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**IMPORTANT
MESSAGE**

Issues of FP will now be published online. If you would like to receive each issue electronically (twice each semester) please send your email address to lstuart@ferrum.edu to be added to the e-mailing list. If you prefer not to share your email address, you may access the newsletter online at any time by viewing FP on the Ferrum College website (www.ferrum.edu/fp).

Dear Parents and Families,

It has been wonderful to welcome back the students, after a busy summer preparing for their arrival! New amenities on campus this semester include our Papa John's Pizza restaurant in lower Franklin Hall, continental breakfast available in Clark Hall for lakeside residents (including students in Chapman, Riddick and Susanna Wesley), themed housing options, and our Pathways to Leadership and Executive in Residence programs.

Our ongoing focus on campus safety includes our continued examination of our campus safety and emergency notification practices. On an individual level, there are at least three situations for which parents or other emergency contact persons would be notified—medical emergencies, mental health emergencies, and missing person reports (online at http://www.ferrum.edu/onlinedocs/handbook_student).

As a result of our planning and out of concern for every student on our campus, we ask for student cooperation in providing us with emergency contact information and emergency travel plans.

There is a link on student i-Assistant pages called "Maintain Emergency Contacts." We ask that students access that link and enter their emergency information as soon as possible. Effective September 14, when they log in to i-assistant this emergency information page will open and they will be required to enter the information before it allows them to access their Main Menu; there will be no options to skip this page. This information will be kept confidential and is accessible only by campus emergency personnel.

Students will be asked to:

- 1) provide us with their cell phone number (if they have one),
- 2) opt in or out of the e2campus text messaging system (we strongly recommend that students opt in to receive important emergency information via cell phone),
- 3) provide us with the name, relationship and telephone number of two emergency contacts, identifying the type of emergency that applies to each contact, and
- 4) provide us with two travel plans should we ever need to evacuate the campus.

Please be reminded that in an emergency, the campus siren will be activated. The siren is an indication that students need to look for information. An e2campus text message will be issued along with the siren activation and information will be posted on the College's website and on the 5555 emergency information line. Instructions will be included as part of those messages. If students hear the siren, they should stay in place until they receive further instructions. If they are outside, they should go immediately into the nearest building until they receive further instructions.

We also want to share with you information that is available from the CDC (Centers for Disease Control) about the Novel H1N1 Flu, also known as the Swine Flu. This flu has become more prevalent across the United States in recent months. Because this flu is infecting 19-24 year-olds at a disproportionately high rate, the College and the Health Center will periodically send updates on this and other health-related concerns.

For the next few weeks before the vaccine is available, the only prevention is **common sense**.

Remember to:

1. Practice good hand hygiene by washing hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand sanitizers are also effective. Ferrum College has provided students with a bottle of hand sanitizer, which, once depleted, is their responsibility to replace.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. If using a tissue, dispose of it immediately and sanitize your hands.
3. Frequently clean living quarters, including commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, countertops, telephones, faucet handles, surfaces such as desks or counters, and bathroom areas.
4. Do not share drinking glasses, eating utensils, pillows, or smoking materials.
5. If you are feeling sick, monitor your health by checking for fever and other symptoms of the flu.
6. Update emergency contact information on student i-Assistant pages by using the link "Maintain Emergency Contacts."

Normal flu symptoms include:

- headache
- chills
- body aches
- fatigue
- dry cough
- sore throat
- stuffy nose
- fever
- Additional symptoms can include runny nose, diarrhea, and vomiting.

We are telling students that if they have the above symptoms, and particularly if they have a fever, **please self-isolate!** They should stay home or at their place of residence for at least 24 hours after they no longer have a fever (100°) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick, too. Students should identify a "buddy" – a friend, roommate, or family member who will check on them and bring food and supplies if needed.

We strongly recommend that any student who gets sick consider going home until he or she is fever-free for 24 hours. We recommend travel by personal vehicle with someone else driving; we do not recommend public transportation, which would further spread the virus, nor do we advise that an ill student drive himself or herself home.

If students develop any of the following severe symptoms, they should seek medical attention immediately by calling the Health Center at 540-365-4469 (during business hours) or by calling 911.

- Difficulty breathing, fast breathing, or bluish color to the skin or lips
- Signs of dehydration and inability to take enough liquids
- Difficulty responding or communicating appropriately or appears confused
- Getting worse after appearing to improve

Parent and Family Newsletter

Class attendance:

- i. If students are experiencing flu-like symptoms, they need to self-isolate in their dorm room or stay at home.
- ii. Students should not return to class or participate in other campus events until fever or signs of fever (chills; feeling very warm; a flushed appearance; sweating) have been gone for 24-hours. This should be determined without the use of fever-reducing medications (any medication containing ibuprofen or acetaminophen).
- iii. If they are able, students should log into ANGEL or contact their professors through email so they can try to keep up with your coursework.
- iv. The College has a recess policy that we will share with you if it is activated.

If students have a fever and other symptoms and need food, they can ask a buddy (a roommate or friend) to go to their residential staff office (located in Bassett, Chapman, and Moore Halls) to pick up a meal package. Buddies will have to sign it out in the ill student's name and it will count as a regular meal on student meal plans.

Ferrum College has placed a link on our website for a Stay at Home Toolkit for Influenza -- <http://www.ferrum.edu/fe/2009summer/StayAtHomeToolkit.pdf>. In it you will find helpful information about personal hygiene, caring for those who are sick, and what you should have on-hand in terms of caring for yourself. We urge you to help your student acquire these items BEFORE they get sick.

The vaccines for both the seasonal and 2009 Novel H1N1 Flu viruses should be available sometime this fall and Ferrum College and the Health Center, in conjunction with the Virginia Department of Health, are currently developing plans to make both available to students. Students should talk to their healthcare providers to find out if they should be vaccinated for seasonal flu and/or 2009 Novel H1N1 flu. Information about the 2009 Novel H1N1 flu vaccination can be found at www.cdc.gov/h1n1flu/vaccination. Information about the seasonal flu vaccine can be found at www.cdc.gov/flu/protect/keyfacts.htm.

Finally, although highly unlikely, the College may be instructed by the Centers for Disease Control to recess. In preparation for that possibility, students are being asked to provide us with emergency travel plans through their i-assistant page using the "Maintain Emergency Contacts" link; this link is mandatory. Please discuss potential travel plans with your students, so you are all aware of your options.

Additional information can be found online at www.flu.gov, or you can contact the CDC at 1-800-CDC-INFO (232-4636) or cdcinfo@cdc.gov.

We will communicate further details through our website and via student e-mail. It is particularly important this year that students open and read all e-mails coming from the Health Center and those related to influenza.

Let's hope for a safe and healthy school year!

Sincerely,

Dr. Andrea P. Zuschin
Vice President for Student Affairs

Dear Parents and Friends,

Ahh! The end of summer is here and with it the annual migration of students leaving for college and university campuses all over America.

As parents, this is a time of transition for us and it may be accompanied by the sadness of feeling the first vestiges of the empty nest, or for those already attuned to this annual ritual, it may be accompanied by a bittersweet sense of relief at getting your home and your life back.

For new students and even for those returning, there are also transition issues. I am reminded of this after a recent meeting with a new student who expressed to me the intensity of her homesickness and sense of longing to return to her home and the comfort of her family.

We, as parents, may too easily view the adventure of this transition through our own lenses, either remembering our own processes as we embarked on this journey, or through imagining an exciting opportunity to explore new freedom and relationships.

The fact remains that for many students this new stage presents challenges that we might not expect. For some, the experience can be overwhelming, anxiety provoking, and filled with loneliness. For some, all transitions are fraught with difficulty, and for others there is a specific challenge distinct to this transition, that of psychological individuation from the parent and greater family unit. None of us wish our children to suffer in this moment of transition, but what can we do to ease this difficulty for them? As a parent consider yourself an ally when your child offers you a chance to share in his or her experience. Often as parents and protectors, it is our first impulse to share our greater wisdom and experience by searching out an answer to the problem we perceive. However, a little advice can go a long way and frequently what our kids need is not for us to solve their problems, but simply to be a compassionate listener.

I am reminded of one of my heroes, psychologist Carl Rogers, whose approach is deceptively simple. Listen with your heart open, be present, be available emotionally and reflect back to the speaker some of what is said to the degree that he or she gets that you heard and understand. Often it is this aspect of feeling understood that is the essential and missing ingredient the student craves in the midst of this difficult time. In many cases the student already knows intellectually what to do to make it through this time, but really needs to feel connected to those who love and understand him.

Not all students will navigate this transition time without some significant help, and if you find yourself feeling concerned for your son or daughter, it is important to know that professional help is available to all Ferrum students. Students may access free, comprehensive and confidential mental health counseling through the Tri-Area Community Health Center at Ferrum. This service is available five days a week, Monday through Friday, and is generally to be considered of short duration with a focus on providing support in a therapeutic struggle that can accompany transition.

We hope all students find it easy to make their way into the flow of a new life at Ferrum, but if that is not the case, let's let them know we are there to help and that help is only a phone call or a few steps away.

Mr. T.J. Schnurman-Crook
Tri-Area Community Health Center at Ferrum