



# Jefferson Times

OCTOBER 13, 2014

## Weekly Events

Monday: SCHOOL IS IN SESSION TODAY!!

Tuesday: Board Mtg @ 6:30pm, Ms. Vinyard's B-day

Wednesday:

Thursday:

Friday:

## Volleyball Schedule for the week of 10/13/14

Monday: Practice only: 5th 4:15/ 6th, 7th @ 2:45. 8th Game @ George Kelly @ 3:30

Tuesday: Game Day: 5th @ Traina @ Monticello - 3:45/ 6th - NO Game/ 7th@Traina@Monticello - 4:30  
8th @ George Kelly - 3:45

Wednesday: Practice only: 5th 4:15/ 6th, 7th -2:45/GAME - 8th@North - 4:00

Thursday: Game Day: 5th - No Game/ 6th @ George Kelly - 3:45 /7th @ George Kelly - 4:30/ 8th - No Game

Friday: Practice Only: 5th @ 4:15/ 6th & 7th @ 2:45

## Critical Thinking Word of the Week

# APPLY

## Upcoming Events

### October

10/20 - Minimum Day

Mr. Pease's birthday

10/21 - 7th/8th Spelling Bee: 1:45

10/22 - 5th/6th Spelling Bee: 1:30

10/24 - THS Homecoming Parade

10/31 - Last Day of the Trimester

### November

11/3 - Minimum Day

Progress reports mailed

11/4 - Mrs. Jennings birthday

11/5 - District Spelling Bee @ D.O.

11/8 - Central CA Band Review

Merced

11/11 - No school

PFA fun night @ Taqueria  
La Mexican

11/12 - Board Meeting at D.O.

## *A note from the principal...*

Hello Jefferson Families!

October has begun and is a busy month here at Jefferson. Red Ribbon Week and Bully prevention month are all a part of this month.

In the next couple of weeks, students will be completing benchmark assessments in Language Arts classes. These assessments will be used by our teachers to assess how we are doing as a district in implementing common core strategies and how we can improve instruction in the classrooms.

For afternoon pick-up, the back gate closes at 2:50 each afternoon. Any students who are still waiting for rides will be brought to the office to call home. You can pick up your child at the office at this time. Please remember that all students who are waiting to be picked up or who take the bus are asked to remain behind the gates until they are picked up or the bus arrives.

Our site spelling bees are coming up in the next two weeks. 7th and 8th graders will have written spelling bees in their classes this week. 5th and 6th grade will compete in an oral bee on October 22nd.

We have one month left of the first trimester. If you have concerns regarding your child's academic progress, now is the time to contact teachers for guidance and help.

Come out and cheer on our 5th-8th grade volleyball teams on Tuesdays and Thursdays each week. They are doing a great job on the courts!

Have a great week! Please don't hesitate to contact me if you have any questions or comments.

Mrs. Tilton,  
Principal

FAMILY EDITION #10

Be Responsible

Do Your Best Each Day - Think Before You Speak

## JEFFERSON CREED

Put Others First - Avoid Conflict

## GATE – OLSAT Testing Fall GATE Testing

Gifted and Talented Education (GATE) testing is open to all third through eighth graders who have not taken the OLSAT 8 in the past three years. The two possible ways to qualify for GATE for 2014-2015 will be through the Otis-Lennon School Ability Test (OLSAT) or through the teacher recommendation / portfolio process. The OLSAT test will be given to eligible 3<sup>rd</sup> -8<sup>th</sup> graders in October and eligible 2<sup>nd</sup>-7<sup>th</sup> graders in April. Testing will occur after school at your child's school site. The testing schedule can be found below. Parents are responsible for student transportation. If you would like your child to participate in the upcoming GATE testing, please contact the school office and ask for a GATE application or go to the Jefferson School District Website ([www.jeffersonschooldistrict.com](http://www.jeffersonschooldistrict.com)).

The application can be found under Academic Programs, Gifted and Talented, GATE student application or click: <http://www.jeffersonschooldistrict.com/site/default.aspx?pageid=53>

**The application must be completed and returned to the school office by October 10, 2014.**

### Testing Schedule:

- ◆ Tuesday, October 14 GATE Testing at Hawkins (includes Jefferson 6-8<sup>th</sup> graders)
- ◆ Wednesday, October 15 GATE Testing at Traina
- ◆ Thursday, October 16 GATE Testing at Monticello (includes Jefferson 5<sup>th</sup> Graders)

If you have any questions, please contact Student Services at (209) 836-4531.

Jefferson School District is looking for anyone interested

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Part time jobs available!  
On call Substitute Campus Aides and  
Sub Custodians.

Apply on Edjoin.org or call  
Rhonda or Vicky at (209) 836-3388.

# TRACY EXPRESS GIRLS SOFTBALL 2015 SEASON



Registration  
begins  
October 1st

[www.tracyexpress.com](http://www.tracyexpress.com)

# Head Lice 101

## What You Should Know About Head Lice

### Overview

Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old. Children attending preschool or elementary school, and those who live with them, are the most commonly affected.<sup>1</sup>

Head lice are not dangerous.<sup>1</sup> They do not transmit disease, but they do spread easily, making it a community issue.<sup>2</sup> Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits.<sup>2,3</sup> Your family, friends or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

### What Are Head Lice?

Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood.<sup>2</sup> An adult louse is the size of a sesame seed. Baby lice, or nymphs, are even smaller. Nits are the tiny, teardrop-shaped lice eggs. They attach to the hair shaft, often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.<sup>1</sup>

### Fast Facts

- An estimated 6 to 12 million infestations occur each year among U.S. children 3 to 11 years of age<sup>1</sup>
- Head lice often infest people with good hygiene<sup>2,3</sup>
- Head lice move by crawling; they cannot jump or fly<sup>1</sup>
- Head lice do not transmit disease, but they do spread easily<sup>1</sup>
- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options

### How Are Head Lice Spread?

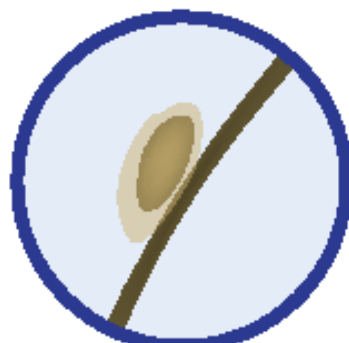
- Head lice move by crawling and cannot jump or fly.<sup>1</sup>
- Head lice are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.<sup>1</sup>
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves or coats, or other personal items, such as combs, brushes or towels.<sup>1</sup>
- Head lice transmission can occur at home, school or in the community.<sup>1</sup>

### What Are the Signs & Symptoms of Infestation?

Signs and symptoms of infestation include<sup>1</sup>:

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability** and difficulty sleeping (lice are more active in the dark)
- **Sores on the head** (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.<sup>4</sup>



NIT



Nymph



Full-Grown Louse



# Head Lice 101

## What You Should Know About Head Lice



### What If My Child Gets Head Lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by healthcare professional.<sup>5</sup>
- Resistance to some over-the-counter head lice treatments has been reported. The prevalence of resistance is not known.<sup>5,7</sup>
- There is no scientific evidence that home remedies are effective treatments.<sup>8</sup>
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats and towels should be washed in very hot water.<sup>4</sup>
- Personal articles, such as combs, brushes and hair clips, should also be washed in hot soapy water or thrown away if they were exposed to the persons with active head lice infestation.<sup>4</sup>
- All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time.<sup>4</sup>

### References

- <sup>1</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Frequently Asked Questions. [http://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html). Accessed October 12, 2012.
- <sup>2</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Diagnosis. <http://www.cdc.gov/parasites/lice/head/diagnosis.html>. Accessed January 27, 2012.
- <sup>3</sup> Meinking T, Taplin D, Vicaria M. Infestations. In: Schachner LA, Hansen RC, eds. *Pediatric Dermatology*, 4th ed. Mosby Elsevier; 2011:1525-1583.
- <sup>4</sup> Centers for Disease Control and Prevention (CDC). Parasites: Head lice: Epidemiology And Risk Factors. <http://www.cdc.gov/parasites/lice/head/epi.html>. Accessed June 30, 2012.
- <sup>5</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment. <http://www.cdc.gov/parasites/lice/head/treatment.html>. Accessed October 12, 2012.
- <sup>6</sup> Burkhart CG. Relationship of treatment resistant head lice to the safety and efficacy of pediculicides. *Mayo Clin Proc*. 2004;79(5):661-666.
- <sup>7</sup> Meinking TL, Serrano L, Hard B, et al. Comparative in vitro pediculicidal efficacy of treatments in a resistant head lice population on the US. *Arch Dermatol*. 2002;138 (2):220-224.
- <sup>8</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment Frequently Asked Questions. [http://www.cdc.gov/parasites/lice/head/gen\\_info/faqs\\_treat.html](http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html). Accessed October 18, 2012.
- <sup>9</sup> Parison J, Canyon DV. Head lice and the impact of knowledge, attitudes and practices – a social science overview. In: *Management and Control of Head Lice Infestations*. UNI-MED, Bremen, Germany, 2010:103-109.
- <sup>10</sup> Gordon SC. Shared vulnerability: a theory of caring for children with persistent head lice. *J Sch Nurs*. 2007;23(5):283-292.
- <sup>11</sup> Gordon S. Management of head lice in school settings. Presented at the Florida Association of School Nurses conference, Orlando, FL, February 7, 2009.
- <sup>12</sup> National Association of School Nurses. Pediculosis management in the school setting. Position statement. January 2011. <http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smid/824/ArticleID/40/Default.aspx>. Accessed July 8, 2012.
- <sup>13</sup> Schoessler SZ. Treating and managing head lice: the school nurse perspective. *Am J Manag Care*. 2004;10(suppl 9):S273-S276.
- <sup>14</sup> Frankowski BL, Bocchini JA, Jr, Council on School Health and Committee on Infectious Diseases, American Academy of Pediatrics. Clinical report – head lice. *Pediatrics*. 2010;126(2):392-403.

### Myths & Facts About Head Lice

**Myth: Only dirty people get head lice.**

**Fact:** Personal hygiene or household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.<sup>2,3</sup>

**Myth: Head lice carry diseases.**

**Fact:** Head Lice do not spread diseases.<sup>1</sup>

**Myth: Head lice can be spread by sharing hairbrushes, hats, clothes and other personal items.**

**Fact:** It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes or hair accessories, that have been in contact with a person with head lice.<sup>1</sup>

**Myth: Head lice can jump or fly, and can live anywhere.**

**Fact:** Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for a few hours off the head.<sup>1</sup>

**Myth: You can use home remedies like mayonnaise to get rid of head lice.**

**Fact:** There is no scientific evidence that home remedies are effective treatments.<sup>8</sup> A healthcare provider can discuss appropriate treatment options, including prescription products.

# Take Note...

MJPFA News:

## **JEFFERSON:**

Representative wanted! The Monticello-Jefferson PFA is looking for a volunteer from Jefferson School to come join the MJPFA Board of Executives and be an active voice for Jefferson School in our fundraising and planning efforts. No prior experience necessary. Please contact MJPFA President Tina Bender if interested at [momtosex@gmail.com](mailto:momtosex@gmail.com)

## **Measure J Citizens' Oversight Committee Seeking One Member**

On March 8<sup>th</sup>, 2011 the first Jefferson Citizens Oversight Committee was established. The six current members are:

<u>Name</u>	<u>Term Expires</u>
Nicole Riley, Chairperson	2015
Jennifer Couch, Secretary	2015
Peggi Johnson, Vice-chair	2015
Chris Potts	2015
Kelly DeLong	2016
Terry Thomas	2016

There is currently one position available on the Citizens Oversight Committee. Please contact Grace Merritt at the Jefferson District Office for an application if you are interested in applying - [gmerritt@sjcoe.net](mailto:gmerritt@sjcoe.net) or 209-836-3388.

The Committee will meet at least quarterly and is responsible for overseeing Measure J bond projects and funds.