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Wednesday, February 17, 2010

Dear Parents and Guardians,

2009-2010 Jaguar Yearbook Pictures

If you have pictures of you from this school year and you would like to submit them to possibly be included in the yearbook, please send them to **pam@lisaacademy.org** by **Friday, February 26, 2010**. Please note that submitted pictures must be school appropriate and of LISA students. You should include names and class (ex: 7D) and a brief description of what is happening in the picture and/or where it was taken. Especially send snow day pictures! If you have questions, please email Ms. Cummings and do not bother the office with these questions.

Junior Parent Night Program

Wednesday, February 17th is the Junior Parent Night program at 6:30PM in the school cafeteria. We will have a Financial Aid and Scholarship representative from UALR to talk about paying for college. Mr. Akdemir, Assistant Principal, will be present too. We hope you can attend!

Go College Week!

This is *Say Go College Week* as sponsored by the Arkansas Department of Higher Education. Students are encouraged to wear their favorite college shirt, jersey, or hoodies on **Wednesday, February 24, 2010**. The school dress code will be followed for the remainder of the week.

After-Care Payment reminder

Payment for the February After-School Care Program was due on *Monday, February 1, 2010*. Please submit your payment to the front office. Checks may be payable to LISA Academy with your student's name and fee schedule in the memo section of check. For example: 1 day a week \$12.00, 2 days a week \$24.00, 3 days a week \$36.00, 4 days a week \$48.00, 5 days a week \$60.00 per month. Please use the student database to check on student lunch balances and submit payments to the school office.

Student Attendance

Unfortunately, we still have **numerous** students arriving late to school. Parents please note home room period begins at **7:45 a.m.** Please arrange to have your child/children to school on time, preferably no earlier than 7:30 a.m. but no

later than 7:40 a.m. Also, if your child will be absent the school office must be notified no later than 10:00 a.m. on the day of the absence.

History Day Competition

District 7 History Day Competition: Fourteen students will be participating in the National History Day competition this Saturday, the 20th at UALR. They are competing in the junior division of the competition in the following categories: performance, documentary and web.

Morning Arrival

School doors do not open until 7:30 a.m. and the weather is beginning to get colder. Please remember to dress your students appropriately. Students are allowed to enter the building at 7:40 when the first bell rings. Parents and Guardians, please know if the temperature is above 40 degrees and weather permitting, the students will remain outside until school doors open.

LISA Academy Health Service

Dear Parents,

Over the last couple of weeks several students in 6th and 7th grade have had confirmed strep throat. Below is an article from WebMD that will help better inform you and your children on prevention. Please contact Health Services for further questions. Thank you.

Strep throat is a bacterial infection in the throat and the tonsils. The throat gets irritated and inflamed, causing a sudden, severe sore throat. Strep throat is caused by streptococcal (strep) bacteria. There are many different types of strep bacteria. Some cause more serious illness than others. Although some people are quick to think that any painful sore throat is strep, sore throats are usually caused by a viral infection and not strep bacteria. A sore throat caused by a virus can be just as painful as strep throat. But if you have cold symptoms such as coughing, sneezing, or a runny or stuffy nose, you probably do not have strep throat.

What are the symptoms?

The most common symptoms of strep throat are:

A sudden, severe sore throat.

Pain when you swallow.

Fever over 101F.

Swollen tonsils and lymph nodes.

White or yellow spots on the back of a bright red throat.

You may also have a headache and belly pain. Less common symptoms are a red skin rash, vomiting, not feeling hungry, and body aches.

Strep throat can be passed from person to person. When a person who has strep throat breathes, coughs, or sneezes, tiny droplets with the strep bacteria go into the air. These droplets can be breathed in by other people. If you come into contact with strep, it will take 2 to 5 days before you start to have symptoms.

How is strep throat diagnosed?

Your doctor will do a physical exam, ask you about your symptoms and past health, and do a rapid strep test to diagnose strep throat. Sometimes another test, called a throat culture, is also needed.

If the rapid strep test says that you don't have strep (the test is negative) but your symptoms suggest that you do, your doctor may want to do a throat culture to be sure. This is because rapid strep tests are not always accurate. To do a throat culture, the doctor will swab a sample of cells from the back of your throat. The sample will go into a special cup (culture) where the strep bacteria can grow over time. If strep bacteria grow, the doctor knows that you have strep.

If the rapid strep test is positive and says that you do have strep, there's no need to do the throat culture. How is it treated? Strep throat will go away in 3 to 7 days with or without treatment. Doctors usually treat strep throat with antibiotics even though they may not make you well faster. Antibiotics shorten the time you are able to spread the disease to others (are contagious) and lower the risk of spreading the infection to other parts of your body.

You are contagious while you still have symptoms. Most people stop being contagious 24 hours after they start antibiotics. If you don't take antibiotics, you may be contagious for 2 to 3 weeks, even if your symptoms go away.

Your doctor may also advise you to take an over-the-counter medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) to help with pain and lower your fever. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.

How do you prevent strep throat?

To avoid getting strep throat, it is a good idea to avoid contact with anyone who has a strep infection. If you are around someone who has strep, wash your hands often. Don't drink from the same glass or use the same eating utensils, and don't share toothbrushes.

Bacteria can live for a short time on doorknobs, water faucets, and other objects. It's a good idea to wash your hands regularly.

If you have a strep infection, there are things you can do to avoid spreading it to others. Use tissues you can throw away instead of handkerchiefs, wash your hands often, and do not sneeze or cough on others. Antibiotics can shorten the time that you are contagious. It is a good idea to stay home from work or school until 24 hours after you have started antibiotics.

Strep Throat – Topic Overview

Retrieved February 16, 2010, from WebMD website

<http://www.webmd.com/oral-health/tc/strep-throat-topic-overview>

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For more information contact Lisa Brecht, lisabrecht@yahoo.com or (870) 917-5354, www.ciee.org/hs/host .