

April 20, 2020

Good morning WLMS Tiger Shark Community,

Happy Monday to all. I hope this email once again finds you and your family safe and healthy.

The staff at the Lake is very excited that today begins our next phase of the distance learning model with our students. By 9:00 a.m. today, teachers will have posted assignments in their Canvas courses. Students will then submit work through Canvas by 10:00 a.m. on Friday, April 24, 2020. They will then have an opportunity to ask questions and engage with staff and peers during the regular class check-ins that follow the schedule below. Teachers have posted their specific meeting time with students via Canvas. I know the staff is very excited about this opportunity as we all miss the daily interactions with your students and we can't wait to see them throughout the week at the "Virtual Lake".

Thank you for all you are doing to support our students and community through this transition. Rather our students recognize it or not, right now they need us more than ever. We look forward to partnering with you through this journey to ensure our students are supported academically and emotionally.

Remember our mantra, "We are here to make great things happen for our students, staff, and community". It's an honor to be part of the WLMS community. Please reach out with any concerns or needs you have.

Make it a great day!
Mr. Rattay

Weekly Schedule

Monday, April 20

· Period 4/4A Google Meet Check-In: 1:00-1:45 p.m. OR 2:00-2:45 p.m.

Tuesday, April 21

· Period 1/1A Google Meet Check-in: 8:00-8:45 a.m. OR 9:00-9:45 a.m.

· Period 5/5A Google Meet Check-in: 1:00-1:45 p.m. OR 2:00-2:45 p.m.

Wednesday, April 22

· Period 2/2A Google Meet Check-in: 8:00-8:45 a.m. OR 9:00-9:45 a.m.

· Period 6/6A Google Meet Check-in: 1:00-1:45 p.m. OR 2:00-2:45 p.m.

Thursday, April 23

· Period 3/3A Google Meet Check-in: 8:00-8:45 a.m. OR 9:00-9:45 a.m.

· Period 7/7A Google Meet Check-in: 1:00-1:45 p.m. OR 2:00-2:45 p.m.

Additionally here is a reminder about how the A-day B-day classes will rotate each week:

· April 20-24: A-day classes will be assigned work and have check-ins

· April 27-May 1: B-day classes will be assigned work and have check-ins

The A/B schedule will continue to rotate each week for as long as we are engaged in distance learning.

From the WLMS Health Room

Even in these unprecedented times COVID pandemic, it is evident that **Allergy Season** is upon us as well! During this very unusual time in history many of us have been reminded with itchy eyes, runny noses, sneezing and possibly flare ups of asthma and eczema that we are currently in the thick of it. A seasonal allergy is an allergic reaction to a trigger that is typically only present for part of a year. This time of year the pollen allergen is usually trees (oak, elm, birch, hickory, poplar, sycamore, maple, cypress and walnut). Weeds and grasses are also triggers but usually later in spring. Other symptoms include headaches, sore throat, and insomnia.

If your child already has a diagnosis of seasonal allergies and they have been directed by their physician to take either prescribed medication or over the counter allergy medication, hopefully they have started to take them as it is best to start ahead of allergy season. If not, it's not too late to start. If they have never been diagnosed with seasonal allergies and you suspect that they might have them, please consult with their primary care provider for direction. There are many good prescription and over the counter medications on the market to help control the symptoms. These include oral medications such as Claritin or Zyrtec, nose sprays such as Nasonex or Flonase and several different types of eye drops. Uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, and difficulty concentrating.

It is also a good idea to pay attention to the pollen counts and pollen forecast that can be found on www.pollen.com or www.weatherchannel.com, or by watching / listening to the weather reports daily. Avoidance is the best method of preventing allergic symptoms, but it can be a challenge because during the spring it's everywhere – both indoors and out. You can reduce your child's exposure to pollen by following a few simple tips:

1. Keeping windows closed can prevent pollens from drifting into your home.
2. Minimize early morning activities when pollen is usually emitted (between 5am and 10am)
3. Keep your car windows closed when traveling
4. Stay indoors when the pollen count is reported to be high, and on windy days when pollen may be present in higher amounts in the air.
5. Avoid mowing the lawn and freshly cut grass
6. Machine dry bedding and clothing if possible. Pollen may collect in laundry if it is hung outside to dry.
7. Wash hands (because we are already doing that many times during the day) when coming in from outdoors and for severe sufferers, shower and change clothing immediately after being outdoors for an extended period of time and especially before bedtime so pollen doesn't collect on bedding.

Lastly, if you are having difficulty during this pandemic in getting your child's emergency asthma medication (Albuterol inhaler such as ProAir or Ventolin) please let me know if I can be of any assistance by emailing me at Annette_Grzybinski@hcpss.org

Thank you and remember, wash hands correctly, cover your cough/sneeze (even if it's just seasonal allergies), stay home as much as possible, continue social distancing and STAY WELL!