



Hilltop

February

12 to 15 Book Fair
Monday to Thursday

March

19 to 23 Spring Break
Optional Care

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Flu Season is Here

As many of you know, the Flu is a real problem across the country. Hilltop is no different. We are seeing dozens of children and staff being diagnosed with the flu. This week alone, we have sent home many kids home and multiple staff that have tested positive. If your child is sick, PLEASE try and keep them home. The recommendation from local doctors has been 5 days.

I realize that this may not be feasible for families, but please be courteous to others when your child is sick.

We really appreciate your consideration on this matter.



Signs & Symptoms of Flu

From the Center for Disease Control and Prevention

Flu Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue (tiredness)
 - Some people may have vomiting and diarrhea, though this is more common in children than adults.
- * *It's important to note that not everyone with flu will have a fever.*

Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of [complications from flu](#). The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

Scholastic Book Fair

Monday, February 12th through Thursday, 15th is our Book Fair. Books will be for sale that week from 3:30pm to 5:30pm and there will be choices for toddler to pre-k.

Teachers will be posting “wish lists” online and at the book sale if you would like to make a donation to your child’s class.

Proceeds from the Book Fair are divided between all of the classroom and teachers can then purchase books or classroom tools from Scholastic

Parent Education Opportunities

Community Caregiver Workshops

February 8	Reading the Signs
February 15	Encouraging Growth
March 8	Feelings Detective
March 15	Expressing Feelings

Hilltop Sponsored with Jon Poquiz

<i>Parts 2 & 3 of The Ups and Downs of Parenting</i>	
Feb. 27	Time In vs. Time Out
April 25	Tricks or Treats: The Art of the Reward System



From the Board

On behalf of the Board of Directors, I hope you are having a fabulous start to the spring semester at Hilltop! Last month you should have received an email welcome from me with more information about the Board. We are composed of 17 voting members who meet every other month to ensure that Hilltop is fulfilling its mission and goals. We welcome your participation and feedback!

I plan to use this column to do a brief update in the months following our Board meetings to let you know what the Board is working on and how we might need your help.

During our January 23 meeting, we provided feedback to Jeremy, our Executive Director, about the 2017 Annual Report. This report is Hilltop's primary way of updating families and other interested parties about how we are doing in working toward our strategic goals. It is also an opportunity for you to review high-level financial information about Hilltop. Feel free to view both the Annual Report and our Strategic Plan on the Hilltop website.

At the January meeting, we approved funds to purchase new ovens for our Hilltop kitchen. Our current kitchen ovens are starting to have issues, and we wanted to be proactive rather than have a situation where lunches and snacks can't be cooked. While I know all of your kids would love takeout pizza, we decided to be safe and get the new ovens! We also continued to discuss with Jeremy the bidding process for remodeling our current teacher staff room into a new classroom for Hilltop so that

we can serve even more students. Stay tuned for more updates!

Our Board committees are getting up and running for the new semester. Thank you to those of you who have volunteered. There's still time to help out on any one of our six committees. You can sign up to volunteer here: <http://hilltop.ku.edu/hilltop-governance#committees>. You'll see updates in this newsletter from our committees every quarter so look for their first updates in the March newsletter. For now, be sure to put the Hilltop Hustle on your calendars. This fun, family-oriented, fundraising event consists of a 5K as well as a 1 mile fun run at Rock Chalk Park. The Board decided to move the Hustle to June to avoid the cold, windy, rainy April Saturdays that we've experienced the past few years. We hope to see you this year on June 9!

Be sure to stop by the Book Fair happening February 12 through 16. The funds raised at the Book Fair go back into buying books for our classrooms. Our Board of Directors will all be volunteering at the Fair so come by and say hello. We'd love to meet you as you make your purchases!

Our next meeting is March 27 if you would like to attend. Let me know if you ever have any questions or feedback for the Board. I can be reached at svancil@ku.edu or 785-864-5494.



Sara