

October 2011

# RAM O GRAM



## Special Articles of Interest:

- President's Letter
- Family Dinner Night
- Fall Fundraiser
- Book Fair
- October Health Report
- September Box tops top collectors

## Upcoming Events

**Oct 11<sup>th</sup>**

- GENERAL PTA MEETING  
5:30pm-6:30pm

**Oct 13<sup>th</sup>**

- Zaxby's Family Dinner

**Oct 20<sup>th</sup>**

- Early Release

**Oct 24<sup>th</sup>**

- Red Ribbon Week

**Oct 21-28<sup>th</sup>**

- Book Fair

## OCTOBER STAFF BIRTHDAYS:

9<sup>th</sup> Kay Painter  
Kindergarten

21<sup>st</sup> Carolyn Malpass  
Kindergarten

31<sup>st</sup> Shannon Pawlak  
Science Lab



## President's Letter

Thank you to all of the parents and staff that have joined the PTA and for your purchase of Spirit Wear! For those of you who recently ordered Spirit Wear, I just received notice that our order is in!! We will be distributing the shirts one day next week. If you did not get an opportunity to order yours this go around, we will be holding another sale in the beginning of December. Remember that Spirit Days are every Friday! I love seeing all of the school spirit within our school, GO RAMS! RES could not be all it is without the help and support of all of you.

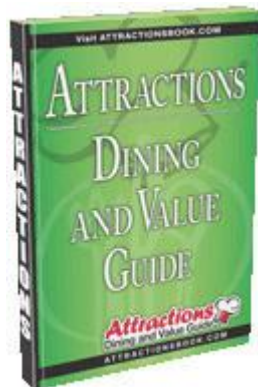
The PTA is off to a great start and we are looking forward to a great year! Please help us support RES by joining the PTA, participating in our fundraisers and becoming a part of one of our committees, if you have not done so already! We will be having a membership drive on October 11, 2011 on Open House Night for those of you who may have missed out! I look forward to seeing you all there!

I have had several questions regarding "Fair Share" this year. Just to clear the air, we will not be doing a fair share for the 2011-2012 school year. Due to the economy over the past few years, most of us are looking for ways to cut costs and save money. With this being said, the PTA is coming up with some ways to help everyone. To start off we have created this newsletter to keep you all informed of the happenings of your school. I would encourage you all to take a look at our website on a weekly basis and to sign up to receive your newsletter via email.

*Tina Boykin*  
2011-2012 RES PTA President

## Attractions Dining Fundraiser

We will kick off our first fundraiser in just a few days. We will be selling a coupon booklet for Johnston and Wake Counties! This booklet contains a variety of discounts ranging from dining, entertainment, retail clothing, and much more! Look for this information to be coming home with your child within the week! We are encouraging each child to sell at least one booklet.



## Zaxby's Family Dinner Night

Please come out and show your school spirit on Thursday, October 13<sup>th</sup> at the Clayton Zaxby's. Students will enjoy a moon bounce, clown, lollipop tree, and loads of fun!!! We look forward to seeing all of our RES families and staff. Help us maintain our record for having the most participants on the area for Spirit Night!!!



## Newsletter Sign-up

It's not too late to turn in your "Ram O Gram" sign-up form. Please turn in the completed form to your child's teacher as soon as possible. Please make sure that all information is filled in. Thank you to the parents who have already turned in the form.



## RES PTA Board Members

2011-2012 School Year

Principal- Doralisa Cowart-Johnson

President Tina Boykin

Vice President- Shauna Macon

Secretary- Christine Nunn

Treasurer- Sandy Jones

Volunteer Coordinator- Kathleen  
Stuckey

E-MAIL:

[Volunteer4res@yahoo.com](mailto:Volunteer4res@yahoo.com)

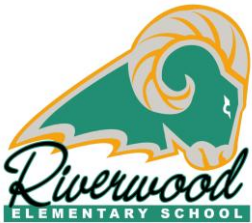
We're on the Web!

See us at:

[http://www.orgsites.com/nc/  
respta/](http://www.orgsites.com/nc/respta/)

Ram O Gram Editor-  
Shauna Macon

Ram O Gram Co-Editor  
Rhonda Hayes



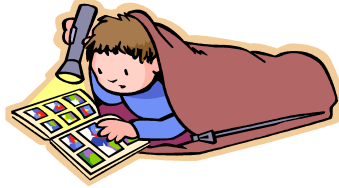
*"Climbing to New Heights"*



Remember to continue to clip your box tops and turn them in!!!! Please help us, help our school to earn money!

## Book Fair Coming to RES.....

Mark your calendars for the RES book fair October 21st-28th. Parent night will be Monday, October 24th from 5:30-7:45. We will need volunteers to help with the book fair during the school day and also during the parent night. In addition, we will need help setting up for the book fair on Thursday, October 20th. If you are willing to help, please email me at [volunteer4res@yahoo.com](mailto:volunteer4res@yahoo.com) and let me know your availability.



## October Health Awareness

### Influenza

The flu season is fast approaching and you can do your part to prevent your child's risk. Flu A is the worse; many know this as H1N1 or H3N2 and flu B is often known as seasonal flu. Why then should we be concerned about this when there are no known flu cases in North Carolina as of yet, because soon the immunizations will be available. The numbers below are sobering when you consider the implications flu can have on our children.

"During October 3, 2010--May 21, 2011, World Health Organization (WHO) and National Respiratory and Enteric Virus Surveillance System (NREVSS) collaborating laboratories in the United States tested 246,128 specimens for influenza viruses; 54,226 (22%) were positive." (CDC, 2011)

"Based on FluSurv-NET surveillance data, the cumulative hospitalization rate (per 100,000 population) for October 1, 2010--April 30, 2011, was 43.8 among children aged 0--4 years, 8.5 among children aged 5--17 years..." (CDC, 2011)

"From October 3, 2010, to May 21, 2011, 105 laboratory-confirmed influenza-associated pediatric deaths were reported." (CDC, 2011)

The Vaccination will soon be available in most pediatrician offices and at your local health department. The old adage an ounce of prevention is worth a pound of cure is so true for the flu vaccine. There are very low risks associated with the influenza vaccination. The risk of potential harm from the influenza vaccine is much lower than that of the disease. Serious vaccine side effects are possible but extremely rare. Most side effects are mild and last only a few days. The most common side effects are fever, aches, and swelling or soreness at the site of the injection.

~Neil Boykin, RN, BSN, MSN, FNP-BC

**This article is meant only to be a guide and is not to be considered medical advice. Contact your health care provider for more information.**

Center For Disease Control and Prevention (CDC). (2011, June 03). *Morbidity and Mortality Weekly Report*. Retrieved September 26, 2011, from Update: Influenza Activity -United States, 2010-11 Season, and Composition of the 2011-12 Influenza Vaccine: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6021a5.htm#Fig1>

