

# Riverside REALITY

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## Literacy Linemen Are Back!

The ever-popular program of Riverside High School football players sharing their joy of reading with elementary students within the District has returned.

Known as “Literacy Linemen,” members of the football team know the importance of reading and are eager to share their love of reading with younger students.

Recently a group of the “gridiron guys” traveled to Buckeye Elementary to read a story from one of their favorite authors, Dr. Seuss, to third-, fourth-, and fifth-grade students. The Linemen read aloud, asked comprehension questions, and encouraged their younger fans to keep reading and writing. They stressed that doing so will provide them with greater opportunities to succeed, not only in school, but also in life.

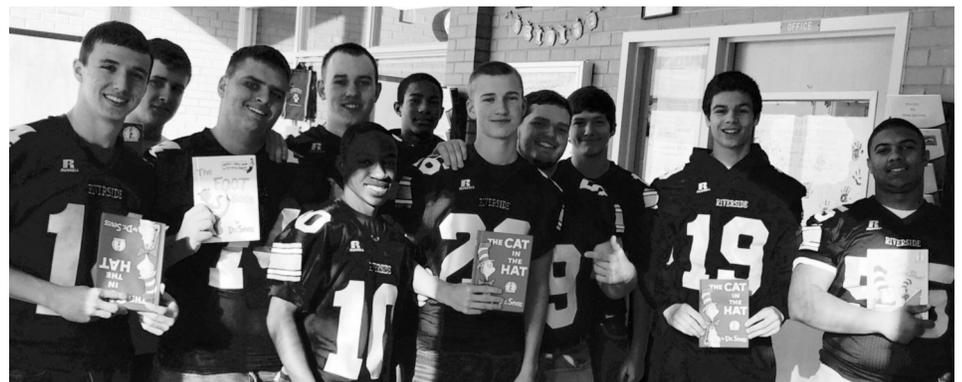
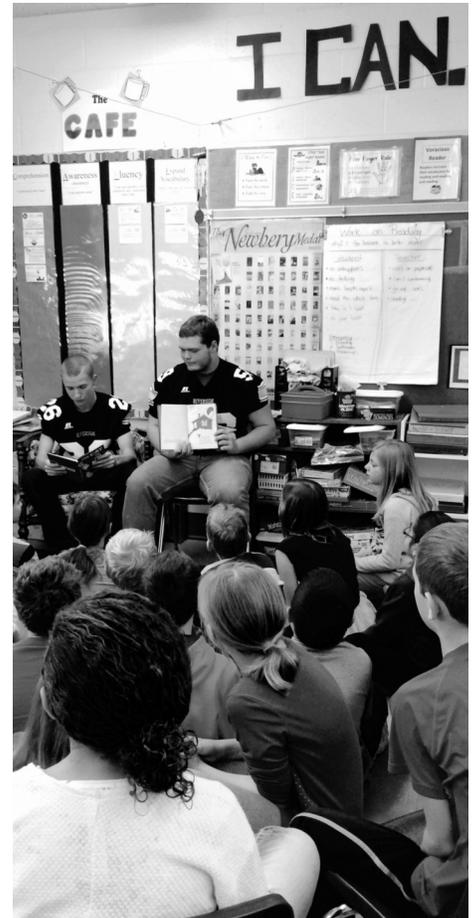
After spending time listening to the high schoolers, the elementary students were excited to receive bookmarks with the players’ autographs.

The Literacy Linemen Program was created by Riverside Local Schools’ Literacy Coach, Patti Weinstein, to provide our younger elementary students with the opportunity to enjoy listening to read-alouds and learn about the importance of reading from positive role models from our Riverside Community. There was even a little football talk, too!

Patti Weinstein and Riverside Varsity Football Coach David Bors worked as a team in preparing our student athletes and organizing the hugely successful visit.

And the good news is that future visits by the Literacy Linemen are planned for each of the elementary buildings within the District before the end of the school year.

A big thank you goes to Riverside High School Principal Peter Hliatzos for his support and also to the teachers and staff at Buckeye Elementary. The event was a huge literacy WIN WIN for everyone in the Riverside District!



Our MISSION . . . Through a culture of excellence, immerse students in educational opportunities and empower them to excel in an interconnected world.

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## Helpful Reminders For Flu Season

### Prevent The Flu

The easiest way to help protect yourself from the flu is to get a seasonal flu vaccination every year. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose. **You should avoid touching your eyes, nose and mouth.**

### Wash Your Hands

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.



### Washing with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. This is about the time it takes to sing “Happy Birthday” twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. Sharing cloth towels can spread germs. If possible, use a paper towel to turn off the faucet and open the door.

**Remember: If soap and water are not available, use an alcohol-based sanitizer to clean hands.**

### Cover Your Cough

Flu virus is spread through the coughs and sneezes of those infected with flu. Encourage those who are sick to cover their coughs and sneezes. Use a tissue if you have one. If a tissue isn't available, cough or sneeze into your elbow.

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Throw out used tissues in the trash as soon as you can and wash your hands after discarding used tissues.
- Cough or sneeze into your elbow or upper sleeve if you don't have a tissue.
- If you cough or sneeze into your hand, wash your hands.

**If you are not near soap and water, use an alcohol-based hand sanitizer, rubbing hands until dry.**

### Have Healthy Habits

Establishing good health habits now can help your body stay healthy and fight off the flu and other illnesses. Follow these tips to keep your body healthy to help fight off the flu should you get it.

- Eat a balanced diet including plenty of vegetables, fruits and whole grain products. Drink plenty of water and go easy on salt, sugar, and saturated fat.
- Exercise regularly. Thirty or more minutes of physical activity most days of the week can help boost your immunity.
- Get plenty of rest. Sleep is shown to help your body fight off illness.
- Try not to touch your eyes, nose or mouth. Germs are often spread this way. Stay away from people who are sick as much as you can.
- If you get sick, stay home from work and keep sick children from school or child care.

