



# THE COYOTE CONNECTION

Cascade Ridge Elementary School Newsletter

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**May 10, 2012**

## CALENDAR OF EVENTS

Apr 30-May 31	MSP Testing
May 15	Camp Chaperone Meeting 6:00pm
May 17	3rd Grade Concert 6:00pm
May 17	PTSA General Membership Meeting 7:00pm
May 23	Kindergarten Program 10:00am
May 23	Chorus/Marimba Concert 6:30pm
May 25	Birthday Cupcakes - May
May 28	Memorial Day—No School For Students
May 30-June 1	5th Grade Camp
June 4	Site Council 6:00pm
June 6	1st Grade Concert 6:30pm
June 7	Birthday Cupcakes - June
June 8	Birthday Cupcakes - July
June 18	5th Grade Graduation 9:00am
June 19	Last Day of School—early dismissal-No Lunch Served

## SCHOOL NEWS

### ***Attention Cascade Ridge Coyotes!***

The Caring Coyotes are sponsoring their last service drive of the year. In alignment with one of our schools focuses this year around the area of Literacy, they have decided to hold a book drive. The books they collect will be donated to the Issaquah Food Bank. The book drive will be held May 7<sup>th</sup>-11<sup>th</sup>. A box will be placed in the lobby for you to drop your books. Please consider supporting our Caring Coyotes and donate those books that your family has out-grown! Cascade Ridge students have worked hard all year finding “good fit books”---we are sure it is time to refill your book shelves at home with new “good fit books”! Help us support our local community of readers!

*Challenge, Support and Celebrate Each Student*

## Pertussis Outbreak in King County, May 9, 2012

Washington State and King County are experiencing a widespread pertussis outbreak. In King County, there were 100 confirmed cases of pertussis reported in the first 3 months of 2012 – the highest number reported for this time of year in the past decade, and more than the reports received in all of last year.

Pertussis is a bacterial illness that may begin with symptoms like the common cold: runny nose, scratchy throat, or cough. The cough then gets worse over one to two weeks. Fever is usually mild or absent. Most children and adults don't get seriously ill. But **for infants, pertussis can be life-threatening**. Last year, two infants in Washington state died of pertussis.

There are many things you can do to protect your family and your community from pertussis:

- Make sure that everyone in your family, including teens, parents and grandparents, are up-to-date on all of their shots. There is a one-time pertussis booster shot that all teens and adults should receive if they have not already had it.
- Keep coughing people away from babies and pregnant women.
- See a doctor for symptoms of pertussis. These include:
  - Coughing a week or more with any of the following: uncontrollable fits of coughing, vomiting after coughing, or coughing until out of breath
  - Coughing two weeks or more
  - See a doctor sooner for your cough if someone close to you has recently had pertussis.
  - Infants, pregnant women in their 3<sup>rd</sup> trimester, and people who have close contact with them should see a doctor for any new or worsening unexplained cough.

**If you have pertussis, stay out of work and school until you have finished five days of antibiotic medicine for pertussis.** People who have pertussis and don't take antibiotics should stay out of work or school for three weeks, or until the cough is completely gone.

Cover coughs and sneezes, wash hands frequently with soap and water, and stay home from work or school when sick.

Thank you for taking these steps to protect the health of your family and community. If you have questions about pertussis or are concerned that you might have pertussis, please call your health care provider. For more information you may also call Public Health at 206-296-4774.