

# Mother Teresa School Newsletter

October 2011



A Caring Catholic Community Inspiring and Challenging Each Other to Reach Our Full Potential

## Principal's Message

October marks the fall season as trees start to change their leaves. It



brings wonderful color and smells only this time of the year can bring. This time of Thanksgiving creates a special occasion to give thanks for all of the good things God has put in our lives. I encourage you all to go ahead and think of all people who have helped you in one way or the other and say a word of thanks to them!

Are you bucket filler??? This year Mother Teresa's aim is to create safer, kinder, more respectful school culture where children are ready to learn. We have adopted the bucket as our symbol based on Carol McCloud's book called *"Have You Filled A Bucket Today? (A Guide to Daily Happiness For Kids)"*. The premise of the book is the idea that we all carry an invisible bucket that contains our feelings. When our bucket is full, we feel great. When our bucket is empty, we feel sad. A Bucket filler is someone who says or does nice things for other people. By doing this, they are filling other people's buckets and filling their own bucket at the same time. During September, we used our **Faith** to fill the bucket of others. This month we will use the Catholic virtue of **Empathy** to fill our buckets. Jesus showed us great acts of empathy during his time on earth. Since we are one in the body of Christ, we are all brothers and sisters. As members of one family, we need to treat each other with care and concern for our feelings. I encourage you to talk to your children about our Bucket Theme and have them explain it to you. Have you filled someone's bucket today???

Mark in your calendars that on October 12<sup>th</sup> at 9:30 am at Holy Family Parish we will celebrate our first Mass of the school year with St. Michael's School! Please join us that day.

I would like to extend a huge THANKYOU to our School Council members and Mother Teresa School staff for helping with the preparation and distribution of the food at our BBQ and Meet the Teacher evening. It was a great to see all of you and I hope you enjoyed the evening.

I once again would like to encourage you to become involved in some way at the school. Whether it be volunteering for Hot Lunch help, involving yourself in School Council, or helping in the classroom, we sure could use you! It looks like October will be a busy month!

Happy Thanksgiving Everyone!

Mrs. E. Bodnaruk  
Principal



### Halloween

We will be celebrating Halloween in the more traditional manner this year. On October 31<sup>st</sup> we will have regular classes in the morning, noon hour will be reversed, and then at 1:15 pm we will have a "parade of ghosts". The afternoon activities will be planned by the teacher of each individual classroom. ***We do ask that gory costumes and accessories such as excessive blood, guns, knives, swords, etc. NOT be brought or worn to school that day. Please be mindful that costumes need to be appropriate for all ages of our school. (Make up put on too early can also become uncomfortable). Some masks/costumes can be frightening to our smaller students so please use good judgement.***

8:55 am – 12:10 pm – regular classes  
 12:10-12:35 pm– students will eat their lunches  
 12:35-1:00 pm– students will be dismissed outside (parents who need to help students with their costumes can do this **at this time**)  
 1:00 pm– Students will be allowed to dress into their costumes  
 1:15 pm– Parade of Ghosts (in the gym) All students will parade around the gym by class for parents and students to see. Bring your cameras!!!  
 After Parade – Students will return to classes and activities will be planned by the teacher for the afternoon.

### REMINDER

As we all know, we have a very busy street that runs in the front of our school. It is so important that we use the crosswalk at all times to cross the street. We realize that when dropping off and picking up students we often park across the street. Please remember to ensure the utmost safety of your children, take the extra steps to please use the crosswalk or at least cross at a corner. Our patrollers do a great job of keeping our students safe each morning and afternoon. Thanks for your cooperation!!!



### NO SCHOOL

**Friday, October 7th - PD Day**  
**Monday, October 10th - Thanksgiving**  
**Friday, October 21st - PD Day**



Well balanced, fresh healthy lunches delivered to your child's school just in time for lunch!  
 No more running to the school with forgotten lunches!  
 Peace of mind your children are eating healthy, nutritious lunches!  
 Eliminate school lunch making stress!  
 Easy online ordering convenience in your busy schedule! Visit [www.kidsplate.ca](http://www.kidsplate.ca)  
 "We Make Healthy Easy!"

KidsPlate is back for another great school year and excited to begin offering our services to your school! We would like to announce our new 2011/2012 monthly contest information! We will be holding monthly contests that we invite ALL children to enter. We ask you email us your children's entry along with their name, grade and school. In the next months newsletter we will announce the winner, what school they go to and what they have won!

**Octobers Contest: "Name that Lunch"** We're always looking for new healthy fun lunch ideas. Email us your entrée idea(s) and the winner will have that entrée named after him/her for the month of December, as well as a great KP prize! Good Luck!

Email: [info@kidsplate.ca](mailto:info@kidsplate.ca)

This months newsletter is coming to you from MR. FILLUP (Phillip) .....  
**CONGRATULATIONS TO JOSHUA THUNBERG, A GRADE 4 STUDENT AT VINCENT MASSEY SCHOOL!!**  
 He was the lucky one chosen that came up with our logo name for our Sept contest. Joshua will enjoy a gift certificate for free lunches. Thank you to all of the children who emailed us your ideas, we enjoyed reading all entries, they were creative and playful.

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We invite ALL children to enter this contest. We ask you email us your children's entry along with their name, grade and school. In the next months newsletter we will announce the winner, what school they go to and what they have won!



St. Patrick's school needs your support. We have been chosen as a finalist in a nation wide contest to win \$20,000 towards building an outdoor classroom at the school. The project would allow students to have the opportunity to do science, religion, art, sensory-motor, projects, presentations, and experiments outside, using the environment as the foundation. The school has one of the highest utilization rates in the city, and an outdoor classroom would provide teachers with more options for creativity in their programs.

In order to win the \$20,000, we need the public's support in an on-line vote. The voting begins on September 21st, and each person can vote every day for six weeks. We are competing against other schools from across the country. You can support the school's bid by voting at [www.majesta.com](http://www.majesta.com) each day until November 4th. Pass along the information to your friends, co-workers, and family, because we all share the same vision for improving education for the betterment of our entire community.

Thanks you so much in advance! Join the facebook page "Win \$20,000 for St. Patrick's School" for updates. <https://www.facebook.com/#!/pages/Win-20000-for-St-Patricks-school/167759656638287>



Just a reminder that the **Grade 5's receive their first Hepatitis B immunization** on October 3rd, 2011.

**School Fees 2011-2012**

Kindergarten	-	\$50.00
Grades 1 - 6	-	\$55.00

Thank you to all the families that have paid their school fees. We will be sending an invoice to all families who have fees outstanding. Please send your child's fees in as soon as possible.

**If you are having troubles making payment please call the school to make arrangements at 403-529-2000. Thank you.**



**Book Fair**

Again this year we will be hosting a Book Fair for the students. The book fair will run from Oct. 3-5 from 8:00 to 5:30 everyday.



**Mrs. Anheliger is in need of parent volunteers. If you are interested in volunteering please see Mrs. Anheliger or call the office.**

**Student Absences**

If your child is ill or away from school for any reason, please contact the office first thing in the morning at 403-529-2000. Thank you.

**The National Evangelization Team (NET) will be arriving on October 2nd and will be in Medicine Hat for 1 year.**

They will need accommodations for the time that they are here. Request for Host families with children preferably between the ages of 9-18 years of age, to provide room and board for 2 persons for a 2 week period. Please contact Diana Frey at (403) 527-4338 or [hdfrey@shaw.ca](mailto:hdfrey@shaw.ca).

Also we are looking for volunteers who would be able to assist the National Evangelization Team (NET) during their ministry in Medicine Hat. We are looking for both parent and student volunteers. They will be assisting the NET with sacramental preparation, as well as other activities as needed. Please contact our Volunteer Coordinators for St. Patrick's Church Trish Carr at (403) 529-6824 or [tcarr@shaw.ca](mailto:tcarr@shaw.ca) and for Holy Family Church, Gaston Dostie at (403) 580-6740 or [gastond@telus.net](mailto:gastond@telus.net) if you are interested in volunteering. Your time, regardless of how much you are able to give, will be greatly appreciated.

There will be a BBQ held on Oct. 17 @5:00 at St. Patrick's Church for all volunteers both current and potential to meet with the NET ministry. All volunteers please bring either a salad or dessert to the BBQ.

**Contact persons for NET**

St. Patrick's Church - Donna Schmunk at (403) 527-9661 or [donnaschmunk@gmail.com](mailto:donnaschmunk@gmail.com)  
 Holy Family - Ray Bosch at (403) 528-7736 or [rayboschlifeteen@yahoo.ca](mailto:rayboschlifeteen@yahoo.ca).

**ATTENTION ALL PARENTS:**

Mother Teresa is still collecting Campbell's soup "Labels for Education". You can give the labels to your child's teacher, or drop them off at the office. If you have any questions, please contact office @ 403-529-2000.



**SNACK DAY/HOT LUNCH INFORMATION**

**Snack Day - October 14th:**  
Bananas dipped in chocolate - \$1.75  
- please watch for forms going home later this month.



**Hot Lunch - October 28th:**  
Spaghetti with Meatballs and garlic toast - \$5.00 - please watch for forms going home later this month. (Gluten free will be available)



**NOTE TO PARENTS:**

**Please communicate with your children each morning as to what is happening each day.** Examples of calls are grandma will be picking you up afterschool, mom will pick you up early for a medical appointment, etc. We are having an increasing amount of phone calls each day to deliver messages to students, which disrupts class time. Thank you!

**Grade 6 "Halloween for Hunger"**

We invite all students to enjoy a movie in the gym, during the Week of Oct. 24-26 @ 12:10pm recess. Daily admission is a donation to the Food Bank.

**Parent Council Meeting**  
October 6th at 6:00 pm  
in the Staff Room.

There will be a new face in the office starting **Monday, October 3rd**. Her name is **Mrs. Getz** she will be replacing Mrs. Gjerlaug. Mrs. Gjerlaug will be moving to St. Mary's school. Please make Mrs. Getz feel welcome at our school. Thank you.

**School Opening Mass**

The students of Mother Teresa School will celebrate a School Opening Mass on Wednesday, October 12, 2011 at Holy Family Parish at 9:30 a.m. All parents, relatives and family are invited to join us at church.



**Student Photos**  
**SC Photos**

Student photos and class photos will be taken on Thursday, October 13, 2011 beginning at 8:50 a.m. Parents and students are reminded that all students will have their pictures taken whether photos are purchased or not. Remember to dress appropriately and wear your "smiles".



**Flu Season**



Parents, we need your help. It is inevitable that at some point during the school year, we will be calling home because your child is exhibiting flu-like symptoms. It is imperative that you make arrangements to pick up your child. Equally important is your child staying home until they no longer have flu-like symptoms. This will help us in controlling the number of cases we have at the school.

**MEDICINE HAT CATHOLIC BOARD OF EDUCATION**

**"Celebrating a Century of Catholic Education and Service" HISTORY BOOK—LEGACY PROJECT**

The rich history of the Medicine Hat Catholic Board of Education will be profiled in a History Book. We hope to encapsulate the stories, the facts and the progression from our humble beginnings in 1911 to today.

We are offering an exciting opportunity for you to **"Sponsor a Page" in the History Book**. Be part of this Legacy Project, help us tell our story and have your name and dedication appear in the History Book. As a \$100 **page sponsor** you have the option to personalize your **dedication** in any number of ways including:

- In memory of one's family;
- Thank you;
- Your personal faith message;
- Scripture;
- On behalf of your family;
- If no dedication is submitted your name is displayed in sponsorship.



History Books published and available for purchase by Christmas 2011. History Books are \$40 each and would make wonderful gifts for family and friends. Dedications can be up to a maximum of 100 characters including spaces. To secure your history book page please contact: **Mr. Stan Aberle, Board Member & Centennial Committee Representative @ 403.878.7422.**

**Call Today-History Book Page Sponsorship closes on Oct. 10, 2011.**  
More Information @ [www.mhcbce.ab.ca](http://www.mhcbce.ab.ca) or by calling the Centennial Office @ 504-502-8347  
Tax Receipts issued.  
*Proceeds to the Medicine Hat Catholic Schools' Education Foundation*  
**Thank you/Merci for your gracious support**

## WELCOME TO HOLY FAMILY PARISH

1451 Strachan Road SE, Medicine Hat, AB T1B 4V3

Phone: 403-527-6933 Fax: 403-526-2482

e-mail: [contact@holymfamilymh.ca](mailto:contact@holymfamilymh.ca)

website: [www.holymfamilymh.ca](http://www.holymfamilymh.ca)



*First Communion*



*First Reconciliation*



*Confirmation*

**MASS TIMES:** Saturday - 5:00 pm;  
Sunday - 8:30 am, 10:30 am & 6:00 pm  
**Reconciliation:** Saturday 3:00 - 4:00 pm

or by appointment with priest

**Pastor** - Fr. Philip Le

**Associate Pastor** - Fr. Roque Pereira

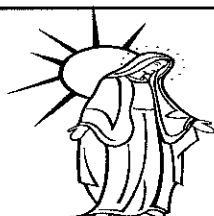
**Parish Office** open Monday - Friday 8:30 am to 4:30 pm  
(closed Statutory Holidays)

### SACRAMENT PREPARATION

Classes for **First Communion/First Reconciliation** and **Confirmation** begin October 1/2.

Classes for **First Reconciliation only** (for those who have received First Communion)

begin October 23/24.



### OCTOBER IS TRADITIONALLY A MONTH OF MARY

*during which we are reminded to pray the Rosary  
as a prayerful reflection on the entire Paschal Mystery  
and the life of our Lord, Jesus Christ.*

*Living Rosary on Tuesday, October 11 at 6:30 pm.*

**NET (National Evangelization Team)** arrives Sunday, October 2. Come to Mass and meet Kyle, Isaac, Joel, Rachel, Bernadette, Gloria, Tanya and Lauren. We are looking for **host families** to accommodate 2 or 3 members at a time for two weeks and **volunteers** to help with various aspects of the program.

**STREETFEET PROJECT:** During the month of October, the Catholic Women's League invites all parishioners to participate in this project. Help us to keep the homeless warm and clean by donating hygiene products such as soap, toothpaste, toothbrushes, hair combs and brushes, lotion, shampoo, toques, mitts and socks. Homelessness affects all ages - please remember this when donating items. All items should be new. Collection bins will be in the Greeting Area. Thank you for your generosity.

**CATHOLICS COMING HOME:** Confused Catholic? Inactive Catholic? Alienated Catholic? If you are away from the Church or are drifting away from it, if you've been hurt by the Church or are confused or angry, please consider this an invitation to come and talk to us. The program begins on **Tuesday, October 18** at 7:30 pm and continues for 5 more Tuesdays at Holy Family Parish. Please call Kathy (403-529-9731) or the parish office (403-527-6933).

**Mother Teresa and St. Michael's Schools** will attend Mass at Holy Family Church on **Wednesday, October 12** at 9:30 am.

**REDISCOVER CATHOLICISM** begins on **Thursday, October 20** in the parish hall at 7:00 pm. The first seven sessions will focus on the different aspects of the Eucharist, God's gift for the world.

*For more information, please check the weekly bulletin at the church or on our website.*





# *Medicine Hat Catholic Board of Education*

1251 – 1<sup>st</sup> Avenue SW, Medicine Hat, Alberta T1A 8B4

Toll Free 1.866.864.0013

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Phone 403.527.2292

[www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)

Fax 403.529.0917

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September 23, 2011

Dear Parents and Guardians;

Once again we will be testing students' reading ability with the Gates-MacGinitie Reading Tests (**GMRT**) for students in grades one to eight. The goal is to garner valuable information regarding individual student strengths and challenges.

The objective information obtained from the **GMRT** will complement other evaluation methods and provide a solid basis for:

- Selecting students for further individual diagnosis and special instruction
- Planning instructional emphasis
- Identifying at-risk students prior to provincial assessments
- Locating students who are ready to work with more advanced materials
- Deciding which levels of instructional materials to use with new students
- Measuring growth of learning
- Evaluating effectiveness of instructional programs
- Reporting back to parents on student progress

The **GMRT** only requires 55 minutes of testing time for each group testing session. Students can perform a pre-test in the fall and a post-test in the spring. The fall administration of the GMRT will be completed by the end of October, 2011. French Immersion students will now start writing the **GMRT** in grade 1. If your child is absent, it may be possible for them to write the test another time.

Individual student and class reports will be created to assist teachers with program planning and program provision. At the schools' parent-teacher interviews, a **parent report** will be available for parents to take home so that you have information on the performance of your child. Should you have any questions please do not hesitate to contact the Student Services Office at (403) 502-8365.

Sincerely,

A handwritten signature in black ink, appearing to read "Hugh Lehr".

Hugh Lehr  
Director of Student Services

*"Showing the Face of Christ to All"*

Celebrating 100 Years of Catholic Education 1911—2011

# BOARD BULLETIN

September 13, 2011 – MEDICINE HAT CATHOLIC BOARD OF EDUCATION

## CORPORATE COMMUNICATIONS



The Board of Trustees for the Medicine Hat Catholic Board of Education endorsed the nomination of Board Chair, Mr. Peter Grad for Vice-President of the Alberta Catholic Schools Trustees' Association. Catholic School Board Trustees in the Province will vote at the Annual General Meeting in November in Edmonton. The Board fully supports Mr. Grad and wishes him well. The full Media Release is posted on the Division's website @ [www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)

**Excellence in Teaching Award** - Nominations are now being accepted. Do you know a deserving Teacher or Principal nominate them for this Provincial Award? Nominations are open until February 2012 and forms are available online @ [www.education.alberta.ca/teachers/excellence.aspx](http://www.education.alberta.ca/teachers/excellence.aspx)

**Mission Mexico Retreat** – Father Fred Monk from St. Michael's Parish in Bow Island has created the opportunity for 4 staff members to travel to *Cuernavaca, Mexico* to participate in a donor sponsored Immersion Retreat. The Board is grateful to Father Monk and those travelling to Mexico to continue to bring light to the struggle against poverty and for social justice in Latin America.

**BOARD SELF-EVALUATION** – The Board is engaged in their self-evaluation process in accordance with Board Policy. This item is deferred to the regularly scheduled Board Meeting in October 2011.

**INSPIRING ACTION ON EDUCATION** – The Province of Alberta is engaging School Divisions' to determine the future of Education in Alberta. Initiatives include: **Changes to the Education Act, Action on Inclusion, Speak Out, High School Completion and Action on Curriculum.** Overall, the Province is rethinking student needs and examining what they are teaching in the 21<sup>st</sup> Century. Their goals are **success for every student and transformation of ECS-Grade12 through collaboration.** As we move forward on these initiatives we will continue with our community engagement process through our Town Hall Meetings. The Province invites you to have "your say" @ <http://ideas.education.alberta.ca/engage>

**ST. MICHAEL'S SCHOOL (BOW ISLAND) HIGH SCHOOL PROGRAMMING REVIEW** – The Board circulated the parameters of the *St. Michael's School BI High School Program Review* to be conducted by an ASBA consultant. The consultant, Mr. Jim McLellan will be meeting with students, staff and parents to gather information to include in the report due to the Board in November.

**DIVISION PROGRAM INITIATIVES** – The Board unanimously approved the motion to support the exploration of new programming initiatives in the Division including extending the Sports Academy programming into High School. Some initial ideas are Baseball, Girls Hockey, Swimming and "Fitcademy". Our initial goal is to offer Sports Performance at the High School. Other ideas include expansion of CTS Programming in the middle schools.

**ADVANCED PLACEMENT** – The Board also supported the exploration of Advanced Placement (AP) and Pre-Advanced Placement programming. These programs are for high achieving students who like a challenge and are interested in receive advanced credit for University. Monsignor McCoy currently offers Advanced Placement in Art. The Division is now exploring AP in Calculus and English Literature. Pre-AP is targeted for the Middle School student. How does AP work? Find out at Advanced Placement Canada [www.ap.ca](http://www.ap.ca)

**"STOP THE CUTS" CAMPAIGN** – The Board approved the *Stop the Cuts* campaign link placed on the Division website. The campaign is supported by *Alberta School Councils Association, Alberta Teachers Association and Alberta School Boards*

## Our Motto:

"Showing the face of Christ to all."



Association. The messaging to government is: Stop the Cuts to education funding. Read more @ <http://www.myalbertaschool.ca/index.php>

## EVALUATION OF LANDS & BUILDINGS SURPLUS TO THE BOARD

The Board has determined, in accordance with Policy 19, that none of its School Buildings, Non-School Buildings or Reserve Lands are surplus to its need at this time. This information will be communicated to the Province.

## STAFF PROFESSIONAL DEVELOPMENT SEPT 19<sup>th</sup>

In the Board's continuing effort to meet its goal of increasing Catholicity, the Division offered a full-day of faith-based professional development. The day began with Mass at St. Patrick's Parish then moved to Monsignor McCoy High School where staff chose from a multitude of sessions to attend. Sessions included everything from Understanding the Sacraments; the telling of personal faith journeys; Consumerism & Youth; Forgiveness; Theology of the Body; Social Justice and Grief & Loss. Facilitators ranged from Division staff, representatives from St. Mary's University, Authors and Consultants. Father Fred Monk's session titled *Called to Make a Difference* explored the many outreach projects of Catholics in Southern Alberta in an effort to address the intense poverty and marginalization of mountain villagers in Southern Mexico. This was an exceptional PD opportunity for staff.

## CENTENNIAL CELEBRATIONS

September 2011 –

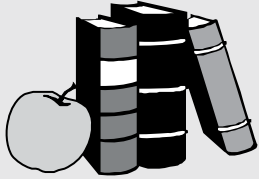
- ★ The Board of Trustees was presented with the Official Centennial T-Shirt. Each student and staff member in the entire school division received a T-Shirt to kick-off the celebrations. Earlier this year, the Board acknowledged Notre Dame Academy Student Michael Fritzer as the centennial logo content winner; this logo is proudly display on the front of the T-shirt. This was an exciting event for our students and staff with more than 3,000 T-shirts distributed to our school communities in Medicine Hat and Bow Island.
- ★ The Centennial Sponsorship brochures were circulated to parents, staff and parish community members. The Brochure outlines:
  - Details of the Sponsorship Levels available
  - History Book "page" Sponsorship
  - Centennial Bishop's Dinner Tickets
- ★ For a copy of the Events & Sponsorship Brochure call the Centennial Office at 403.502.8347 or log onto [www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)



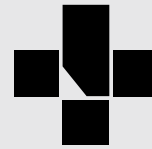
**October 2011** – T-Shirt order forms will be sent home in October Newsletters to allow family and friends the opportunity to purchase. Order deadline is October 17<sup>th</sup>. Interested? Call 403.502.8347 or email [centennial@mhcbe.ab.ca](mailto:centennial@mhcbe.ab.ca)

Thank you for supporting your Catholic Schools.

The next regular Catholic School Board Meeting is Tuesday, October 11, 2011 @ 6:00 pm @ the Catholic School Board Office, 1251 – 1<sup>st</sup> Avenue SW., Medicine Hat. Everyone is welcome to attend.



# Healthy Schools Healthy Futures



Alberta Health  
Services

## VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

## SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAILm>.

## INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

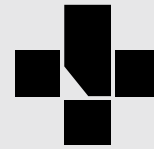
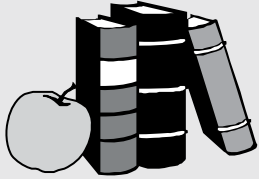
International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)





### 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 “flu season.”
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- 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 or Ear infection	Dehydration

### How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer 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.

**Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.**

Dear Parents:

Re: Peanut and Nut Product Allergies

The children in our school with severe peanut and nut product allergies, and their families, would like to join me in thanking you for your understanding and co-operation as a result of the request to avoid sending peanut and nut products to school. There has been a reduction in the number of peanut and nut products brought to school in snacks and lunches, and we would like to thank you for continuing not to send these products to school with your child.

Since even a minute amount of the allergic substance can cause a life-threatening reaction, keeping it out of the classroom is our best method of preventing a serious reaction at school.

What is Anaphylaxis?

Anaphylaxis is the medical term for allergic shock. An allergic reaction to peanuts and nuts can be any or all of the following: tingling in the mouth, hives, itching, flushed face, and body, swelling of eyes, lips, face, and tongue, tightness in the throat, mouth, and chest, difficulty breathing and swallowing, wheezing, coughing, choking, vomiting and stomach upset, dizziness and unsteadiness, loss of consciousness, coma and death. Some individuals can react to traces of peanuts or other substances.

What is the School Doing?

It is important that adults at the school know who these children are and what to do if there is a problem. Teachers and other staff have been trained to recognize symptoms and administer medication. We work towards educating our whole school community.

Thank you for your understanding and co-operation in creating a safe environment for our children. For further information or questions, feel free to contact the school.

Sincerely,



Principal

For more information, please refer to the resources below:

**Allergy/Asthma Information Association** ([www.aaia.ca](http://www.aaia.ca))

A Canadian national non-profit organization. Provides support, information and resources (including books, videos, EpiPen® trainers, etc.). Bilingual resources available.

**Anaphylaxis Canada** ([www.anaphylaxis.ca/](http://www.anaphylaxis.ca/))



# Mother Teresa School October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Gr. 5 Hepatitis B Vaccine <hr/> Scholastic Book Fair-library	4 Scholastic Book Fair-library	5 Scholastic Book Fair-library	6 School Council Meeting at 6:00 pm in Staff Room	7 Staff Meeting/PD Day  No School	8
9	10 HAPPY THANKSGIVING!	11	12 Mass - Holy Family Parish at 9:30 am	13 School Photos by SC Photo	14 Snack Day - Bananas dipped in Chocolate 	15
16	17	18 Fire Prevention Presentations	19 Kindergarten CHIP pickup day 	20 Kindergarten CHIP pickup day 	21 Staff Meeting/PD Day  No School	22
23	24 25 <div style="border: 1px dashed black; padding: 5px;">Grade 6 "Halloween for Hunger" We invite all students to enjoy a movie in the gym at 12:10pm. Daily admission is a donation to the Food Bank.</div>		26	27	28 Hot Lunch - Spaghetti with Meatballs and garlic toast 	29
30	31 Parade of Ghosts in the gym (PM)					