



Cayoosh Elementary School

April 26, 2010

Newsletter

Measles:

We have a suspected case of the measles at our school. Please read the following information provided by Interior Health:

Measles (Rubeola)

Measles is a severe illness caused by a virus. Measles is very contagious and spreads easily through the air. Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes. These are followed by a rash, which starts first on the face and neck, spreads to the chest, arms and legs, and lasts for at least 3 days.

Two doses of measles-containing vaccine provides protection against measles. If your child is not fully immunized, we recommend they receive MMR vaccine to prevent measles illness from future exposures. People born in 1957 or earlier are considered immune to measles.

If your child develops fever and a rash and you think they may have measles, please call your doctor to let them know your child may have measles and they will advise you on what to do. Measles is an airborne disease and your child may expose others while sitting in the waiting room. If needing to go to a hospital ER or walk-in clinic; please follow the same procedure.

All suspect measles cases should be reported to Public Health immediately, usually by the attending physician. A physical examination may be completed, and a blood test, throat swab and urine specimen will be collected to make the diagnosis of measles.

Anyone with fever, cough and red eyes should stay home from school or work and not expose others, whatever virus is causing their illness.

Further information can be found at: <http://www.healthlinkbc.ca/kb/content/mini/hw198187.html#hw198189> . If you have any questions about measles you may call Interior Health at 1-866-778-7736.

Student-Led Conferences:

Student-Led conferences will be held on Wednesday, April 28th, between 2:00 and 7:30 pm. These meetings will involve parents/caregivers, students and the classroom teacher. Each family will have a 20 minute session in the classroom, and up to three families will participate at a time. During this time each family will have its own personal area of the classroom in which to view and discuss your child's work. The classroom teacher will join your family for part of the conference time, to answer questions and to discuss your child's progress. The purpose of this conference is for your child to share some of the highlights she/she has been learning at school. It is also an opportunity to meet with the teacher to discuss your child's progress, their successes and challenges. Your scheduled student-led conference time was sent home with your child last week. If you did not receive one, or if you need to change your interview time, please call the school. If you have any additional questions/concerns regarding your child's progress that can not be addressed during the

interview time, please feel free to set up an additional meeting with your child's teacher for a later date.

Student Arrival:

Students are welcome to arrive at school in the morning at **8:40 am**. This is the time when we have supervisors outdoors in the morning. As we want to ensure your child's safety, please do not send them to school or drop them off at school prior to this time. We thank you for your support.

School Planning Council:

It is time for elections to be held for the Cayoosh elementary School Planning Council.. The School Planning Council (SPC) is a group of three parents, one teacher and the principal. The purpose of this group is to advise and provide input to our School Growth Plan and to monitor the progress of this plan. If you are interested in being a part of this group, for the 2010-2011 school year, we would like to hear from you. Please contact the school at 250-256-4212 if you would like to be involved.



Anti-Bullying Day- APRIL 14TH :



On Wednesday, April 14th, the students and staff at Cayoosh

Elementary School joined other schools across Canada for the **Day of Pink**. On this day everyone was encouraged to wear pink to show their support for taking a stand to stop bullying. Our message is: Stand Up To Bullying.



Early Dismissal:

Just a reminder that students will be dismissed an hour earlier on Wednesday, April 28th and Thursday, April 29th. This early dismissal is to accommodate our Student-Led Learning Conversations.

Scholastic Book Fair:

April 28th to May 5th, in the Library.

Class Pictures :

Friday, April 30th LifeTouch Photography will be at our school in the morning to take our classroom group pictures.

Labels For Education Classroom Challenge:

The month of April is the collection month in which the class at each level with the most labels collected will receive a Subway Party Sub courtesy of Dr. David Soffer Inc. & the Lillooet Dental Clinic.

The Labels for Education™ program is a great way to earn FREE merchandise for our school, and label collection and redemption is so easy.



Non-Instructional Day:

Our next non-instructional day will be **Friday, May 7th**.

Head-check Helpers:

Public Health nurse, Kim Davy will be at the school on Tuesday, May 4th from 9:00 to 10:45, to do a training session for “Head-check Helpers” . If you are able to come in on that morning to assist with this very important project, please give the school a call.

Healthy Lunch Day:

On Thursday, April 15th, students and staff at Cayoosh Elementary enjoyed another delicious healthy hot lunch: shephard’s pie and veggie sticks.

This lunch was prepared and served by members of our Healthy Schools Committee: Mrs. Soffer, Mrs. Whittaker, Mrs Holt, Mrs. Luksit and Ms. Diaz. Thank you vey much to these ladies☺ And, and additional thank you to Mr. Lane’s Grade 6/7 class for assisting with the serving of the lunch.



As part of our healthy eating program our next Healthy Lunch Day is today. All interested students can enjoy a Subway lunch, free of charge.

A Special Thank You to Max Soffer ☺

Max is a student in Mrs. Fassler’s Grade 2 class. He recently donated some of his “birthday gift money” to our school library for the purchase of some new books in the “Bad Kitty” series. The books have now arrived and are ready to be signed out. Thank you very much Max!





Dear Parents & Guardians,

The annual Cayoosh Spring Carnival will be held at the school on May 20th. However there is a lot of work to do before it can happen. The school cannot do it all on its own, so the Cayoosh PAC is requesting the participation of parents and/or guardians who will donate baked goods for the bake sale table, will bake a cake or cakes for the cake walk and/or will volunteer to assist in anyway possible. If you are able to help, please call the school to have your name added to any or all of these areas.

The Cayoosh PAC thanks you in advance for your participation in an event that kids of all ages will enjoy!

Thank you,
Cayoosh PAC

UPCOMING EVENTS

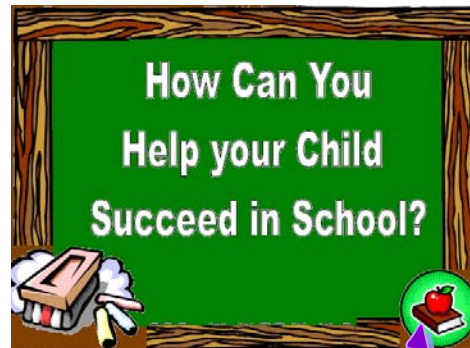
- April 28 to May 5 - Scholastic Book Fair in the Library**
- April 27 - African Drummer Presentation for students**
- April 28 - Early Dismissal at 1:55pm**
- April 29 - Early Dismissal at 1:55pm**
- April 30 - Class-Group Photos**
- April 30 - Month-End Assembly**
- May 4 - Head Check Helpers Training Day**
- May 7 - Non Instructional Day – No School For Students**



LEARN
Honour · Discover · Achieve
FOR LIFE



ATTENTION ALL PARENTS!



Attended the “**Parents on Board**” workshop and learn how to:

- ✍ Have fun at home while you encourage learning
- ✍ Build a strong partnership with teachers
- ✍ Develop confidence in your child
- ✍ Help your child with all subjects- even when you don't know the answers!
Parents, you'll learn all this and more.

FREE Child Care & **FREE** Dinner

Need A Ride? We Can **HELP** Arrange Car Pooling

Sign up today!

Dates: April 26th – June 7th (Mondays only)

Time: 5:00 – 7:00 pm

Location: Cayoosh Elementary School Library

To Register Call: Bobbi-Lee Copeland @ 256-7944



Stan & Fran's Health Hints

May 2010



NIX THE NOISE

Loud sounds can permanently damage a child's hearing. Noise-induced hearing loss may occur gradually overtime or occur suddenly from a one time exposure to an extremely loud noise. Many every day noises can put your child at risk for hearing loss.

....What is too loud?



MP3/iPods and Personal Stereos (volume should only be 1/2).

Lawn Equipment—lawn mowers, leaf blowers.

Recreational equipment like jet skis, motorboats, ATVS and snowmobiles.



Power tools—chainsaws, jackhammers, etc.




Gunshots.

Noise-induced hearing loss can be prevented. Teach your children to know when loud is too loud.

You Know its Too Loud When:

- You must raise your voice to be heard.
- You have difficulty understanding someone who's an arm's length away.
- You have pain, ringing or buzzing in your ears after exposure to loud sounds.
- Speech sounds muffled or dull after noise exposure.

Protect Your Child's Hearing By:

-  Turning down the volume.
-  Wearing earplugs or other appropriate ear protection.
-  Limiting exposure to loud sounds.



Resource links for teaching children how to protect their hearing:

<http://www.dangerousdecibels.org/virtualexhibit.cfm>

<http://listentoyourbuds.org/>

<http://www.speechandhearing.ca/en/consumer-info/children/noisy-toys/noisy-toys-safety-tips>



May is

Build Strong Bones!

Osteoporosis Prevention Month.

Childhood and teenage years are the most important times to develop strong bones for life. Good nutrition and physical activity help build peak bone mass. Eat well!!! A balanced diet that contains foods rich in calcium and vitamin D is essential for healthy bones. Eat a variety of these bone building foods each day:

- Milk or Fortified Soy Beverage
- Yogurt
- Canned Fish with Bones
- Cooked kale or collard greens
- Oranges, apricots and dried figs
- Almonds and Brazil nuts



Be active...!!

The more we use our bones the stronger they get. Weight bearing activities are best for developing dense bones.

Encourage your kids to be involved in some of these bone building activities:

- Hockey
- Skiing
- Soccer
- Hiking
- Dancing
- Jump Rope
- Volleyball
- Skate Boarding
- Skating

