

Bristol Beacon

Jennifer Ribeiro, Principal

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UPCOMING EVENTS

Oct. 10 – NO School
Staff Workshop
Oct. 13 – NO School
Columbus Day
Oct. 21 – Gr. 5 to Damariscotta
River Association
8:15-2:15
Nov. 3-7 – Book Fair
Nov. 5 – Picture Retakes
Nov. 5 – School Board
Mtg., 6 PM

LOST AND FOUND

Lost and found items are piling up fast. Please check out the bin that is located by the main office.

SPORTS SCHEDULES

Sports schedules can be found on the BCS website:

<http://schools.aos93.org/BCS>

Bristol Consolidated School
2153 Bristol Road
Pemaquid, ME 04558

Phone:
(207) 677-2678

Fax:
(207) 677-3428

Websites:
<http://schools.aos93.org/bcs>
www.aos93.org

UPDATE ON RESPIRATORY ILLNESSES

This week the CDC released information on some of the more common respiratory illnesses seen in school. The “common cold” can be caused by many viruses including enteroviruses, one strain of which (EV-D68) has been in the news lately.

Other respiratory illness we commonly see include:

Influenza is a viral illness characterized by a fever with a cough and/or sore throat. Everyone is at risk for influenza, but certain individuals are at a risk of serious complications.

Pertussis is a bacterial illness characterized by coughing fits which may lead to vomiting and gagging.

Common Colds can be caused by many different disease agents, but are usually characterized by cough, runny nose, sneezing and sore throat.

Enterovirus D68 is one of many causes of the common cold. This strain appears to be more severe than some of the other cold agents, and can cause wheezing and difficulty breathing in addition to common cold symptoms.

What we can all do:

- **Good Handwashing!** - the single most important means of preventing the spread of infection. Alcohol based hand sanitizers are not effective against EV-D68.
- **Promote Good Respiratory Hygiene** - Encourage children and adults to cough into their sleeve, or tissues, rather than hands. Dispose of used tissues in wastebaskets.
- **Increase Environmental Cleaning** - Frequently clean high touch surfaces, like door knobs, desks, light switches, eating surfaces, and toys.
- **Stay Home if you are Sick** - This applies to children and adults. If you or your child has a fever, you should not return to school (or work) until you have been fever free, <100, for 24 hours without the use of fever reducing medication.

Get a Flu Vaccine - Influenza (and Pertussis) is a vaccine preventable disease, high vaccination rates can reduce transmission within schools.

SOCCER NEWS

Bristol Varsity soccer team ended their regular season yesterday with a convincing win over Nobleboro, 3-0. The team played their best game of the season defeating the #2 team in the league. Everyone stepped up and played great. The playoffs begin next week with Bristol receiving a BYE, so our first game will take place on Wednesday, October 15.

JUMP ROPE NEWS

Our first Demo team tryout of the year was held this morning with 22 students trying out. We will hold one more tryout next Thursday, October 16, from 7:30-8:10 and then we will place students on the team or club. If your child did not attend this tryout they can still come on October 16. Mr. Perry