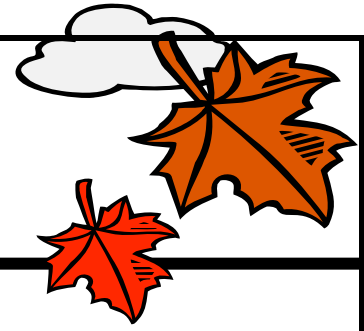


# Principal's Paige

## October 23, 2009



### Flu

The office has been receiving a number of calls in regard to the H1N1 virus. As many of you have read in the newspapers and on the internet, there has been an increase nation wide of people getting the flu. The county has told us that currently the H1N1 virus is the only flu virus going around and that the seasonal flu viruses have not yet been detected. Many of the children currently getting sick are only having minor flu symptoms and are recovering quickly. The public health department states, "Information gathered has shown that the pandemic H1N1 flu is currently no more severe than seasonal flu." The health department also states, "Most children and adults with flu symptoms do not need to be tested for the flu, and most people get better on their own without any special medical treatment. People who are at-risk of severe complications should call their health care provider to see if they need to take medications."

Our current attendance rates are within the normal range for this time of year. We are not seeing unusually high absences. However, we do have some students at home with flu like symptoms, with colds and other typical illnesses. Two great websites that you may want to read for H1N1 information are - [www.cdc.gov](http://www.cdc.gov) and [www.sccphd.org](http://www.sccphd.org).

At the school, we are following all the health guidelines that we have received such as frequent hand washing, proper disinfecting, isolating students with a fever, etc. The following are recommendations from the CDC about how you can protect your family's health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Healthy students should continue to attend school and continue to follow preventive measures. Students with a fever and/or vomiting should stay home from school.

### Dinner is Served

Make your life easy the night of the school's exhibition. The 8<sup>th</sup> graders are preparing a homemade pasta dinner complete with salad, garlic bread and a drink. The dinner will be available from 5:00-7:00 pm. All funds from the dinner go to our 8<sup>th</sup> graders Washington D.C. trip. Be sure to pre-order your tickets. No tickets will be available at the door. Be sure to see the attached e-flyer.

### Student Council Spirit Day

Thursday, October 29<sup>th</sup>, will be sports day at CSMH. Wear your favorite team jersey. Other upcoming spirit days are:

November 13<sup>th</sup> – Crazy Day

December 18<sup>th</sup> – Pajama Day

On Fridays, everyone is encouraged to show their Cheetah pride by wearing spirit wear.

### Community Service at CSMH

Students who take Life Skills with Ms. Anex participate in The Hero Project, each student's own active effort to promote human welfare.

Marcus Valenzuela, Justin Lyle, and Aleksander Sochan clean pens, socialize animals, man the gift shop, and promote adoptions for Town Cats. Rosemary Orozco and Crystal Seoud tutor and provide support to students at El Toro Youth Center. Jasmine Richardson and Erin Schirle help students with their reading at the Bridge Project. Shea Carrillo and Trenton Reynolds are volunteering in classrooms in other schools on our Minimum Wednesdays. Riley Burg is a volunteer assistant to a veterinarian.

These students are having some great experiences, learning new skills, providing valuable public service, and doing a lot to advance the positive reputation of young people in our community! We are impressed with the creative, energetic, and enthusiastic effort they are making, as well as their diligence and responsibility. We also greatly appreciate the effort of parents to support their student in this project.

Another heroic effort these students undertook together was preparing CSMH for the statewide Earthquake Drill. Students worked in teams to present information about earthquake safety to all the students and staff. They ran practice drills in the days before the "all-state" activity on 10/15 at 10:15 AM. These students received compliments from many teachers who were impressed with their knowledge and their effective presentations. The CSMH earthquake drill was very successful, and we plan to repeat it once each trimester.

- Submitted by Ms. Anex

## Upcoming Dates to Remember



October 26 <sup>th</sup>	Academic Chess
October 27 <sup>th</sup>	Rescheduled CSMH Board meeting at 7:00 pm Retake photo packages due to office
October 28 <sup>th</sup>	All kinders on field trip Order Hot Lunch by 5:00 pm
October 29 <sup>th</sup>	Student Council Spirit Day - Sports Wear
October 30 <sup>th</sup>	No school - staff development day
November 2 <sup>nd</sup>	2 <sup>nd</sup> grade (Price) on field trip Photo Retakes Academic Chess
November 3 <sup>rd</sup>	2 <sup>nd</sup> grade (Wilkinson) on field trip
November 4 <sup>th</sup>	Minimum Day - Staff Development Order Hot Lunch by 5:00 pm
November 5 <sup>th</sup>	Fall Exhibition from 5:30-7:30 (dinner 5:00-7:00) - see e-flyer
November 6 <sup>th</sup>	Charter School Spirit Wear
November 9 <sup>th</sup>	2 <sup>nd</sup> graders on field trip
November 11 <sup>th</sup>	No school - Veterans Day Order Hot Lunch by 5:00 pm
November 13 <sup>th</sup>	Student Council Spirit Day - Crazy Day End of 1 <sup>st</sup> trimester

**RESCHEDULED CSMH BOARD MEETING THIS TUESDAY!!**