

The Nokomis News

Because It Takes a Village

Upcoming Events and Activities

PTA Meeting

Thursday, January 3rd
6:00-7:00pm
South Campus Lobby
525 White Bear Avenue

Free childcare for school-aged children provided by Discovery Club.

MLK Assembly

Friday, January 18th
North Campus - 10:00am
South Campus - 2:00pm

Families are invited to attend the MLK Jr. Assembly that our Nokomis students have worked hard to put together!

No School

Monday, January 21st
Martin Luther King Holiday
Friday, January 25th
Professional Development

Cold or Flu?



SYMPTOMS

Symptoms usually appear gradually, over a few days

Fever, rare but mild if present

Slight aches and pains, muscle aches, chest discomfort (*sickness felt in head and nose*)

Rare to mild fatigue and weakness

Stuffy or runny nose, sneezing and sore throat common

Hacking cough, typically responds to cough medications

SYMPTOMS

Symptoms usually appear quickly and are more severe

Fever, almost always and usually high

Aches and pains, muscle aches, chest discomfort can be severe (*sickness felt over entire body*)

Moderate to severe fatigue and weakness

Stuffy or runny nose may occur; sore throat, chills and headache common

Non-productive cough common, can become severe

Vaccine available to protect yourself

INFECTIOUS PERIOD

Varies; usually 4-7 days after symptoms first begin

1 day before symptoms present; 3-7 days after

www.cdc.gov/flu

Nokomis Montessori PTA Mission Statement

The mission of Nokomis Montessori PTA is to promote activities that enhance the joy and well-being of Nokomis families in a way that complements and enriches the learning environment. To assist parents in developing the skills they need to raise, protect and prepare their children. To encourage parent involvement in the schools. To build community within the school, and enhance the relationship among the school, and parents. To provide volunteer and financial support for school activities that result in the nurturing and educating of all school students.

