

November 2009

UP AND COMING

November

- Tuesday, Nov. 10 , Remembrance Day Ceremony @ CHS
- **First Report Card**—also on Nov. 10
- Wednesday, Nov. 11 , Remembrance Day Holiday
- Nov. 11-13, No school for students
- **Nov. 18—PT Interviews** 4-8pm
- Turkey BINGO, Friday, November 20

December

- Dec. 21 -Jan. 1 Christmas Holidays

DONATIONS ACCEPTED

Since the pop machines have been taken out of our school, the grads, who do the collecting of bottles and use the funds for their grad, have seen a sharp decline in the amount of cans and bottles deposited. In order to offset the cost of grad, we would gladly accept any donations of cans and bottles. They could be dropped off at the school or we could possibly arrange to come and pick them up. If you have any questions, please feel free to contact me at the school at 403-381-4812.

Diane Pommen



TURKEY BINGO

The Turkey Bingo is on Friday, November 20th. Doors open at 6:15pm at the Community Centre. Come out for fun, prizes and to support your schools. We hope to see you there!

VOLLEYBALL

Home Schedule—Junior/Senior Volleyball

The HOME schedule for our teams is as follows:

November 2 (Mon)—Sr Boys vs FP Walshe

November 4 (Wed)—Sr Girls vs CCHS

NOTE: All senior games start at 6 pm. Junior games start shortly after school (3:30-4pm) unless noted otherwise.

THANK-YOU

Life Skills Room #16 would like to thank Darrel & Robin Swanson for the donation of a crock pot. "It's wonderful!"

Thank you to Henny & Gus Vander Linden for their donation to the welcome back pancake breakfast.

CURRICULUM HANDBOOK FOR PARENTS

Just another reminder that the new *Curriculum Handbooks for Parents 2009-2010, ECS through Senior High*, are now available on the Alberta Education website at:

<http://education.alberta.ca/parents/resources/handbook.aspx>

REMEMBRANCE DAY

The school Remembrance Day pre-service will be held on Wednesday, November 10 at 2:15 p.m. in the gymnasium. Parents are welcome to attend. The school also provides technical assistance for the Legion's community service on the 11th. at 10:30 in the Community Centre.

SCHOOL DANCE

Students' Council will be sponsoring a dance to be held on the evening of Friday, December 4. Details will be posted in the school as the date approaches.

CHILD ABSENT?

If your child is absent for the day, be sure to check the school website for any missed work. The URL is: <http://www.coalhursthighschool.ca>

SCHOOLS AND H1N1

For those concerned about H1N1, please visit <http://www.education.alberta.ca/admin/healthandsafety/h1n1.aspx>

ATTACHMENT(S):

- What is Influenza?

What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "influenza season."
- Complications include pneumonia, bronchitis, and croup
- Symptoms appear quickly and include: fever, chills, aches, cough, and fatigue
- Influenza is highly contagious and spreads through coughing, sneezing, and talking
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach/bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration

How to Prevent Influenza:

- Seasonal influenza protects against the three most common strains of influenza virus identified by the World Health Organization. Seasonal influenza immunization does not protect against the new H1N1 Influenza Virus. *Pandemic (H1N1) immunization will be offered following the seasonal influenza immunization clinics.*
- Seasonal influenza vaccine is available at no charge for all Alberta residents over 6 months of age (including pregnant women) during October or early November.
- The vaccine takes 2 weeks to become effective and lasts for 4 to 6 months.
- Next to immunization, the most important way to prevent infection is hand washing. Washing hands well and often is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Please go to Alberta Health Services Website at www.albertahealthservices.ca

Or call Health Link at 1-866-408-5465

For information on Influenza Immunization Clinics in your area