is NOT a PTA sponsored event.*

From the President:

Happy New Year!

Hope you had a wonderful winter break and are back and ready for action!!! We had a busy, fun-filled fall with our Book Fair, Carnival, Holiday Store and many other activities.

It is time to start planning for the 2011-2012 school year. The first step is the formation of our nominating committee for our PTA officers. If you are interested in serving on this committee to help select next school year's slate of officers please contact me, by e-mail at karihunt@verizon.net or cell phone 972-358-8950. Thank you in advance for serving on this committee.

Make sure to check out all the upcoming events and activities in this newsletter – we've got a lot of great stuff planned for 2011!

And as always you can check out our website at www.whittpta.net for more information.

Go Whitt!

Kari Hunt
Whitt Elementary PTA President

Important Articles on Website

The Whitt PTA works to bring informative articles to parents – and we have some great info on our website. Check out the new info added this month on how Friendship can Prevent Bullying and Ways to Help Your Child with Self Esteem from our SAGE coordinator Carmen Dorsey, at: www.whittpta.net/newsletters-and-articles/

KC Club Update

For December, the kids made Christmas decorations that were given to a children's hospital, a nursing home, a rehab hospital, and an Indian reservation. For the January meeting, they wrote letters to our soldiers.

For our first two meetings 108 students attended each time. That attendance and the fact that we have over 1000 links hanging in the hall, each representing one act of kindness, shows that kindness and compassion is alive and well at Whitt Elementary!

Parents are welcome to ask their child's teacher to send home links so acts of kindness can be recognized at home. The links can be added to the chain in the student's classroom.

We welcome volunteers to help cut links so we will have a full supply at all times.

Valentine Class Parties

Class Valentine parties will be held Friday, February 11th. Specific information about your child's party will be coming home in their folders soon. Hope you can join us!

Amy Pinner, Room Rep Chair

Spirit Sweatshirts Available

Now that the weather is cooler, now is a great time to get a Whitt sweatshirt! We have both pullover and zip up styles for boys and girls.

You can print out and order form from the Whitt PTA website at www.whittpta.net.

Amy Embry, Spirit Chair

Get your 2010-2011 Yearbook

2010-2011 Whitt Elementary Yearbook is on sale now! Please go to www.treering.com to order your personal copy.

Yearbook price is \$21.99. Order deadline is April and yearbook will be ready at the end of May.

You don't want to miss out on all the wonderful Whitt Wolves memories!

"Aaaaooohhhh!"

Spring Fundraiser Preview

Are you ready for some baseball?

Our Spring Fundraiser will be selling Texas Rangers Coupon books! They will be available in March, but look for preorder information in February. More information coming soon!!!

DeAnn Smith, 4th VP Ways and Means
trey.deann@gmail.com

Reminders from the Treasurer

Need to be reimbursed for a PTA Expense?

- You can find extra copies of the PTA Reimbursement Request Form on the front table in the PTA Room.
- Return your forms with the accompanying receipt(s) to the PTA box in the front office.
- Your reimbursement request will generally be processed within 7 -10 days and can be picked up in the box labeled checks on the front table in the PTA room.
- The PTA cannot reimburse for sales tax.
- You can get a copy of the Sales Tax Exemption Form in the PTA room as well for purchases you make on behalf of the PTA.

Any questions? Contact Theresa Evetts at theresa.evetts@verizon.net or 214-906-9147.

Nursing Needle

Winter is here. Cold weather, warm jackets, hats and gloves have come back in season. Hot chocolate with marshmallows and apple cider with cinnamon warm the body from the cool air and the kids will wish for a day of snow. But with staying inside from that cold weather, cold and flu viruses tend to thrive.

A cold is an infection of the upper respiratory system including the nose, throat, and ears. There are over 200 different viruses that can cause a cold and there is no vaccine to prevent it. A cold is transmitted when someone sneezes or coughs. The mucous droplets then float in the air or lands on a surface. Those virus particles can live on the surface (a doorknob, desk, pencil, etc...) for up to several days. The virus then enters the body through the nose by breathing in the virus or by touching the infected surface and then touching your eyes, nose, or mouth. The body then goes into action. The body's immune system attempts to fight off this "invader". The white blood cells (WBC's) are the big fighters of the body and then will attack the virus. In the nose, the action of the WBC's fighting off the virus trigger a runny nose and sneezing. This action is an attempt to prevent the virus from invading other parts of the body. As the body responds to the virus, other symptoms start. They are an itchy sore throat, coughing, fever (100 degrees F), nasal congestion, tiredness and a decreased appetite. To feel better it is best to get lots of daytime rest and extra sleep. Taking in extra liquids, especially warm liquids, like chicken soup, will help to break up extra mucous. Steamy showers and humidifiers provide moist air to loosen mucous in stuffy noses and help with itchy sore throats. For children with pain or fevers, Tylenol or Motrin can assist. Ensuring proper hand washing, covering your cough and using tissues can help with the spread of germs.

Influenza is different from a cold as it is a sudden onset of illness. The fever that accompanies flu is usually over 101 degrees F. Severe tiredness, headache, and body aches are also common complaints. Runny nose, sore throat, coughing will also be common symptoms but will vary from child to child. Some children can have vomiting and diarrhea with the flu. If you believe your child has the flu, see your doctor for testing as antiviral medicines can be prescribed. Vaccines are available to prevent both the seasonal and Novel H1N1 flu. Talk to your doctor for more information and availability of the vaccine and make an appointment as soon as you are able.

A fever is the body's way of fighting an infection. Fever is not harmful and can range from 101-104 and last 2-3 days. When children are ill, they will get varying degrees of fever. The height of the temperature does not relate to the seriousness of the disease. The most important thing to remember with fever is how your child acts and responds to you. Children who drink and urinate normal when ill, NOT eating as much as usual is OK. . . .

To read the rest of this article as well as other articles from Nurse Brandon visit www.whittpta.net/newsletters-and-articles/