



Riverside Report

November , 2009

“ Celebrating ninety two years of excellence in education”

Principal's Message

We have been very busy in all of our classes and through the district with the instructional intelligence focus. Students are using new ways to gather and present information. This focus fits extremely well into our Multi-Intelligence way of teaching. We believe that we can all learn it is just a matter of finding what works best with each one of us.

As we have already experienced this- the flu season has hit. Please ensure that students have their own water bottles and if they have any flu like symptoms that you keep them at home. If students desire they may bring their own hand sanitizers. When students are feeling ill at school we will call you, please make arrangements to pick up your child as soon as possible as we do not have a sick room, it is just the red bench. Parents please remember to call in and excuse the absence (we will ask if it is flue related as we gather the data and send it to the board office). If students are away for a long period of time we will gather the work so they are not too far behind us. We are sanitizing the school nightly and students are reminded to wash their hands regularly, sneeze into their elbows. We have two wall sanitizing stations- the one by the front door is more for visitors but the one by the computer lab is for students after they have used the computers, library and gym.

Have a happy Halloween and stay healthy.

Mrs. Hendricks

School Safety Patrols



Our school patrol is up and running. Students will be patrolling the crosswalks on 1st and 2nd street at lunch time and after school. October's Patroller of the Month Award goes to **Ailish Richardson**. She was chosen by her fellow patrollers because she is always on time, and prepared. Way to go Ailish!

Kindergarten

The Kindergarten class went to the Windmill Garden Center for our first field trip. At the Garden Center we saw chickens, goats, turtles, parrots, cats, and fish. We also saw lots of Fall plants and 5000 poinsettias getting ready for the Christmas season. Our tour guide, Bev, sent us back with a great pumpkin for our classroom.

We are running a Fall Fundraiser through Mom's Pantry. If you are interested in purchasing any items, please contact Miss Norrish for an order form. There are so many wonderful items that you can order for the Christmas season- try the quick-rising bread or the buckets of cookie dough!

Parent Information

If you are interested in learning more about the impact that funding cuts will have on the future of education in Alberta, please take time to visit <http://www.stopthecuts.ca/>. There are two videos that have been running on local television available to view and a link to contact our local MLA. Please encourage your friends and family to contact their MLA in reaction to the cuts for next year that are anticipated to exceed \$350 million dollars province-wide.

Senior Choir News

The Grade 4,5, and 6 Choir are getting ready for the Remembrance Day assembly. They are busy practicing whole group songs, solos and small group songs. Each choir member chose a part of the assembly that they would like to help with; we have speakers, soloists, technical support and set-up crews.

INTRAMURALS

Last month in intramurals the students enjoyed participating in Soccer. We currently have 4 teams and a total of 48 students participating. It has been a great success with the bullets leading the way. If there is any concern to when your son/daughter has intramurals, check out our website and click on staff, then Mr. Frey, and finally click on intramural schedule. This month we have started Dodge ball. We were originally going to move into baseball, but due to weather and other factors we will most likely pick up baseball in the spring.



Newsletter Note from your Public Health Nurse

WHAT DO PARENTS NEED TO KNOW ABOUT THE ANNUAL (SEASONAL) INFLUENZA AND H1N1 (PANDEMIC) VIRUS?

This year will be a very different influenza season. With the possibility of both the seasonal and H1N1 “flu” viruses circulating in our community, it is important to be prepared and have the know how to protect yourself and your family.

Annual /seasonal influenza (Influenza A/B) is a contagious respiratory illness that affects humans and typically occurs between October and April.

The pandemic (H1N1) 2009 is new strain of the influenza A. This strain is not related to previous or the current seasonal strains of human flu virus. The pandemic (H1N1) 2009 is a combination of bird, swine and human influenza virus. Most H1N1 to date has been mild and short lived. Severe disease has been most frequently seen in children and young adults.

HOW IS THE H1N1 VIRUS SPREAD?

The H1N1 virus is spread by droplets when an infected person coughs or sneezes. These droplets can be inhaled up to 2 meters or 6 feet. A person can also come in contact with the virus from their hands or from being in contact with a contaminated surface and then touching their own eyes, nose or mouth.

On average it takes about 4 days to become ill after being in contact with the H1N1 virus. The individual is infectious one day prior and up to 7 days after onset of the symptoms. Individuals who are immune compromised may be contagious longer.

WHAT CAN ONE DO TO PROTECT THEMSELVES AND THEIR FAMILY FROM THE H1N1 VIRUS?

- Wash your hands frequently with soap and water for at least 20 seconds, or use a recommended hand sanitizer.
- Keep your hands away from your face
- Cough and sneeze into your arm. If you use a tissue, dispose of it as soon as possible, and wash your hands.
- Get immunized
- Maintain your health by taking care of yourself and those in your care. Eat good nutritious food, be physically active, get enough sleep and rest and avoid cigarette smoke and other harmful substances.

- Try to avoid close contact with people who have the virus. (If required wear a mask).
- Stay home when sick and talk to a health professional if you begin to experience severe flu like symptoms (shortness of breath, dehydration, worsening fever, cough or weakness).

For further information call Health Link Alberta 1-866-408 LINK (5465) or www.healthlinkalberta.ca

www.fightflu.ca

More information

Alberta Health Service: www.albertahealthservices.ca

Public Health Agency of Canada: www.phac-aspc.gc.ca

For travel notices and advisories: www.voyage.gc.ca.

HOW ONE TELLS IF ONE HAS THE H1N1?

| Description | Respiratory Infection | | Gastrointestinal Infection |
|------------------------|---|--|--|
| Description / Symptoms | Influenza | Common Cold | Stomach Upset* |
| Virus involved | Influenza A or B Note: Pandemic H1N1 influenza virus is a type of influenza A | Many different kinds of viruses such as rhinovirus, corona virus, adenovirus, etc. | Nor virus (Norwalk-like viruses) is the most common. |

Heather Roberts

K-Kids Korner

Our K-Kids club is off to an excellent start. Our executive positions have been filled by election. Our president is Kate Mulder, vice president is Ailish Richardson, treasurer is Kate Ewasechko, and our secretary is Taylor Anderson. Our executive members have been invited to join our parent Kiwanis Club for lunch at The Lodge on a Tuesday afternoon. Our first project is going to involve volunteering our time at the SPCA for an afternoon. Watch for pictures!

Party Snacks the meet the AB Nutrition Guidelines

The following list has been prepared to assist in the preparation for school parties and special occasions. Please note that all of these items have been taken from the Single Serving Packaged Food List prepared by the Dieticians of Alberta, except for the suggested hand prepared snacks noted by ***. Most items fit the 'choose sometimes' category, some fit 'choose often'.

Other choices are available in pre-packaged foods: check the labels for sugar, fat and sodium levels to ensure they meet the guidelines.

Fruits and Vegetables:

- Any fresh or whole. Veggie Trays, Fruit Trays, whole pieces of fruit
- Any 100% Fruit Juice
- Fruit cups in light syrup or their own juice.
- Any dried fruit **WITHOUT** added sugars. Craisins do **NOT** meet the standard.
- Fruit bars: Sunrype, Oskri Organics
- Fruit Snacks: Sunrype, Apple Snax and Dole (squeezables)

Grains:

- Granola Bars: many of the Kellogg, Natures Path, Quaker, Western Family and President's Choice. Check the sugar and sodium levels. For 'choose sometimes', sugars are less than 16 g per serving and sodium is less than 400 mg per serving.
- Crackers: Christie Triscuits, Christie original Wheat Thins, President's Choice Blue Menu Ancient Grains, PC Multi Seed, Pepperidge Farms Baked Goldfish Cheddar and Baked GF Cheese Trio.
- Cookies: Annies Bunny Choc. Graham, Christie Fig Newtons, Christie Thinsations Fudgee-O original, Dads Oatmeal Choc. Chip, President's Choice Arrowroot.

Chips/Popcorn/Puffed Snacks (falls under grains):

- ***Choose these carefully: if these are purchased make a note to parents and children these are in the Choose Sometimes category.***
- Frito Lays: Baked Ruffles and Sour Cream, Baked Lays Original, Baked Doritos Nacho Cheese, Baked Lays BBQ
- Christie: Thinsations Bits and Bites original
- General Mills: Cheerios Snack Mix Honey Nut Crunch
- Presidents Choice: Blue Menu Rice Chips in a variety of flavors.
- Quaker: Crispy Delights, Cinnamon Streusel and Chocolate Drizzle
- ***Air Popped popcorn, with a small amount of non-hydrogenated melted margarine (1.5 Tbsp per 8 cups popcorn) and lightly salted.

Milk and Alternatives:

- 1 or 2% white milk (most often) or flavored milk (sometimes).
- Most brands of Cheese Strings, Cheese Sticks and Cheese Heads.
- Yogurt: most flavored brands meet the 'choose sometimes' category.
- Western Family Tapioca or Vanilla Pudding
- Jello Chocolate or Vanilla Pudding cups
- Healthy choice Double Chocolate Fudge, Vanilla or Tapioca Pudding.

Meats:

- Lean sliced meats (turkey, chicken, low sodium ham, roast beef)
- Big Chief beef jerky: teriyaki or original.

Other:

- ***Home-Baked goods that are high in whole grain (rolled oats, flax, and whole wheat flour) and use less sugar and fats.
- Try to avoid all white, iced baking.
- ***Smoothies and punches using fruit juice, milk, yogurt, frozen fruit or try a punch with club soda instead of sweetened carbonated beverages.

Parents/Guardians

You are invited to a one hour information presentation on INTERNET SAFETY TIPS FOR PARENTS

Provided by The Medicine Hat Police Service

This is geared towards Parents/Guardians of Elementary and Junior High age children.

**Hosted by George Davison School Parent Council and supported by SD76
Council of School Councils**

Location: Crescent Heights High School Theatre

Date: Monday, November 23, 2009 7:00-8:00p

MEDICINE HAT MINOR SOFTBALL ASSOCIATION

2009 FALL SKILLS CLINIC

Clinic Date: 21 Nov 2009,

(Mites and Squirts) (ages 9-12) - 9am to 11:30am

(Peewee, Bantam, Midget and Junior) (ages 13 and up) - 12:00 to 3:00

@ the Medicine Hat Field House

FEE: ** \$10 – (Note: for MHMSA players, if you bring a friend who is a non-MHMSA member the cost will be only \$5)

Update from Parent Council



Thank you to everyone who took the time to submit recipes for our cookbook fundraiser. The order should be here early December; just in time for the perfect stocking stuffers for family and friends. These wonderful keepsakes will sell for \$10 each.

Once again be holding our annual Christmas Basket raffle. For those of you who are not familiar with this raffle, here's how it works.

Each year we put out baskets in front of the office for donations. Anyone can donate any kind of item into the basket. Below is a list of suggestions as to the kinds of items we've received in the past – these are simply suggestions, please feel free to make your contribution unique. It's always fun to walk by the baskets and see the many different items that are being donated. After the evening performance at the Christmas concert on December 9th, we will make a draw for each basket. Depending on the donations received, we estimate the value of the baskets to be approximately \$200 for first prize, \$100 for second, and \$50 for third.

Suggestions

Puzzles ~ Books ~ Candy ~ Coffee ~ Tea Towels ~ T-Shirts ~ Ornaments
Gift Certificates ~ Games ~ Hot Chocolate ~ Mugs ~ Christmas Socks
Music ~ Playing Cards ~ Candles ~ Crafts ~ Jams & Jellies ~ Jewellery ~ Toys
Movies ~ Picture Frames ~ Sports Paraphernalia ~ Collectors Items

Raffle tickets will be available for distribution and for sale at the office beginning November 2nd. Tickets will also be available for sale during Student-Led Conferences. There will be 1000 tickets printed in books of 10 selling for \$1.00/ticket. This has been a very successful fundraiser for parent council.

Please return the permission slip below at your earliest convenience. We thank you in advance for your contribution to our fundraiser.

I give permission for _____ to pick up _____ books of tickets to sell.
(Student's Name) (How many?)

Parent/Guardian Signature _____

H1N1 Flu Clinic Times

Listed below are the dates that the Health Unit has confirmed for flu clinics (H1N1 flu shot clinics, but they will still offer the regular flu shot as well).

| | | |
|-----------------------|---------|-------------------------------|
| Tuesday, October 27 | 9am-4pm | Cypress Centre |
| Thursday, October 29 | 9am-7pm | Cypress Centre |
| Monday, November 2 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Tuesday, November 3 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Wednesday, November 4 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Thursday, November 5 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Friday, November 6 | 9am-4pm | Higdon Hall, Stampede Grounds |
| Saturday, November 7 | 9am-3pm | Higdon Hall, Stampede Grounds |
| Monday, November 9 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Tuesday, November 10 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Thursday, November 12 | 1pm-7pm | Higdon Hall, Stampede Grounds |
| Friday, November 13 | 9am-4pm | Higdon Hall, Stampede Grounds |
| Saturday, November 14 | 9am-3pm | Higdon Hall, Stampede Grounds |

Thanks
Susan

