

August 2021 Newsletter



You won't know how refreshing a puddle can be unless you take a moment to jump in and see"

From Laurie's Desk

Dear Parents,

It's hard to believe that summer is over and the new school year is upon us. We're excited about everything we have planned for the next year. If you have a school age child who will be riding the Puddle Jumper Bus, please make sure that you have signed and turned in all of the necessary forms and that you let your child's school know.

Open House will be August 3rd from 6:30-8:00pm for classes K2, K3 and K4. Join us for a fun evening of meeting new teachers, finding classrooms and getting excited for the new school year! Snacks and refreshments provided!

There is always a few days of adjustment at the beginning of the year as we make all of the new room assignments, so please be patient with us. If you have any questions or concerns about your child's class assignments, please see one of us up front.

As always, thank you for allowing us to love your children!

Laurie



KIDDOS

BIRTHDAYS

Lily Polhamus 8/1/2018

Carson Doughty 8/2/2019

Kai Ramirez 8/4/2020

Hunter Siter 8/6/2019

Elias Shelton 8/6/2020

Johnathan Metcalf 8/13/2012

Coker Wright 8/14/2018

Caitlyn Owen 8/16/2014

William Hatch 8/17/2019

Calum Willis 8/20/2018

Bella Bleckley 8/22/2017

Aryiah Grayson 8/24/2013

Tinley Bowling 8/30/2017

Sarah Catrett 8/30/2017

Jack Johnson 8/31/2020



Important Dates

August 1—Friendship Day

August 1—National Sister Day

August 2—National Coloring Book Day

August 3—National Watermelon Day

August 3 — Open House ~ Classes K2, K3 & K4 (6:30pm-8:00pm)

August 6—School Starts for MCSD (Grade PreK-2)

August 7—National Lighthouse Day

August 7—Purple Heart Day

August 8—International Cat Day

August 8—School Starts for MCSD (Grade 3-12)

August 9—Book Lovers Day

August 10—National Lazy Day

August 10—National S'mores Day

August 10—World Lion Day

August 12—World Elephant Day

August 13—International Left-Handers Day

August 14—World Lizard Day

August 15—National Relaxation Day

August 16—National Tell A Joke Day

August 17—Black Cat Appreciation Day

August 19—National Aviation Day

August 20—National Radio Day

August 20—Date Night @ Puddle Jumpers (6:30pm-11:30pm)

August 21—Senior Citizens Day

August 22—National Tooth Fairy Day

August 24—National Waffle Day

August 26—National Hot Dog Day

August 26—Women's Equality Day

August 28—National Power Rangers Day

National Sandwich Month Black Business Month

Get ready for Kindergarten Month International Peace Month

NATIONAL IMMUNIZATION AWARENESS MONTH
Medical Alert Awareness Month **MOTORSPORTS AWARENESS MONTH**

SPINAL MUSCULAR ATROPHY AWARENESS MONTH

National Back to School Month Family Fun Month National Catfish Month

National Crayon Collection Month National Golf Month

AUGUST MONTH OBSERVANCES

NATIONAL EYE EXAM MONTH

National Peach Month

NATIONAL WATER QUALITY MONTH

Employee Birthdays

Stacy Ray 8/14

Employee of the Month

Sofia Colon-Ortiz is our August employee of the month! Thank you for all your hard work and dedication! We are so lucky to have you as part of our family! Congratulations!



Lemonade Stand Smoothie

1/2 c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	1 lb 12.5 oz	3 1/4 cups
Juice, lemon, chilled		3/4 cup
Lemon extract		1 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	7 lb 16.5 oz	

DIRECTIONS

1. Combine yogurt, juices and lemon extract in 8 quart or larger measurement-marked storage container, stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg;

Total Carbohydrate 33g (Dietary Fiber 0g; Sugars 25g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2



Immunization Awareness

Vaccinations help your pets
live a happy and healthy life

CONTAGIOUS DISEASES SPREAD EASILY THROUGH:



dog parks



grooming salons



boarding kennels



wildlife



insects

kittens & puppies



should receive vaccinations beginning at **6 - 8 weeks** of age

TALK TO YOUR VETERINARIAN!

They can help your pet stay up to date with necessary vaccinations and can recommend other vaccinations based on where you live and your pet's lifestyle.



DOG Vaccination Schedule for Puppies

VACCINE					REVACCINATION
5-in-1 Distemper, Parvovirus, Hepatitis, Leptospirosis, Parainfluenza	1	2	3	4	yearly
	6-8 <i>weeks</i>	9-11 <i>weeks</i>	12-14 <i>weeks</i>	15-17 <i>weeks</i>	yearly
	4 <i>months</i>				yearly
	18 <i>weeks</i>	20 <i>weeks</i>			yearly
	3 <i>months</i>	6 <i>months</i>	9 <i>months</i>		
Bordetella					
Heartworm Preventive	2 <i>weeks</i>				
Fecalysis	2 <i>weeks</i>				
Deworming	2 <i>weeks</i>	4 <i>weeks</i>			





DOG Vaccination Schedule for Adult Dogs



VACCINE

5-in-1

Distemper, Parvovirus, Hepatitis,
Leptospirosis, Parainfluenza

Rabies

Heartworm preventive (Proheart)

Leptospirosis

RECOMMENDED

Deworming

Fecalysis
Anal Gland Draining

Dental Care

Check for Heartworm
Complete Blood Count

SCHEDULE OF VACCINATION OR CHECK-UP

yearly

yearly
yearly

every 6 months

FREQUENCY

every 3 months

every 3-6 months (Routine)

every 6 months (Routine)

every 6 months





CAT Vaccination Schedule for Kittens

VACCINE

Feline Distemper
(Feline rhinotracheitis -
calici - panleukopenia -
chlamydia-psittaci viruses)

Rabies

1st

DOSE

9-11
weeks

4
months

2nd

DOSE

13-15
weeks

TESTS

Fecal Examination

Check for Earmites

4-9

weeks

4-9

weeks





CAT

Vaccination Schedule for Adult Cats

VACCINE

Feline Distemper
(Feline rhinotracheitis - calici -
panleukopenia - chlamydia-psittaci
viruses)

SCHEDULE OF
VACCINATION OR CHECK-UP

yearly

Rabies

yearly

RECOMMENDED TESTS/PROCEDURES

FREQUENCY

Complete Blood Count

yearly

Fecalysis
Anal Gland Draining

every 3-6 months (Routine)

Dental Care

every 6 months (Routine)



August 2021

* Milk is served with *Breakfast & Lunch* *Menu is subject to change without notice

Date	Breakfast	Lunch	Snack
AUG 2	Frosted Flakes & Mangos	Pepperoni Pizza, Corn & Pineapples	Veggie Straws & Water
AUG 3	Bacon, Buttered Toast & Peaches	Cheeseburgers, French Fries, Dill Pickle Chips & Mangos	Chex Mix & Lemonade
AUG 4	Frosted Flakes & Applesauce	Chicken Nuggets, Alfredo Mashed Potatoes, Corn & Sliced Oranges	Graham Crackers & Apple Juice
AUG 5	Pop Tart Variety & Bananas	Ham n' Cheese Sandwiches, Pickle Spears, Potato Chips & Apple Slices	GOGURTS & Water
AUG 6 SCHOOL STARTS	Pancakes w/syrup & Pineapples	Sloppy Joes, Mixed Veggies & Mixed Fruit	Banana Pudding & Water
AUG 9 SCHOOL STARTS	Donuts & Applesauce	Meatballs, Ranch Mashed Potatoes, Green Beans & Pineapples	Rice Krispie Treats & Water
AUG 10	Sausage Patties, Cheese Toast & Strawberries	Spaghetti w/Marinara Sauce, Garlic Bread, Broccoli & Pears	Gold Fish & Lemonade
AUG 11	Jelly Biscuits & Bananas	Beef Ravioli, Mixed Veggies & Pineapples	Animal Crackers & Apple Juice
AUG 12	Waffles w/Syrup & Blueberries	Chicken Pot Pie & Kiwis	Fig Newtons & Grape Juice
AUG 13	Oatmeal w/Cinnamon Sugar & Pineapples	Ham n' Cheese Wraps, Ruffles Potato Chips, Pickle Spears & Watermelon	Jello & Water
AUG 16	Donut Holes & Applesauce	Bagel Bites, Diced Carrots & Mixed Fruit	Vanilla Yogurt & Water
AUG 17	Cheese Grits & Pears	Meatballs, Cheddar Mashed Potatoes, Corn & Pineapples	Veggie Straws & Water
AUG 18	Variety Pop Tarts & Bananas	Chicken Sandwiches, Baked Beans, Tater Tots & Apple Slices	Cheez Its & Lemonade
AUG 19	Egg Biscuits & Mixed Fruit	Fish Sticks, Mac n' Cheese, Collard Greens & Strawberries	Cucumber Slices & Water
AUG 20	Buttered Toast, Bacon & Pineapples	Pizza Rolls, Mixed Veggies & Applesauce	GOGURTS & Water
AUG 23	Lucky Charms & Peaches	Beef Ravioli, Green Peas & Pears	Chex Mix & Apple Juice
AUG 24	Pancakes w/Syrup & Cantaloupe	Sloppy Joes, Corn & Apple Slices	Graham Crackers & Water
AUG 25	Sausage Biscuits & Watermelon	Chicken Nuggets, Buttered Noodles, Peas n' Carrots & Strawberries	Vanilla Yogurt & Water
AUG 26	Pop Tart Variety & Peaches	Turkey Bites, Au Gratin Potatoes, Broccoli & Blueberries	Fig Newtons & Cranberry Juice
AUG 27	Cheese Grits & Apple Slices	Chicken Broccoli Cheese Rice Casserole & Cantaloupe	Vanilla Wafers & Lemonade
AUG 30	Frosted Flakes & Pears	Bagel Bites, Corn & Mixed Fruit	Strawberry Yogurt & Water
AUG 31	Oatmeal Bars & Mandarin Oranges	Meatballs, Cheddar Mashed Potatoes, Cauliflower & Pineapples	String Cheese & Water



Return to School or Childcare Guidance After COVID-19 Illness or Exposure

July 22, 2020

The Georgia Department of Public Health (DPH) in conjunction with the Georgia Department of Education have released guidance to help schools plan for a safe return to in-person instruction in fall 2020: <https://www.georgiainsights.com/recovery.html>. DPH recommends schools use this guidance to make decisions regarding opening for in-person education.

CDC also provides guidance on preventing the spread of COVID-19 in school and childcare settings <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

For schools opting to have in-person instruction and childcare facilities the following guidance should be used to make decisions for children, teachers, and staff:

- with laboratory-confirmed COVID-19;
- who have suspected COVID-19 (e.g., developed symptoms of a respiratory infection [e.g., cough, shortness of breath, fever] but did not get tested for COVID-19 and have been exposed to a person with COVID-19 or live in an area with local or widespread transmission;
- who have been exposed to COVID-19 without appropriate personal protective equipment (PPE).

Return to School or Childcare Strategy

DPH recommends a time-based return to school or childcare strategy that is determined based on a person's health status. Decisions about "return to school" or "return to childcare" for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances (community transmission, resource needs, etc.).

Symptomatic persons with confirmed COVID-19 or suspected COVID-19

- Who had *mild or moderate illness** and are not severely immunocompromised^f can return to school or childcare after:
 - At least 10 days have passed since *symptoms first appeared* and
 - At least 24 hours have passed since last fever without the use of fever-reducing medications and
 - Symptoms (e.g., cough, shortness of breath) have improved
- Who had *severe to critical illness (if they were hospitalized for shortness of breath, pneumonia, low oxygen levels, respiratory failure, septic shock, and/or multiple organ failure) ** or who are severely immunocompromised^f can return to school or childcare after:
 - At least 20 days have passed *since symptoms first appeared*
 - At least 24 hours have passed *since last fever* without the use of fever-reducing medications and
 - Symptoms (e.g., cough, shortness of breath) have improved

Asymptomatic persons with confirmed COVID-19:

- Who are *not severely immunocompromised*[†] can return to school or childcare after:
 - At least 10 days have passed since the positive laboratory test and the person remains asymptomatic
- Who are *severely immunocompromised*[†] can return to school or childcare after:
 - At least 10 days have passed since the positive laboratory test and the person remains asymptomatic
- Note, asymptomatic persons who test positive and later develop symptoms should follow the guidance for symptomatic persons above.



Asymptomatic persons who have a known exposure to a person with COVID-19 without appropriate PPE can return to school or childcare after:

- They have completed all requirements in the DPH guidance for persons exposed to COVID-19 found at <https://dph.georgia.gov/contact>
- Of note, if this person is tested for COVID-19 during the 14-day quarantine period, a negative test result would not change or decrease the time a person is quarantined.

Both CDC and DPH **DO NOT** recommend using a test-based strategy for children or adults returning to school or childcare (2 negative tests at least 24 hours apart) after COVID-19 infection.[‡] CDC has reported prolonged PCR positive test results without evidence of infectiousness for up to 12 weeks.

More information about the science behind the symptom-based strategy for discontinuing isolation can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/strategy-discontinue-isolation.html>

** Note: The studies used to inform this guidance did not clearly define “severe” or “critical” illness. This guidance has taken a conservative approach to define these categories. Although not developed to inform decisions about duration of Transmission-Based Precautions, the definitions in the [National Institutes of Health \(NIH\) COVID-19 Treatment Guidelines](#) are one option for defining severity of illness categories. The highest level of illness severity experienced by the patient at any point in their clinical course should be used when determining the duration of Transmission-Based Precautions.*

Mild Illness: Individuals who have any of the various signs and symptoms of COVID-19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain) without shortness of breath, dyspnea, or abnormal chest imaging.

Moderate Illness: Individuals who have evidence of lower respiratory disease by clinical assessment or imaging, and a saturation of oxygen (SpO₂) ≥94% on room air at sea level.

Severe Illness: Individuals who have respiratory frequency >30 breaths per minute, SpO₂ <94% on room air at sea level (or, for patients with chronic hypoxemia, a decrease from baseline of >3%), ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO₂/FiO₂) <300 mmHg, or lung infiltrates >50%.

Critical Illness: Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.

In pediatric patients, radiographic abnormalities are common and, for the most part, should not be used as the sole criteria to define COVID-19 illness category. Normal values for respiratory rate also vary with age in children, thus hypoxia should be the primary criterion to define severe illness, especially in younger children.

† The studies used to inform this guidance did not clearly define “severely immunocompromised.” For the purposes of this guidance, CDC used the following definition:

- *Some conditions, such as being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, and receipt of prednisone >20mg/day for more than 14 days, may cause a higher degree of immunocompromise and inform decisions regarding the duration of Transmission-Based Precautions.*
- *Other factors, such as advanced age, diabetes mellitus, or end-stage renal disease, may pose a much lower degree of immunocompromise and not clearly affect decisions about duration of Transmission-Based Precautions.*
- *Ultimately, the degree of immunocompromise for the patient is determined by the treating provider, and preventive actions are tailored to each individual and situation.*

*‡ Completing a test-based strategy is contingent upon the availability of ample testing supplies, laboratory capacity, and convenient access to testing and requires two samples taken at least 24 hours apart. If a facility requires the test-based strategy for return (**which is discouraged by DPH**), this should be done by a private physician through a commercial lab. The test-based strategy is not fulfilled by a single test, nor should it be used for screening of all persons returning to work.*