



Regional School Unit 1
Lower Kennebec Region School Unit
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"Education of a Lifetime – for a Lifetime"

Member Communities

September 4, 2009

Arrowsic
Bath
Phippsburg
West Bath
Woolwich

Dear Folks,

Welcome back to school.

RSU #1 is working to minimize the effects of what is predicted to be a rugged flu season. One way to decrease the load of sickness is to vaccinate against the virus. We are working with our area hospitals and emergency agencies to hold vaccination clinics in the schools for students. We are still coordinating tentative dates for clinics and need to work with our area health partners to firm up details. Clinics for students for seasonal influenza are tentatively set to run from mid September through early October. These clinics are voluntary in nature and students will **not** be vaccinated without parental consent. Paperwork will be coming home soon and it is highly recommended that every child receive this vaccination. H1N1 vaccination clinics are tentatively going to run in early November.

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Adult vaccination clinics for staff are also being organized. We do not have a date at this time but will notify all staff when we do.

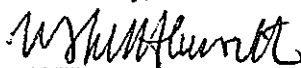
Sanitation and hygiene are going to be critical this fall. First, hand washing is essential since the virus can be transmitted on hands. Proper sneezing and coughing techniques are also critical since the virus can be spread when someone sneezes or coughs. Make sure everyone sneezes or coughs into their sleeve, or tissue. If someone is sick, they need to stay home until they are fever free for 24 hours without the use of medicine. This is critical since these viruses are highly contagious. Our schools will be very attentive to making sure that each room, desks, tables, and walls are cleaned carefully on a daily basis.

Finally, get outside regularly for fresh air every day. Getting a little fresh air and exercise via an energizing walk is another way to help boost your immune system and exchange the air you are breathing.

We anticipate a great deal of further information and directives from the state and we will be keeping all of you informed. If you have specific questions about our next steps or have concerns about your child's health, please call your school nurse at any time.

For more information go to: www.maineflu.gov

Sincerely,


William C. Shuttleworth,
Superintendent