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school safety

Let's Stay Healthy

By Peggy O'Shea
 Chairman, Pinellas County School Board



Welcome to the 2009-2010 school year. A priority this year is keeping our students and staff healthy and as you are aware, the Centers for Disease Control and Prevention (CDC) now considers H1N1 (swine flu) a pandemic. They are concerned that the number of cases will continue to increase this fall. As a result, we are taking steps to prepare, mitigate and respond to this health emergency.

Now is the time for all of us to stay aware and here are some simple precautions:

1. Wash your hands frequently with soap and water or with hand sanitizers if there is no soap or water available.
2. Avoid touching your nose, mouth or eyes to safeguard against infection.
3. Cover coughs and sneezes with tissues and wash hands after coughing or sneezing.

4. Minimize contact with those who have flu or flu-like symptoms.
5. If you should experience flu symptoms, the most important thing is to stay at home to recover.

The symptoms of H1N1 flu virus, are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. If you or your child has any of these symptoms, please stay home. You are contagious for 24 hours after your temperature returns to normal. Prevention and early response to symptoms is the best way to limit the spread of this flu.

If we do experience a significant amount of flu resulting in increased absences by students and staff we will respond based upon guidance from CDC, the Department of Education and the Pinellas County Health Department. Rest assured that the safety of students and staff will be of paramount importance as we deal with this health emergency. Under the direction of the superintendent, the District Safety and Security Council will coordinate efforts with the federal, state and county officials at CDC.

Do not hesitate to contact the Pinellas County School District with any concerns at (727) 588-6000. Additional information can be found at www.cdc.gov. Let's keep our schools and community healthy this year. ♦

Peggy L. O'Shea, Chairman, Pinellas County School Board can be reached at (727) 771-2105.

sutherland elementary

News From The Seahawks Nest

by Laura Wilhelm



The Seahawks are off to a "great start." Arrivals and dismissals flow more smoothly each day as everyone adjusts to the new school schedule. Lots of new students to our school are settling in just fine thanks to the warm welcome they have received from our staff and returning Seahawks. Back to school open houses were enthusiastically attended. Dedicated teachers gave parents a much-appreciated opportunity to understand better what's expected of students at every level. On September 11th, our PTA hosted a Seahawk tradition: the grandparents breakfast. We hope families will enjoy the memories of this special event.

Kudos For Former Seahawks

Sutherland Media Specialist Mrs. Jackie Keller recently learned that two 2009 graduates of Sutherland, Isabella Coons and Shyloh Shots, received 2nd-place honors and handsome monetary prizes for a nationwide Stay Safe Online video contest sponsored by the National Cyber Security Alliance. Last spring as 5th-graders, the girls created a short video to remind students about online safety. Everyone is so proud of our recent graduates. The video can be viewed online at www.stay-safeonline.org.

Dinner And Dali

As part of September's back-to-school events, Sutherland Seahawks had a unique opportunity to enjoy a delicious dinner and a night of surrealist art. The traveling Salvador Dali Art Mobile visited the school in September. On Tuesday, September 22nd families enjoyed a Back-to-School dinner catered by Country Pizza Inn. Families also toured the Dali Art Mobile, where visitors experienced Salvador Dali's art with interactive exhibits and fun activities designed for elementary students.

On The Horizon

October always means walking weather at "The Nest" as Seahawks prepare for the annual Seahawk Walk walk-a-thon. The big kick-off began on the 1st of October with the Walk slated for October 15th. Students have opportunities to win cool prizes and raise funds for our school. We always need lots of help with this event, so let our PTA know if you would like to participate by contacting them through sutherlandpta.com or the school office. Also coming up, this fall's Literacy Night on October 29th will be a Spooktacular Event where families can learn fun ways to promote literacy. Seahawks can also scare up some good books at the fall book fair in the media center from October 26th-30th, including evening hours during Literacy Night. More information about these events will be coming home soon. ♦

Upcoming Events:

- Seahawk Walk - Oct. 15th
- Literacy Night - Oct. 29th
- Fall Book Fair - Oct. 26th - 30th
- PTA Reflections Entries due - Nov. 9th
- Great American Teach-in - Nov. 18th
- Holiday Gift Shop - Nov. 30th - Dec. 9th

Sutherland Elementary, Marilyn Cromwell, Principal,
 3150 N Belcher Rd., Palm Harbor, (727) 724-1466.

center academy

A Smooth Start At Center Academy

by Kyle Burnham
 Senior Journalist

The school year has begun and things here at Center Academy are going smoothly. The new faces have adjusted fine to their new surroundings. Can you believe it is already time for Progress Reports! Before you know it the holidays will be upon us.

This will be the first year that we will be administering the PSAT here at Center Academy and we are extremely excited and proud! High schoolers please remember to get your sign up forms in.

The lower high school is preparing for their annual food drive for Metropolitan Ministries. They would appreciate any canned goods that can be donated.

Remember the year by purchasing one of Center Academy's yearbooks...they are on sale now!!!!

The best time of the year has arrived. It's football season...not only for the NFL, but for our flag football team. The coaches say that practices will be starting soon and we are looking forward to another successful season.

It is that time of year when sickness is a way of life. Parents, please remember if your student is sick do not send them to school. Let's try to keep from spreading our illnesses!

This was our debut article in the Panther and we want you to remember to check in monthly for the latest news about our school! ♦

Center Academy Palm Harbor is located at 34054 US Highway 19 N, Palm Harbor, (727) 781-2986.