

THE  
GALLOWAY  
GAZETTE  
WEEKLY NEWSLETTER FROM N.B GALLOWAY SCHOOL



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upcoming dates

12/13 ~ 1ST GRADE PERFORMANCE  
1:30PM/DOORS OPEN 1:15PM

12/16 ~ BOARD MEETING 7:30PM

12/20 ~ 2:10 DISMISSAL  
START OF WINTER BREAK

12/23 TO 1/3 ~ WINTER BREAK

Countdown to Winter Break!  
Spirit Week 12/16-12/20

Monday 12/16 ~ Don't be a Grinch!  
Wear Green!



Tuesday 12/17 ~ Let it Snow!

Wear cozy, holiday hat or  
socks with CREW shirt!



Wednesday 12/18 ~ Power of Kindness

Wear RED or school colors



Thursday 12/19 ~ Deck the Halls

Wear a super silly sweater!



Friday 12/20 ~ Festive Friday

Wear your PJ's and fun, festive  
accessories!



VIRTUAL BACKPACK

CLICK HERE





FOR INFORMATION FROM  
LOCAL ORGANIZATIONS!





## Dear First Grade Families,

Our "Christmas Cookie" show is coming along. We are getting more and more excited to share it with all of you. Below please find some CHANGES IN COSTUME IDEAS. These are just suggestions, you can still keep it simple and wear brown or tan if you like. If you have a speaking part, continue to practice at home!

**CRYDER – SNICKERDOODLES** – Wear brown or tan. Add a smiley face or just a smile to your shirt! 


**HUDDLESTON – CHRISTMAS COOKIES** – Wear red and/or green or something Christmasy! 

**JIMENEZ – GINGER SNAPS** – Wear brown or tan. The gingerbread boy and girl can add candies or other decorations to their outfit! 

**MECKLER – ANIMAL CRACKERS** – Wear brown, black, tan, or some kind of animal print! 

**SARATA – OATMEAL RAISIN** – Wear brown or tan. Add some black spots! 

**UPHOFF – PEANUT BUTTER COOKIE** – Wear brown or tan. Add a picture of a peanut or peanut butter to your shirt! 

**FORTUNE COOKIES** – Wear tan or brown. Add a white stripe to your shirt! 

**PUPPIES** – Wear brown, black, or tan. Add some spots to your shirt!



As a reminder, our show will be on FRIDAY, DECEMBER 13th at 1:30PM. Doors will open at 1:15PM. If you have any questions, please feel free to email me at [cpettigrew@csd17.org](mailto:cpettigrew@csd17.org)

Thank you,

*Mrs. Pettigrew*  
Music Teacher

**MERRY  
CHRISTMAS**



# FAKE OR REAL?

## CAN YOU SPOT THE DIFFERENCE ?

The use of exaggerated words or a headline all in CAPITALS are clues to be skeptical.

Fraudulent websites can use domain extensions to create web addresses that are very similar to existing, popular web addresses (".co" is popular). Not all sites with domain extensions are fake – it's just the ones that look eerily similar to the legitimate sites you already know.

Images that are altered, manipulated, or downright fake warrant skepticism.

Grammatical errors can be a sign of low quality.

Use of outdated or fake dates should be a red flag.

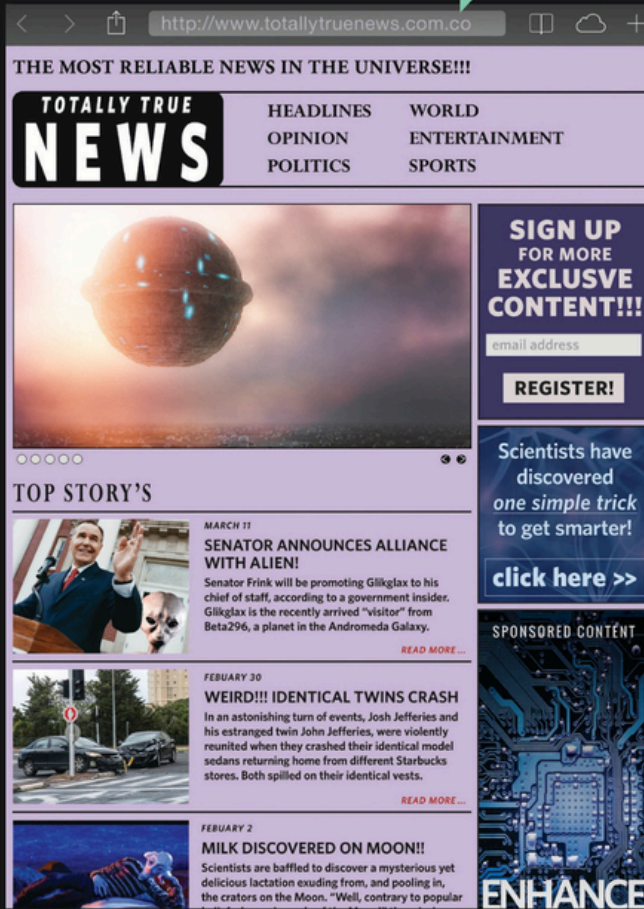
Professional and expert quotes are used in most publications; lack of them should lead you to question what you are reading.

When a site lacks an "About Us" section or requires you to register to learn more about the site, that should be a red flag.

Beware of sites with lots of ads or images that could simply be used for clickbait.

Sponsored content is just another way to say "ad."

The use of a lot of exclamation points is a sign of low quality.



The screenshot shows a browser window with the URL <http://www.totallytruenews.com.co>. The page header reads "THE MOST RELIABLE NEWS IN THE UNIVERSE!!!" and "TOTALLY TRUE NEWS". Navigation links include HEADLINES, WORLD, OPINION, ENTERTAINMENT, POLITICS, and SPORTS. A large image of a planet is featured. A sidebar on the right contains a "SIGN UP FOR MORE EXCLUSIVE CONTENT!!!" form with an email address field and a "REGISTER!" button. Below this is a "click here >>" button. The main content area is titled "TOP STORY'S" and lists three articles: "MARCH 11 SENATOR ANNOUNCES ALLIANCE WITH ALIEN!", "FEBRUARY 30 WEIRD!!! IDENTICAL TWINS CRASH", and "FEBRUARY 2 MILK DISCOVERED ON MOON!!". A "SPONSORED CONTENT" section at the bottom right features a circuit board image and the word "ENHANCE".



# NURSE SHOTS

## 7 Truths & Tips for Survival of Stomach Bugs When They Hit Your Home

1. **Hand washing and keeping things clean** are your best defenses from getting ill with a stomach bug. Not surprisingly, this is particularly true after touching or supporting your child and when [preparing food and eating](#). Some viruses will survive on surfaces for days. And some viruses like Norovirus can even survive [hand sanitizer](#). You have to use soap and water to kill it. But even with ridiculous, meticulous attention to hygiene, every parent knows that when the vomit is flying, it's hard to lasso every single errant particle. So simply commit to do your best. Change the sheets and clean up areas of vomit immediately after supporting your child. Soapy warm water is your friend. Wash surfaces immediately, use hot water for the wash, and use high heat in the dryer.
2. **24 hours (or so):** In general, most pediatricians will tell you that [vomiting](#) doesn't exceed 24 hours with typical gastroenteritis. Occasionally it can. Many kids don't follow the rules. Once a virus that causes gastroenteritis takes hold of a child, vomiting starts. Children tend to vomit more than adults. Part may be an easy gag reflex. With most viruses that cause the "stomach flu," as the infection moves through the stomach and intestines, vomiting stops after about 24 hours. But not always. If you advance [liquids](#) too quickly or children eat more solids than they are ready for, even after the first meal 1 to 2 days into eating again, they may have a vomit encore. If you have one of those, start back where you started (sips of clear liquids) and go very slow advancing their diet. If vomiting is accelerating at 24 hours, it is time to check in with your child's doctor.
3. **Disgusting and terrifying:** It's creepy-eeepy to take care of a child with vomiting. Not only is it entirely gnarly and disgusting to remove and clean chunks from vomit-laden carpet, sheets, and clothing, it's also terrifying to provide support to a vomiting child because you can get equally uneasy about catching the virus. You're not alone in this. It's absolutely nauseating to see your own child ill, unwell, and retching. And it's awful to imagine having to provide care while getting miserably sick. Do your best to keep your [hands washed](#) and keep the love going. As all of us know, when you find yourself picking out vomit bits from the carpet at 3:00 am, it really can only get better from there.
4. **Medication:** Children rarely need medication when recovering from gastroenteritis. Although some anti-nausea drugs are available for use in children, most children don't need prescription medications. Talk with your child's pediatrician if you feel your child is vomiting longer than 24 hours or becoming [dehydrated](#). Remember that vomiting is a protection reaction of your child's body to clear infection.
5. **Soap, water, and bleach:** William Osler said, "Soap and water and common sense are the best [disinfectants](#)." Cleaning your home to avoid spreading infection is a must. You don't need expensive products, just vigilance. With some highly infectious viruses that cause vomiting, even 10 viral particles can cause illness. So in addition to soap and water, consider using a dilute [bleach](#) solution to clean hard surfaces.
6. **Detective work:** Sometimes you'll simply never know where it all came from. But it won't stop you from playing the role of infectious detective. The only issue: this is simply wasted time.
7. **Yummy, clingy love:** There is an occasional perk to a terrible stomach bug. And we have to find one to maintain a sense of optimism. When our children are ill, they really turn over and show us they want us over anything else on earth. Then there is [resilience](#). Children do very well recovering from typical viral gastroenteritis, although [diarrhea](#) can last for days. Even so, our children's resilience will long astonish us.

<https://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Surviving-the-Stomach-Bug-Truths-Tips-for-Parents-.aspx>



# CHANNAHON MUSIC BOOSTERS

SUPPORTING CHANNAHON SCHOOL DISTRICT 17 MUSIC



## 4<sup>th</sup> Grade Choir Concert

Thursday, December 12<sup>th</sup>, 2024 @ 5:30 p.m.  
Pioneer Path Gym



## Choir and Band Holiday Concert

Monday, December 16<sup>th</sup>, 2024 @ 6:30 p.m.  
CJHS Gym

## Upcoming Events!

- Thursday, 12/12, 5:30 p.m.  
4<sup>th</sup> Grade Choir Concert @ Pioneer Path
- Monday, 12/16, 6:30 p.m.  
Choir and Band Holiday Concert @ CJHS
- Tuesday, 12/17, 3:00 p.m.  
Choir Christmas Caroling @ St. Elizabeth Home
- Tuesday, 12/17, 5:15 p.m.  
Pep Band Performance @CHJS Boys Basketball Game
- Thursday, 1/9, 7:00 p.m.  
Channahon Music Boosters Meeting @CJHS Idea Lab
- Thursday, 2/6, 7:00 p.m.  
Channahon Music Boosters Meeting @CJHS Idea Lab

## 2024-2025 Meetings

- January 9th, 2025 (Moved to 2nd Thursday of the month due to winter break.)
- February 6th, 2025
- March 6th, 2025
- April 3rd, 2025
- May 1st, 2025

## Volunteer Opportunities!

December 11th – Help Check in Uniforms After Holiday Concert

[Sign Up Here!](#)

### Pasta Night is Coming! Event Chairs Needed!

Please email us if you are interested in helping chair our Pasta Night fundraiser on March 12<sup>th</sup>, 2025.