

FRIDAY



FLASH

EDMUNDS
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791

Date and Volume Number

May 17, 2019

Up Coming Events:

May 17: Spelling Bee 9:00 AM

Robert Miller Community & Recreation Center,
130 Gosse Ct., Burlington

May 17: Mayfair Spring Carnival

May 27: Memorial Day - No School

June 11: 5th Grade Tribute, 6:30 PM

June 13: Last Day of School - 11:30 Dismissal

From the Principal's Desk

I grew up in Connecticut, and spent a lot of time down at the shore. I knew people who lived on the shore where ticks were an occasional oddity. No big deal. I was in college in NH by the time Lyme disease was identified as a tick borne illness in 1977. I was no longer roaming the woods and didn't think much about it. My children grew up in Vermont and we never worried about ticks. I've known some people who had been infected with Lyme Disease in VT beginning around 2008. The fact that it was not common to the state actually delayed the diagnosis to the detriment of my friends. Physicians were not really looking for it a decade ago - especially if the classic symptoms were not there.

Lyme Disease can be very painful and debilitating if not treated. While one identifying symptom may be a red rash around a bite, it is not always present and many times, people don't know that they have been bitten. Other symptoms may be fatigue, chills, fever, joint pain, and headache. Symptoms can be confused with other illnesses but there are tests for Lyme Disease to eliminate it as a possibility if some of the symptoms are present. It is important to consult a physician if the symptoms are present or you know you've been bitten by a tick. Lyme Disease can be treated with antibiotics and according to healthvermont.gov, antibiotics almost always result in full cure.

Our school nurses received an update from the Health Department about the disease. I decided to take some time to learn more. I was shocked at the increase in the number of cases by county between 2005 and 2012 found at healthvermont.gov/prevent/lyme/resources.aspx. As we enter the summer months, it is wise to know more about how to avoid ticks and what to do should you find that you or one of your family members have a tick. The infected ticks are usually in the nymph stage and very small, about the size of the tip of a pencil.

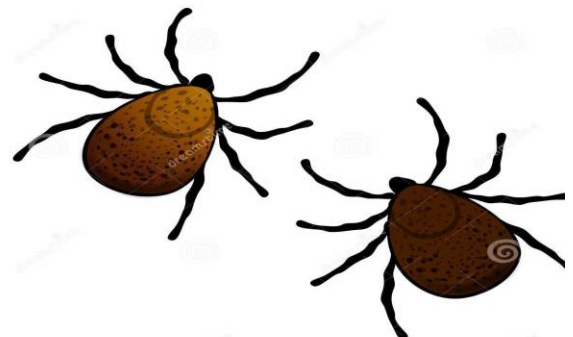
Whole School Assembly
May 23, 2019
Memorial Day - Four Winds Announcement
Miss Nolan Leading

(con't)

Avoidance is simple. Avoid high grass and bushy areas as much as possible, Wear long pants and long sleeves. Tuck pants into socks to keep ticks out. Wear light colored clothing in order to see ticks.

When you come back indoors, check yourself and your children, for ticks. **A tick may look like no more than a speck of dirt, as small as the tip of a pencil.** Teach your children what to look for. Pay special attention to armpits, head, and folds of skin. Showering within a few hours of being outside may be helpful. If you find a tick, remove it with fine tipped tweezers as soon as possible. It can take up to 36 hours for the Lyme Disease bacteria to be transmitted. Wash both your hands and the bitten area with soap and water or rubbing alcohol.

Summer is a great time of year here in Vermont, and staying healthy is a good bet by being proactive.



SAVE THE DATE!

The EES 4/5 Chorus will be going on tour to two retirement communities in Burlington on Tuesday, June 4th. We will be leaving EES at 12:30 and plan to return in time for dismissal at 2:50. Please [email Ms. Nolan](#) if you are available to join us!

COMMUNITY NEWS

Support Everybody Wins! Vermont at Edmunds by Attending a Lake Monsters Game! Here's a fun way for families to support Everybody Wins! Vermont. There are 40+ mentee-mentor pairs at Edmunds Elementary School who read, play literacy games, and chat one hour each week during the school year.

LAKE MONSTERS TICKETS

We are selling tickets to the Lake Monsters again this year as a fundraiser for Everybody Wins! The Lake Monsters are Vermont's only professional sports team. Our game is on Sunday, July 7 at 5 pm on Centennial Field in Burlington (BTV Lake Monsters vs. Hudson Valley Renegades). The tickets are discounted at \$7 each and Everybody Wins! receives half of the specially priced tickets. **Tickets are only available in May and can be purchased online at <http://bit.ly/LakeMonsters2019>**