Flu season is here! Did you get a flu shot? Colorado is experiencing a spike in flu cases, if you haven’t gotten your flu shot there is still time!

The flu vaccine is available at most doctor’s offices, chain pharmacies and the El Paso County Health Department. The vaccine will not always eliminate the flu, but usually shortens the duration and severity of symptoms. Flu season typically runs October thru March but can start earlier and run later than that. For more information on flu, visit: https://www.elpasocountyhealth.org/services/influenza-flu

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in kids). *Some people with the flu will not have a fever.

Prevention to Stop the Spread of Germs*:

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

*https://www.cdc.gov/flu/protect/preventing.htm

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**Congratulations to the 21 students who earned perfect attendance for 2nd quarter!!**

**Did you know?** If a student misses more than 10 percent of any marking period, whether excused or unexcused, they may be considered chronically absent. If you need to report your student’s absence, you can call our **24 hour attendance line at 328-2213.**
"The 2019 growing season has blossomed for the Galileo Garden. New and interesting plants and veggies are breaking ground! Please contact Galileo for information on how you can become a volunteer." 328-2200
Welcome to my class.....
come see what I’m teaching today!

Name it.....Claim it..............

This is in room 205, my class! This is a quote that runs near and dear to my heart. We all know that middle school is a tough time, socially, for most. This is a quote that I use with my students when the drama/rumors/they don’t like me/ is running high.

I have a conversation with them about being the bigger person and not letting what they say or feel affect their daily lives.

“Lions don’t lose sleep over the opinions of sheep.”

Kristen TenBrink
7th Grade ELA & AVID Teacher
Galileo School of Math and Science
Boys Basketball Schedule

All boys basketball games start at 4:30
They would enjoy seeing you at their games

Mon 1/28 @ Swigert
Wed 1/30 @ Galileo
Mon 2/4 @ Galileo
Wed 2/6 @ Holmes
Mon 2/11 @ Mann
Wed 2/13 @ Galileo
Tues 2/19 @ Galileo
Thurs 2/21 @ North

Winter Valentines Dance

Our Winter Valentines Dance will take place on Friday February 8th from 4:00 - 5:30
Tickets will be sold during lunch the week of February 4-8th for $1.00 in advance. It will cost $2.00 at the door. Concessions will be available. You must have your ID to get in!

Sorry no high heels or boots are allowed on our new gym floor.