

June 29, 2009

Dear Prosperity Heights Families,

As summer continues, I want to take an opportunity to tell you how much we appreciated your time with us this year. It is always a good time for me to reflect back on what our community has accomplished and to enjoy the memories you have helped create for all of those who are touched by our school.

I also want to take a moment to remind you that, even while your child is away from school, we want to try to keep you updated as much as possible when it comes to issues at our school. Please continue to look to the District's website, [www.spps.org](http://www.spps.org), for updates throughout the summer on various topics affecting Saint Paul Public Schools. For instance, there you will be able to find the latest information from the district regarding the H1N1 Novel Influenza.

The Minnesota Department of Health continues to tell us that the flu is still present in the community. As we have done all along, we continue to follow the recommendations of health professionals regarding H1N1.

As you and your family prepare for summer activities and summer school, please be aware of symptoms of H1N1, which professionals have found is behaving much like the seasonal flu. Those symptoms include:

- A fever of more than 100-degrees **and**
- A cough or sore throat.

As we have reminded you before, health experts are advising that people who have these been confirmed to have H1N1 stay at home for seven days. If your child needs medical attention or you need help finding a health care provider, please contact Neighborhood Health Care Network at (651-) 489-4899.

At home, you should continue to use the following tips:

- Be sure a sick child gets plenty of rest.
- Give the child drinks plenty of clear fluids, such as water or electrolyte beverages for children, to avoid dehydration.
- Cover coughs and sneezes. Wash hands often with soap and water or an alcohol-based hand rub.

Again, thank you for supporting your student and Prosperity Heights Elementary School. You and all of our students were consistent reminders of why I wanted to be an educator.

Sincerely,

Stacey Kadrmas  
Principal, Prosperity Heights