# RAMS RECAP

Renaissance Public School Academy Newsletter

# UPCOMING EVENTS

Odyssey of the Mind Regionals

**February 24, 2024** 

March is Reading Month Kick-Off March 4, 2024

Kindergarten Enrollment Night March 11, 2024

**Author Visit for 3-8** 

March 15, 2024



Renaissance Academy

# RAMS

Hello RPSA Families!

Thank you to everyone who submitted your re-enrollment forms over the last two weeks. We anticipate having waitlists at most grade levels going into next school year. If you have not returned your re-enrollment form, please call the office ASAP.

Open Enrollment begins on March 1, 2024. If you know students interested in joining the RPSA family, please be sure to share this date with them. Two dates for Kindergarten Round-Up have been set as well. See the flyer below.

We loved celebrating Valentine's Day with all of our students this week. We saw so many students finding joy in being kind, spreading love, and showing appreciation for each other and staff. Thank you for sharing your amazing children with us!

With RAMS Pride, The RPSA Leadership Team

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# It's Re-enrollment Time!

Re-enrollment forms were due back by February 15, 2024. If you have not returned yours, please call the office ASAP.

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# **RE-ENROLLMENT FORM**

THIS FORM MUST BE RETURNED BY **FEBRUARY 15** TO GUARANTEE YOUR CHILD'S RETURN TO THE ACADEMY IN THE FALL OF 2024

<b>YES!</b> My child/children <b>WILL</b> be returning:	
List each child	
1.	4.
2.	5.
3.	6.
NEW SIBLING	ENROLLMENT:
Name:	Grade for Fall 2024:
Name:	Grade for Fall 2024:
<b>DECLINING:</b> My child/children WILL NOT	be returning:
1.	4.
2.	5.
3.	6.
Parent Signature:	Date:
Reason for Decline:	

# **Student Shout Outs**

- Nora C.
- Jenesis W.
- Autumn D.
- Lionel S.
- Aba A.
- Elijah A.
- Jessa O.
- Trey S.

- Lauren O.
- Maveryck W.
- Lucas S.
- Anistynn S.
- Cameron S.
- Colin A.
- Jessica J.
- Danai Z.

- Claire S.
- Nicholas M.
- Harper P.
- Jon K.
- Payton K.
- Jori H.
- Lucy C.
- Fifi W.



#### What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years – especially those

younger than 2 years — and children with certain chronic health conditions (including asthma, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

#### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- § Fast breathing or trouble breathing
- § Bluish lips or face
- § Ribs pulling in with each breath
- § Chest pain
- § Severe muscle pain (child refuses to walk)
- § Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- § Not alert or interacting when awake
- § Seizures
- § Fever above 104°F that is not controlled by fever-reducing medicine
- § In children less than 12 weeks, any fever
- § Fever or cough that improve but then return or worsen
- § Worsening of chronic medical conditions

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

## How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or infants may be able to spread flu longer, especially if they still have symptoms.

## Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest until their symptoms have improved to avoid spreading flu to other children or caregivers.

# When can my child go back to school, daycare, or camp after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

# For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO



#### Flu Information



# Flu: A Guide for Parents

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that from the 2010-2011 season to the 2019-2020 season, flu-related hospitalizations among children younger than 5 years old have ranged from 6,000 to 27,000 annually in the United States. The flu vaccine is safe and helps protect children from flu.



#### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at higher risk of flu complications like pneumonia, and sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

#### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

#### What are flu signs and symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Not everyone with the flu will have a faver.

#### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child. § Flu vaccination is recommended for everyone 6 months and older every year. Flu shot and nasal spray flu vaccines are both options for vaccination.

- § It's especially important that young children and children with certain chronic health problems get vaccinated.
- § Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)

§ Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Flu vaccination during pregnancy protects babies from flu for several months after birth.

Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

#### Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Ped

CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

## What are the benefits of getting a flu vaccine?

- **&** flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about 40 to 60 percent.
- § Flu vaccines can keep your child from being hospitalized from flu. A recent study showed that flu vaccine reduced children's risk of severe life-threatening influenza as much as 75%.
- § Flu vaccine can be life saving in children. A study using data from multiple flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions and by nearly two-thirds among healthy children.
- § Flu vaccination also may make your illness milder if you do get sick.

§ Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health problems.

#### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first two days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at increased risk of serious flu complications. Antivirals can be given to children and pregnant people.

## What are some other ways I can protect my child against flu?

- § In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.
- § Stay away from people who are sick; cover your cough and sneezes; wash our hands often with soap and water; do not to chapour eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

These everyday actions are good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick. However, a yearly flu vaccine is the best



# AUTHOR VISIT TO RPSA!

WE ARE SO EXCITED
TO HAVE THE
AUTHOR
NAOMI SHIHAB NYE,
VISIT OUR SCHOOL!

SHE WILL BE SIGNING
COPIES OF HER
BOOK,
TURTLE OF MICHIGAN
AT THE EVENT!

NAOMI SHIHAB NYE

MARCH 15TH

3RD-8TH GRADE PRESENTATIONS



INTERESTED IN BUYING A BOOK TO BE SIGNED BY THE AUTHOR?

OR SEND AN EMAIL TO MRS. DOYLE AT CDOYLE@RENAISSANCEPSA.COM

PLEASE SUBMIT TO THE OFFICE \$10 IN CASH OR CHECK MADE OUT TO RPSA. PLEASE INCLUDE A PRINTED COPY OR THE INFORMATION FROM THE FORM WITH YOUR PAYMENT.

PRINTED FORMS WILL BE AVAILABLE IN THE LOBBY.



5:30pm - 6:30pm





# **JOIN US FOR:**

- Informational Session
- Complete Enrollment Paperwork
- Hearing & Vision Screening
- School Tour

Call 989-773-9889 to Register

www.renaissancepsa.com

Renaissance Academy

RAMS



## **Aquatic Center Information**

There will be many ways for students and their families to access the facility. Classes, programs and events – such as learn to swim, family fun nights, age group swim teams, and summer camp programs – will be accessible to the community for a program-specific fee. Financial assistance and program scholarships will be available. Membership will not be required to participate in these opportunities, though some families may choose to join as members.

Additionally, the Mid-Michigan Aquatics Recreational Authority is committed to ensuring every 3rd grader has access to learn to swim via their school PE program. The goal will be to have this funded through private donations, and the MMARA board has already started talking with local funders about their interest in supporting this critical service for the community.

Learn more about the Community Aquatic Center Bond Proposal on the Tuesday, Feb. 27 ballot at www.midmichiganaquatics.com.





Next

# **PTO MEETING**

February 19, 2024

3:45 PM ()

Renaissance Public School Academy\*

- Classroom Donations
- Walk-A-Thon
- Fall Assembly Ideas

\*Virtual link will be available as well

# **SCHOOL BREAKFAST MENU**

# **February 2024**

**THURSDAY 01** 

### FRIDAY 02



**Yogurt** Granola Bar Fruit Milk

Cinnamon Roll Or Donut Fruit Milk

#### **MONDAY 05**

Pop-Tart Grapham Cracker Fruit Milk

#### **TUESDAY 06**

Cereal **Graham Crackers** Fruit Milk

#### **WEDNESDAY 07**

Oatmeal Rounds Fruit Milk

#### **THURSDAY 08**

Yogurt Granola Bar Fruit Milk

#### FRIDAY 09

Cinnamon Roll Or Donut Fruit MIlk

#### **MONDAY 12**

Pop-Tart **Grapham Cracker** Fruit Milk

#### **TUESDAY 13**

Cereal **Graham Crackers** Fruit Milk

#### **WEDNESDAY 14**

**Oatmeal Rounds** Fruit Milk

#### **THURSDAY 15**

Yogurt Granola Bar Fruit Milk

#### **FRIDAY 16**

Cinnamon Roll Or Donut Fruit MIlk

#### **MONDAY 19**

Pop-Tart Grapham Cracker Fruit Milk

#### **TUESDAY 20**

Cereal **Graham Crackers** Fruit Milk

#### **WEDNESDAY 21**

**Oatmeal Rounds** Fruit Milk

#### **THURSDAY 22**

Yogurt Granola Bar Fruit Milk

#### FRIDAY 23

Cinnamon Roll Or Donut Fruit MIlk

#### **MONDAY 26**

Pop-Tart **Grapham Cracker** Fruit Milk

#### **TUESDAY 27**

Cereal **Graham Crackers** Fruit Milk

#### **WEDNESDAY 28**

**Oatmeal Rounds** Fruit Milk

#### **THURSDAY 29**

**Yogurt** Granola Bar Fruit Milk



# **SCHOOL LUNCH MENU**

# **February 2024**

Cold Option: Salad with Chicken Veggies, Croutons, Cheese and Ranch.

#### **THURSDAY 01**

Cheese Burger Fresh Broccoli Fruit Milk

#### FRIDAY 02

Calzone w/Marinara Beans Fruit MIlk

#### **MONDAY 05**

Tomato Soup Grilled Cheese Fruit Milk

#### **TUESDAY 06**

Turkey Sausage, egg & Cheese Breakfast Sandwich Hashbrowns Fruit Milk

#### **WEDNESDAY 07**

Cheese Pizza Baby Carrots Fruit Milk

#### **THURSDAY 08**

Cheese Burger Fresh Broccoli Fruit Milk

#### FRIDAY 09

Calzone w/Marinara Beans Fruit MIlk

#### **MONDAY 12**

Tomato Soup Grilled Cheese Fruit Milk

#### **TUESDAY 13**

Turkey Sausage, egg & Cheese Breakfast Sandwich Hashbrowns Fruit Milk

#### **WEDNESDAY 14**

Pepperoni Pizza Baby Carrots Fruit Milk

#### **THURSDAY 15**

Cheese Burger Fresh Broccoli Fruit Milk

#### **FRIDAY 16**

Calzone w/Marinara Beans Fruit MIlk

#### **MONDAY 19**

Tomato Soup Grilled Cheese Fruit Milk

#### **TUESDAY 20**

Turkey Sausage, egg & Cheese Breakfast Sandwich Hashbrowns Fruit Milk

#### **WEDNESDAY 21**

Cheese Pizza Baby Carrots Fruit Milk

#### **THURSDAY 22**

Cheese Burger Fresh Broccoli Fruit Milk

#### FRIDAY 23

Calzone w/Marinara Beans Fruit MIlk

#### **MONDAY 26**

Tomato Soup Grilled Cheese Fruit Milk

#### **TUESDAY 27**

Turkey Sausage, egg & Cheese Breakfast Sandwich Hashbrowns Fruit Milk

#### **WEDNESDAY 28**

Pepperoni Pizza Baby Carrots Fruit Milk

#### **THURSDAY 29**

Cheese Burger Fresh Broccoli Fruit Milk



## Renaissance PSA 2023-2024 Calendar

August '23									
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First & Last Day
PD Days: No School for Students
No School for Students and Staff
SLCs - No School for Students
Family Visits

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M, Tu, Th, F Daily Schedule: 8:00 a.m. - 3:25 p.m.

Wednesday Early Release: 8:00 a.m.-2:00 p.m.

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