

BOBCAT NEWS

SPECIAL POINTS OF INTEREST:

- Student and Teacher Shout Outs
- How to treat Influenza
- Counselor's Corner
- Green Beans for a Crowd
- Student Council
- Veterans Day Assembly

STUDENT & TEACHER SHOUT OUTS

The journalism class asked the teachers to choose students in their classes that have had positive behavior last month. We would like to recognize you.

- 1A: Madden Schloemer
- 1B: Conray Richardson
- 2A: Josie Bowers
- 2B: Jozlynn Carter
- 3A: JoyAnna Mc. Cord
- 3B: Kyle Keaton
- 4A: Hunter Redburn
- 4B: Maxton Schloemer
- 5A: Lucas Harris

- 5B: Logan Loughridge
- 6A: Makayla Ryan
- 6B: Colin Parrett
- 7A: Amaura Fry
- 7B: Wyatt Campbell
- 8A: Colby Knight
- 8B: Brian Warren

Teacher Shout Outs

To Mrs. Heithold,;You are a great teacher especially since you've been teaching here for a very long time. You make it really fun to learn and make it easy for students to understand the subjects. The students, teach-

ers, and staff love you as a teacher. You really love all your students from the past to the future. You really love your job, and you love everything about this school past to future.

To Mrs. Reisner; You are really funny and an excellent teacher since you've been a teacher here for 18-YEARS .WOW! All of the other teachers love you as a teacher. The students think that you're great.

Amaura Fry Alaina Amorine

How to treat Influenza

Centers of Disease Control Website

There are prescription medications called "antiviral drugs" that can be used to treat influenza illness.

What are antiviral drugs? Antiviral drugs are prescription medicines (pills, liquid, an inhaled powder, or an intravenous solution) that fight against the flu in your body. Antiviral drugs are not sold over-the-counter. You can only get them if you have a prescription from your doctor or health care pro-

vider. Antiviral drugs are different from antibiotics, which fight against bacterial infections.

If you get sick:

1. Take antiviral drugs, if prescribed by a doctor
2. Take everyday precautions to protect others while sick

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

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.

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

3. Stay home until you are better

If you are sick with flu-like illness, 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 without the use of fever-reducing medicine.

Symptoms of the flu by Nurse Campbell

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread flu to the others? People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. How-

ever, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick especially if they still have symptoms.

Counselor's Corner By Mr. Gary Bartle



Today, Thanksgiving is a holiday signified by loved ones coming together to share a meal and give thanks for each other. It is important to use times such as these to help our children understand the importance of being grateful for all the things we have. Here are a couple of ideas.

1 Help your children make a Thanksgiving card for grandma, grandpa and other guests. This is a win-win situation for everyone.

2 Allow your children to help with the Thanks-

giving meal preparation. I know that it is harder work for you, but the joy that they will have is worth the effort.

3 Read together a story about Thanksgiving and discuss it with your children. You can use the internet to find an appropriate story.

4 Express your love and thankfulness for each child. Then discuss how that makes them feel and how that others will share those feelings when they express their love and thankfulness.

5 Make a list (for the

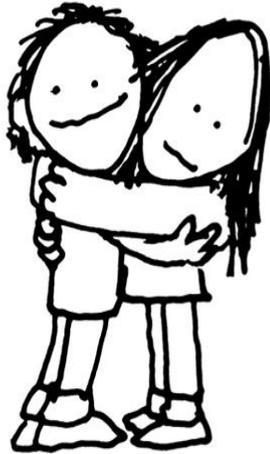
refrigerator door) for the things you have to be thankful for as a family. Have every family member add to the list.

These special days are important as times to teach our family values. Remember, that the greatest teaching takes place when we demonstrate the lesson. Show your thankfulness for all of your children, family and other blessings. Your child will be thankful that you did.

HUG O' WAR

I will not play at tug o' war.
 I'd rather play at hug o' war,
 Where everyone hugs
 instead of tugs,
 Where everyone giggles
 And rolls on the rug,
 Where everyone kisses,
 And everyone grins,
 And everyone cuddles,
 And everyone wins.

Read more poems in
Where the Sidewalk Ends
 by Shel Silverstein!



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ATTENTION 5th and 6th grade Students!

Mrs. Reisner is still taking registration froms from current 5th/6th grade students for the 2020 Space Camp Trip. Activities will include space mission, space history, rocket building, IMAX movie and astronaut training on authentic astronaut simulators in the US Space at Rocket Center, Huntsville, AL.

There is no other camp like it!

See Mrs. Reisner for forms.

Green Beans for a Crowd

By Leanne Shults

Ingredients:

8 regular size cans of green beans

1/2 lb. of bacon, uncooked chopped

1 medium onion, chopped

1 cup of butter or margarine (2 sticks)

1 1/2 cup of brown sugar

1 tsp. garlic powder

Salt and pepper, to taste

Directions:

Drain beans and put

in a 13x 9 (or larger) pan.

Sprinkle chopped onions on top of green beans. Lay pieces of chopped bacon on top of onions. Melt the butter or margarine, brown sugar, garlic powder, salt & pepper, together in a glass microwave-safe container in the microwave until melted; combine well. Pour on top of green beans, onion and bacon. Cover and refrigerate for at least 2 hours or more. Uncover and bake at 350 degrees for at least 2 hours and 30 minutes; stirring every 30 min. Add Salt and Pepper to taste.





Dent Phelps R-3

Congratulations to our new Student Council

Members:

8th grade: Jacob Wood

7th grade: Samuel Colgrove

6th grade: Carlos Skyles

5th grade: Logan Loughridge

Phone: 573-729-4680

Fax: 573-729-8644

Email: mraulton@dentphelps.k12.mo.us

**Value, Empower, and Educate
Everyone, Everyday**



Veterans Day Assembly

What: Veterans Day Assembly

Where: Dent Phelps R-3 Gymnasium

When: Friday ,November 9, 2018

Starting: 1:00 P.M.

Master of Ceremonies: Kevin Creighton

Key Note Speaker: Glen Claxton ,Air Force Retired

Program includes: Reciting Patriotic Writings, A video of all the local Vets, Student Led Color Guard presentation and more...

After the assembly refreshments will be served in the cafeteria

Veterans Day is celebrated to honor America's veterans for their patriotism, heroism and willingness to serve their country in the face of danger. We invite the community to honor those who have given so much... For more information please contact the school office at 573-729-4680.