

## October 2009

### UP AND COMING

#### October

- Oct. 6-8, phone home interviews
- Friday, October 9, PD Day· no school
- Monday, October 12 , Thanksgiving Day Holiday
- Tuesday, October 13, Div Wide PD Day; no school

#### 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

#### December

- Dec. 21 -Jan. 1 Christmas Holidays

### SCHOOL PHONE HOMES

Our first phone interviews will take place on October 6-8 but do not hesitate to contact us anytime if you have questions about your child's progress.

### 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



### VOLLEYBALL

#### Home Schedule—Junior/Senior Volleyball

The HOME schedule for our teams is as follows:

October 8 (Thur)—Jr Boys vs PBHS  
October 15 (Thur)—Jr Girls vs Vulcan  
October 19 (Mon)—Sr Girls vs JT Foster  
October 21 (Wed)—Sr Boys vs LHS  
October 22 (Thur)—Jr Girls vs NCS  
October 26 (Mon)—Sr Girls vs Willow Creek  
October 28 (Wed)—Sr Boys vs Pincher  
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.

### FEES

We'd like to remind our parents that fees were due by September 30. If you still need to make arrangements for payment beyond this date, telephone us at the office. Thanks.

### CATCHUP CLUB RESUMES



As a way to ensure that students do not fall behind in classes or assignments, we are continuing the "Catch Up Club". All students behind in assignments will be "invited" to have lunch with Mr. DeMaere in Room 8. Those who wish to get ahead are also free to attend. If you have questions, please contact Mr. DeMaere.

## SCHOOL COUNCIL

Our School Council this year consists of the following members:

- Chair—Shirley MacMillan
- Vice Chair—Deanna Heckley
- Secretary-Treasurer—Cheryl Reynolds
- Principal—Ron DeMaere
- Teacher Reps—
  - Dianne Pommen and
  - Arlene Purcell
- Student Council Rep—To Be Determined
- Town Council Rep—Mr. Gus Vanderlinden
- Palliser Board Rep—Mr. Don Zech

Thank-you to all members for your support. Our next meeting is on October 7, at 6:30 pm and visitors are welcome.

## CURRICULUM HANDBOOK FOR PARENTS

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>

## CHS WEBSITE

Once again this year we will be placing the day's homework from teachers on our website. To access this homework you go to the following:

<http://www.coalhursthighschool.ca>

## GRAD RING ORDER DAY

Your Grad Ring order day is:

- Tuesday, October 20
- Time: Lunch
- Place: Library

Email us your final ring design prior to your ring order day! Contact Sean and Denise Kelly  
Phone: (403) 252 1774 or 1(877) 252 1774  
[sean.kelly@jostens.com](mailto:sean.kelly@jostens.com)

## TERRY FOX RUN

Thank you to all of our students and community volunteers (parents and Town of Coalhurst employees) who participated in our Terry Fox Run on Friday, September 25. Together we raised more than \$775 - well over our goal of a toonie per student.

## FIRST AID MONEY DUE

All grade 10 students in the Media Option class have been sent a note home asking for a \$20.00 registration fee to cover the cost of the Standard First Aid module that will be offered beginning October 20. Please see the note for more details.

## SCHOOLS AND H1N1

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



## STUDENTS OF THE MONTH



### Students of the Month for September were:

**Junior High**— Whitney Haapala earns it for being on task, having a great attitude in class and for being engaged (she asks questions) in the discussions!

**Senior High**-- Amanda Lenz is being recognized for being a hard worker, consistently giving her best effort, quietly doing her work and for great attendance. Way to go!!!

**NOTE:** The Students of the Month will be updated on the website as they are announced at school.

## ATTACHMENTS:

- Coalhurst High School Reunion '09
- What is Influenza?
- Love and Logic Parenting Program

# COALHURST HIGH SCHOOL *REUNION '09*

**OCTOBER 23—25, 2009**

*Did you attend  
Coalhurst High School  
or  
Coalhurst Elementary School  
any time over the past 30 or 40 years?  
If you did, then we want to visit with you!*

## Reunion Agenda

**Friday Night Ice Breaker – 7 pm to 1 am**

Adults only: \$25/person\*

\*\*\*

**Saturday Afternoon Charity Basketball Games**

Coalhurst High School Gymnasium

1 pm to 3 pm

family admission: one bag full of non-perishable food items

\*\*\*

**Saturday Night Dinner & Dance – 6 pm to 1 am**

Adults only: \$40/person\*

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**Sunday Morning Farewell Breakfast – 10:30 am to noon**

family admission: \$20/family (pay at the door)

**\* Ticket purchase deadline is Monday, October 19, 2009**

For tickets and reunion details, check

**[www.coalhurstreunion.com](http://www.coalhurstreunion.com)**

Or call Sandra at (403) 329-1123

## 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
<b>Fever</b>	Usually high	Sometimes	Rare
<b>Chills, aches, pain</b>	Frequent	Slight	Common
<b>Loss of Appetite</b>	Sometimes	Sometimes	Common
<b>Cough</b>	Usual	Sometimes	Rare
<b>Sore throat</b>	Sometimes	Sometimes	Rare
<b>Sniffles or sneezes</b>	Sometimes	Common	Rare
<b>Involves whole body</b>	Often	Never	Stomach/bowel only
<b>Symptoms appear quickly</b>	Always	More gradual	Fairly quickly
<b>Extreme tiredness</b>	Common	Rare	Sometimes
<b>Complications</b>	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](http://www.albertahealthservices.ca)**

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

**For information on Influenza Immunization Clinics in your area**



A PARENTING PROGRAM THAT OFFERS HOPE AND HELP WITH HUMOR

The Love and Logic way:

- ♥ easy to learn
- ♥ raises responsible kids
- ♥ changes lives
- ♥ techniques can be used right away

**Answers to questions like:**

How do I get my kid up for school in the morning?

What's the best way to handle temper tantrums?

How do I deal with "You can't make me"?

What's effective for chronic arguing?

How do you teach 'responsibility'?

**Becoming a Love and Logic Parent** workshop offers practical help for the toughest job you will ever love... parenting! With just 2 fun sessions, parents and professionals alike will learn new thinking and techniques for some 'hot button' topics like:

- the insanity of constant reminding
- difference between punishment and consequences
- the science of control – the art of discipline

You'll view videos from the master story tellers themselves, Dr. Foster Cline and Jim Fay, that give real life examples of how Love and Logic works. And you'll have fun learning techniques that make your job easier with less stress. Good stuff.

**\*\* Change comes from either inspiration or desperation \*\***

**Upcoming Workshops:**

Saturday, Oct. 24<sup>th</sup> & Nov. 7<sup>th</sup>  
10:00 A.M. sharp to 4:00 p.m.

**Presented by Bernice Lambert, M.Ed.**

\*Immanuel Lutheran Church/2<sup>nd</sup> Floor  
20 Rocky Mountain Blvd., West

Cost: \$ 65.00 / person  
\$120.00/couple  
Includes workbook & hand-outs

\*Corner of University Drive & Rocky Mtn. Blvd., next to Gerald Probe School & opposite Riverstone subdivision entrance.

Register at [www.parentingplus.ca](http://www.parentingplus.ca)

403-359-2422