Chester Academy

In The News

November 6th, 2009

From The Principal's Desk *Ms. Leahy*

Chester Athletes The boys cross country team won the Tri-County League Championship and finished 9th in the state championships. The girls cross country team came in 2nd in the league and finished 12 in the state championships.

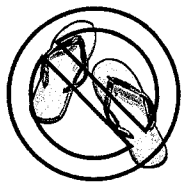
The boys' soccer team finished with a 8-0-2 record for the season and won the Tri-County League Championship. The girls' soccer team finished with a 7-1-2 record and lost in the League Championship finals 1 to 0 in triple overtime!

All teams were excellent examples of good sportsmanship and represented the town and school well all across southern New Hampshire. I would like to congratulate our athletes on their hard work, determination, and good sportsmanship. The trophies are on display in the front hallway glass case across from the library.

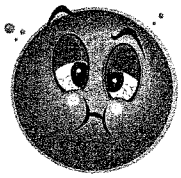
Cell phone Use

Just a reminder that students may not use their cell phones in the building during the day to text or make phone calls. They are allowed to use them at the end of the school day at 2:45 to get or give messages to their parents regarding after school plans. During the school day, students may call parents by coming to the front office and we are asking parents to contact their children by calling the school. Students who use cell phones during the day, may have their cell phones taken away and given to administration.

School Attire- Winter will soon be upon us. We have students who are still wearing flip flops and summer clothes to school. Because boots and flip flops are not a good mix, I am asking all students to stop wearing sandals to school until next spring. We are also requesting that all students wear jackets to school so they will be comfortable outside on the playground during the day.



FLU Season-We have seen a spike in the numbers of cases of the flu recently. It is extremely important to keep your children home if they have flu like symptoms and they should not return to school until their fever is below 100 degrees for 24 hours. Most students who are experiencing symptoms seem to be from 2-5 days. It is very helpful, when calling your child in sick to let us know if they have flu like symptoms. That is how we are tracking the progression of numbers.



We had a spike that began last Friday and appeared to be decreasing beginning on Wednesday. Based on feedback from the state it is best to keep schools open and do our best under these circumstances. The only reason they are recommending a possible closing of school is if there were too many teachers sick to open the school. If that became necessary, we would use the stand procedures through the Alert Now system to notify families by phone call in the morning. That does not seem necessary at this time. We have been told that these spikes will level off but that we will continue to see more of them in the future based on what other schools are seeing.

Cont. FLU

From Mr. Campbell's Desk:

The day light is diminishing and the weather is bringing colder temperatures, so I did want to remind everyone that November 1st has arrived and shorts are no longer allowed at school. We will still have the students go outside for recess, so parents, please remind your child(ren) to dress appropriately for the weather. On a different note, middle school report cards will be going out on Tuesday, November 10th, please look for them. ☺

Chester Respects the Pouch. **Mrs. Freiburger** has asked to spread the word that she is looking for empty drink pouches. Her class has taken on the endeavor to collect the empty pouches and send them in to help the environment and the bonus of receiving some cash in return. They will accept any brand of empty drink pouches. If you can help, please do so. Thank you! ☺

The PAWS program has been a PAWSitive aspect of our school and we would like to recognize the following students for making good choices and being good role models:

1st Grade – The first grade teachers – We would like to thank **all of the parents** for chaperoning our field trip and for providing the wonderful treats for our Spider Parties. You are awesome!

1st Grade – Mrs. Dudley – I would like to recognize **Jesse Brown** for the wonderful work he has been doing. **Shelby Gregg** for always volunteering to read. **Logan Kevlik** for always trying to help me out.

1st Grade – Mrs. Grady – I would like to recognize **Jillian DeVitto, Ashley Casey, Amanda Roberge**, and **Aaron Curley** for working hard and following directions! Keep up the good work!

2nd Grade – Mrs. Duhaime – I would like to recognize **my whole class** for doing a fantastic job of taking care of themselves and preventing the spread of germs. They did a great job brainstorming what we could do and they've done a great job following-through. **Colby Day, Colin Burke, Sage Richardson, Hanna Mafera** and **Mikayla Emerson** have also performed many random acts of kindness that have made the world a better place.

2nd Grade – Mrs. Leslie – I would like to recognize **Christopher McDaniel** and **Sophia Viger** for showing consistent effort and having a positive attitude each day.

3rd Grade – Mrs. Fuccillo – I would like to recognize **Patrick Murdock, Adrianna Viger, Michael Limongiello,** and **Erin Horigan** for being such hard workers and having positive attitudes.

3rd Grade – Mrs. Bento – Thank you to **my commuter students** who help cleanup the room after bus students have been dismissed.

4th Grade – Mrs. Donahue – I'd like to recognize **Rhiannon Emerson** and **Caroline Mills** for their extra effort with completing all class work and homework assignments. They take the time to write thorough answers that may require more than one sentence and take care in writing neatly. I'd also like to recognize **Sam Weider** for his classroom involvement. He pays attention, gets the correct materials out immediately, and raises his hand to share his background knowledge during class discussions and to respond and answer questions. This is a valuable part of the learning process in any classroom environment.

5th Grade – Mrs. Campbell – **Marion Cooper** for her hard work and great strategies for completing her work. **Tyler Schilz** for his positive attitude and hard work. **Steiger Brown** for his willingness to help others.

5th Grade – Mrs. Hilliard – I would like to recognize **Hayden Stinson**, **Taylor Sheley** and **Emily Krueger** for so often showing kindness and respect to their classmates. I would also like to recognize **Emma Stackpole** and **Shannon Webb** for demonstrating wonderful work habits and test taking skills especially in math class.

5th Grade – Ms. Pokrywka – I would like to recognize **Taylor Sheley** for her positive behavior. She has been a positive roll model in class and has been willing to help those in need.

7th Grade – Mrs. Hanna – I would like to recognize the following students for doing kind deeds: **Bryson Pacocha**, **Hannah Coulombe,** and **Emerald Wright.**

On The Road to Pinkerton

Parents of Grade 8 Students:

Recently, you should have received a packet of information, in the mail, containing information about your child's transition to Pinkerton Academy.

The packet included 3 pages:

- A letter from Dr. Harper, Dean of Academic Affairs, describing how to complete the Pinkerton Academy 8th Grade Student Data Sheet.
- Pinkerton Academy 8th Grade Student Data Sheet.
- A description of the 8th Grade Preview Program for the Class of 2014 as well as other key dates.

New This Year, parents will need to complete the BACK page of the Data Sheet due to federal changes in reporting ethnic and racial categories. *(In the past, parents would just enter a code on the front page)*

The Data Sheets are **DUE** to the Chester Academy Guidance Office by

Monday, NOVEMBER 16TH.

NOTE: These forms must not be folded or stapled. Please use the manila envelope to return the form.

All students are required to return a Student Data Sheet.
Even if you are considering another high school for next year.

If you have questions please contact Susan Buck,
susanb@chesteracademy.org
887-3621 ext. 147

Course Catalogs and Course Selection Worksheets will be distributed in mid-December.

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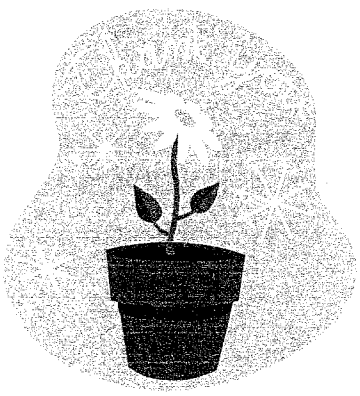
Destination Imagination

Destination Imagination registration ends Friday, November 6th. All completed forms and checks should be returned to the office, no later than Monday. If you have any questions or concerns, please call Donna Bouchard at 887-0242.

Chester Academy PTA

The PTA, along with the parents and children of Chester, would like to thank Staci Frazier and Lorie Ouwerkerk for their efforts in hosting the PTA Halloween Party last week.

The evening was a huge success and the kids of Chester had a safe place to play games, see friends and enjoy snacks! Thank you ladies for your time and dedication to our children.



PTA CALENDAR 2009-2010

October 21st	PTA Meeting - 7pm Media Center
October 30th	PTA Halloween Party-MPR 6-8pm
November 18th	PTA Meeting - 7pm Media Center
December 4th	Holiday Shop 'n Wrap (Café)
December 16th	PTA Meeting - 7pm Media Center
January 20th	PTA Meeting - 7pm Media Center
January 22nd	Dad's Chili Cook Off
January 29th	Bingo Night - Café
TBD	Mother/Son Event
February 17th	PTA Meeting - 7pm Media Center
March 1st	STAR Reader Program Begins (thru May)
March 1-5th	Read Across America Week
March 4th	Bedtime in Chester
March 17th	PTA Meeting - 7pm Media Center
March 27th	Adult Dance/Silent Auction (MPR)
April 21st	PTA Meeting - 7pm Media Center
May 3-7th	Teacher Appreciation Week
May 7th	Father/Daughter Dance - MPR
May 19th	PTA Meeting - 7pm Media Center
June	Field Day - Dates TBA

Submissions for IN THE NEWS may be dropped off at the Main Office by 2:45 p.m. on the Wednesday before publication. All submissions are subject to Principal Leahy's approval prior to final print. Submissions by email may be sent to ZLeapinLiz@aol.com. If you need assistance you may call the main office at 887-3621 or Liz Casey at 887-8957.

CHESTER ACADEMY
22 Murphy Drive
Chester, New Hampshire 03036

Leslie A. Leahy, Principal
Mark E. Campbell, Assistant Principal
Jana M. Ruiz, Director of Special Services
Margaret Holm, Director of Academic Programs
Susan Buck, Director of Guidance

October 27, 2009

Dear Parents/Guardians:

The State of NH Health Department has asked schools not to present perfect attendance awards for the 2009 – 2010 school year due to the current H1N1 situation. Guidelines for dealing with flu or flu-like symptoms (fever, cough, sore throat etc.) include encouraging students to remain home from school so as not to infect others.

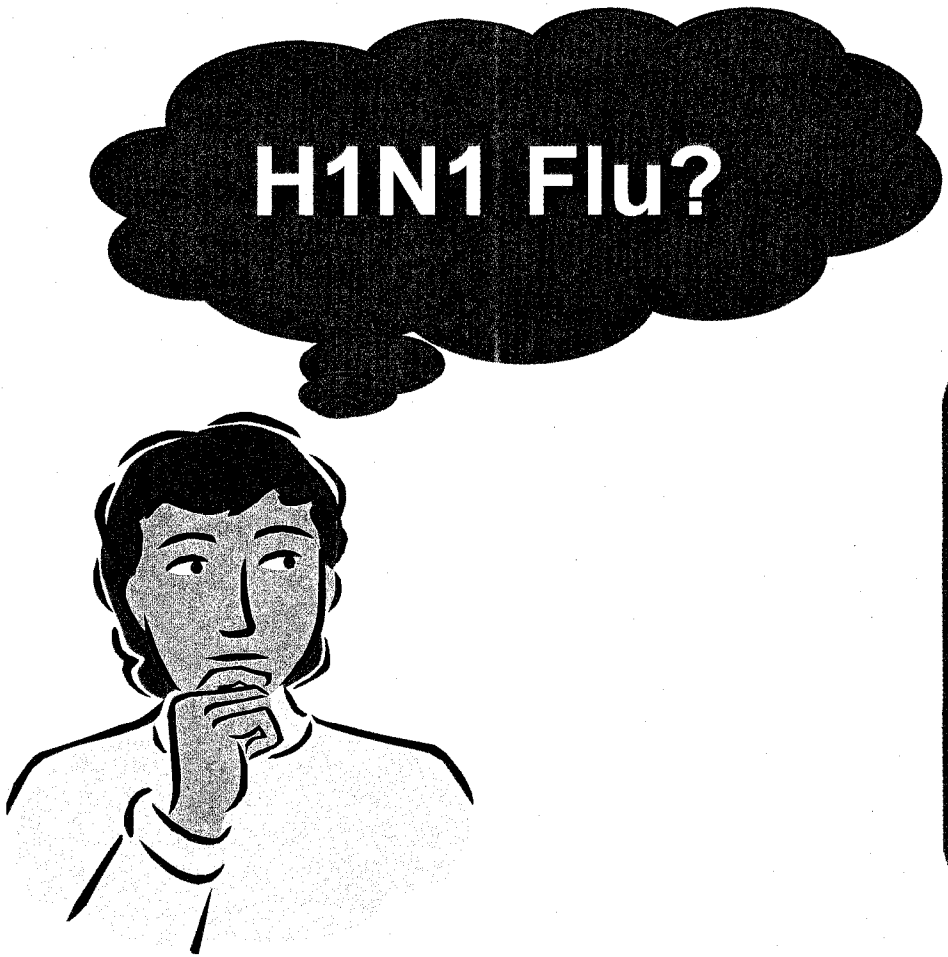
Although perfect attendance has always been a worthy goal, it is felt that presenting an award may work against our request that parents keep sick children home.

We will comply with the Health Department request by not presenting perfect attendance awards for this school year. Thank you for your understanding and cooperation as we continue to deal with this existing health issue. If you have any questions or concerns, please feel free to contact me.

Sincerely,

Leslie Leahy

Leslie Leahy
Principal



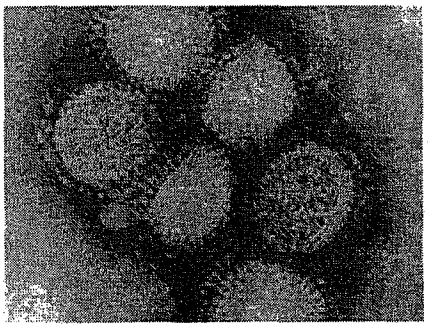
H1N1 Flu Information: Dial 2-1-1

- H1N1 Virus
- H1N1 Vaccine
- Flu Prevention
- Other Questions

-OVER

2009 H1N1 Flu

What is 2009 H1N1 (swine flu)?
2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (http://www.who.int/csr/disease/swineflu/en/index.html) (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.



Why is 2009 H1N1 virus sometimes called "swine flu"?
This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

2009 H1N1 Flu in Humans

Are there human infections with 2009 H1N1 virus in the U.S.?
Yes. Human infections with 2009 H1N1 are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment.
CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak. This information is presented in a weekly report, called FluView (/flu/weekly/).

s 2009 H1N1 virus contagious?
'he 2009 H1N1 virus is contagious and is spreading from human to human.

Iow does 2009 H1N1 virus spread?
;pread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are pread mainly from person to person through coughing or sneezing by people with influenza. Sometimes ›eople may become infected by touching something – such as a surface or object – with flu viruses on it and hen touching their mouth or nose.

Vhat are the signs and symptoms of this virus in people?
'he symptoms of 2009 H1N1 flu virus in people include fever, cough, sore hroat, runny or stuffy nose, body aches, headache, chills and fatigue. Some ›eople may have vomiting and diarrhea. People may be infected with the flu, ncluding 2009 H1N1 and have respiratory symptoms without a fever. Severe llnesses and deaths have occurred as a result of illness associated with this 'irus.

Iow severe is illness associated with 2009 H1N1 flu virus?
llness with 2009 H1N1 virus has ranged from mild to severe. While most ›eople who have been sick have recovered without needing medical treatment, hospitalizations and deaths 'rom infection with this virus have occurred.

n seasonal flu, certain people are at "high risk" of serious complications. This includes people 65 years and ›lder, children younger than five years old, pregnant women, and people of any age with certain chronic nedical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have ıad one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal lu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

Take these everyday steps to protect your 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.* (/h1n1flu/qa.htm#antibacterial)
- 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 (/h1n1flu/guidance/exclusion.htm) 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.

Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs * (#antibacterial) (for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone (/h1n1flu/guidance/exclusion.htm) 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. Cover your mouth and nose with a tissue when coughing or

sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

If I have a family member at home who is sick with 2009 H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with 2009 H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including covering their coughs and sneezes and washing their hands often with soap and water, especially after they cough or sneeze. If soap and water are not available, they should use an alcohol-based hand rub.* (/h1n1flu/qa.htm#antibacterial) If they become ill, they should notify their supervisor and stay home. Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs. For more information please see General Business and Workplace Guidance for the Prevention of Novel Influenza A (H1N1) Flu in Workers http://www.cdc.gov/h1n1flu/guidance/workplace.htm).

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. CDC recommends that when you wash your hands - with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.* (#antibacterial) You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

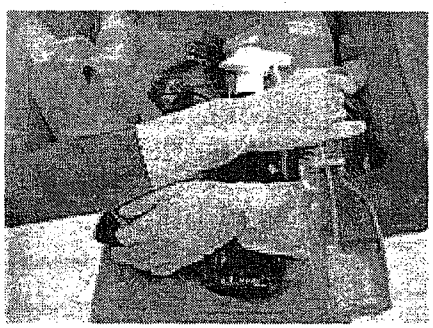
What should I do if I get sick?

For information about what to do if you get sick with flu-like symptoms this season, see What To Do If You Get Sick: 2009 H1N1 and Seasonal Flu (http://www.cdc.gov/h1n1flu/sick.htm). A downloadable flyer http://www.cdc.gov/flu/freeresources/2009-10/pdf/what_to_do_if_you_get_sick.pdf) containing this information also is available at http://www.cdc.gov/flu/freeresources/2009-10/pdf/what_to_do_if_you_get_sick.pdf http://www.cdc.gov/flu/freeresources/2009-10/pdf/what_to_do_if_you_get_sick.pdf).

***What if soap and water are not available and alcohol-based products are not allowed in my facility?** Updated on Sept 14
If soap and water are not available and alcohol-based products are not allowed, other hand sanitizers that do not contain alcohol may be useful.

What surfaces are most likely to be sources of contamination?
Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled to prevent the spread of influenza virus?
To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.



What household cleaning should be done to prevent the spread of influenza virus?
To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?
Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first. Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid "hugging" laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand with water and soap.

Exposures Not Thought to Spread 2009 H1N1 Flu

Can I get infected with 2009 H1N1 virus from eating or preparing pork?
No. 2009 H1N1 viruses are not spread by food. You cannot get infected with novel HIN1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Is there a risk from drinking water?
Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses. No research has been completed on the susceptibility of 2009 H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as 2009 H1N1 would also be similarly inactivated by chlorination. To date, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.

People at High Risk of Developing Flu-Related Complications

November 3, 2009, 10:00 AM ET

Most people who get the flu (either seasonal or 2009 H1N1) will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. The flu can also make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu. The list below includes the groups of people more likely to get flu-related complications if they get sick from influenza.

People at High Risk for Developing Flu-Related Complications

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (/h1n1flu/pregnancy/)

People who have medical conditions including:

- Asthma (/h1n1flu/asthma/)
- Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (/h1n1flu/heart.htm) (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes (http://www.cdc.gov/diabetes) mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS (/h1n1flu/hiv_flu.htm), or cancer, or those on chronic steroids)

Dear School Nurses and Friends of School Health,

The CDC press updates on Oct 30th and Nov 3rd (http://www.cdc.gov/h1n1flu/press/) emphasized that half of those nationwide with underlying health conditions did not seek treatment at the onset of influenza symptoms (based on household surveys). Yesterday the director of the CDC reiterated this important point and highlighted asthma! If you have staff or students with asthma or other underlying health conditions including pregnancy in your school community, please find ways of reaching out to them to let them know that they need to contact their providers at the onset of any influenza like illness, or even before illness, during this flu season. Assessment or treatment may be warranted. Nurses may need help to get the word out about this important issue and to connect with families as appropriate.

CAFÉ CHAT

Hello Everyone,

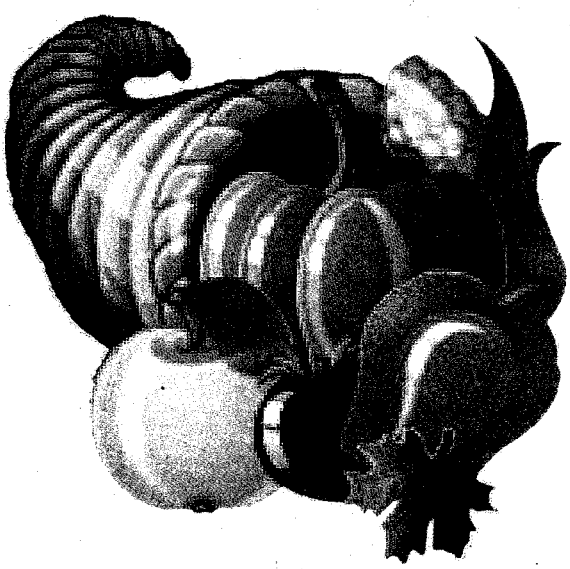
It's hard to believe we're at the end of October already, but the early snowfall was mother nature's reminder! As we progress into the colder months, please continue to check the menu for my weekly soup offerings. The chicken rice soup was a big success. I'll be pairing different soups with other "kid friendly choices" in an effort to keep them trying new tastes.

I was fortunate to attend a seminar last week sponsored by the State of NH, Educational Services Division. The objective was training for new Food Service Directors, and was quite informative for me, even though I don't feel so "new" any longer. My goal continues to be to serve nutritional and flavorful meals that appeal to both you and your children, while meeting state and federal guidelines.

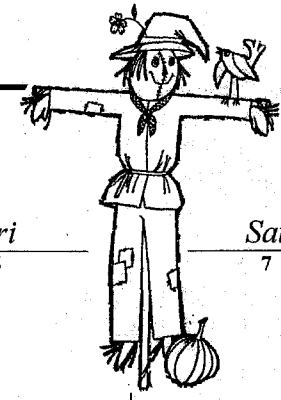
I asked you all in my last column to send me questions regarding anything in the kitchen, with hopes of publishing a few on a weekly basis. Thank you to Patty Stuart, for an excellent question. Patty asked; "Why do older children pay more for lunches, do they get more food?" The answer is Yes! They get larger portions of all items that are able to be upsized. Of course, a burger or slice of pizza is the same, but the side offerings on those days are larger, and any other entrée that can be upsized is (for example chicken nuggets, pasta, french toast stix…). Patty is now entitled to join us for lunch on me, or her children may choose an ice cream from the snack bar. Please continue to send me questions, and hopefully yours will be published. Of course, feel free to contact me at any time via email or telephone, or even send a note in with your child. I promise to get back to you promptly. My email is: cherylm@Chester Academy.org. My phone number is 887-3621 x 183. I'd love to hear from you! Until next time, stay healthy☺.

Cheryl Musser
Food Service Director

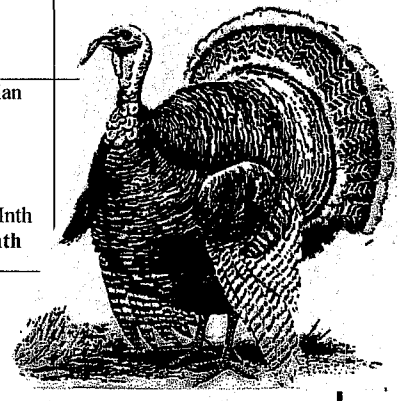
USDA is an equal opportunity provider and employer.

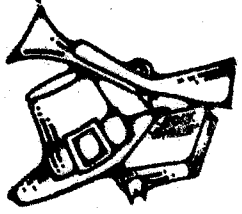


NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends	**2** Fall Sports Awards 6:30pm	**3**	**4** School Board 7:00pm	**5** ML Term 2 begins	**6** *In The News*	**7**
8 Pursuit of Happiness Week	**9**	**10** Marine Corps Birthday	**11** Veterans' Day No School Town Parade at 11:00am	**12**	**13** World Kindness Day	**14** National Teddy Bear Day
15 I Love to Write Day	**16** BBall vs Auburn - GB	**17** Early Release at 12:30 Middle Level Conferences	**18** PTA Meeting 7:00pm	**19** BBall vs Wilton - BG	**20** *In The News* FT G6 Exchange City 8:45 – 2:45 Talent Showcase 6 – 8pm at Stockbridge Theatre	**21**
22 National Family Week	**23** BBall vs New Ipswich - GB Beginning Band Performance 6 – 7pm	**24** Primary Term 2 begins	**25** Thanksgiving Recess No School	**26** Happy Thanksgiving	**27** Thanksgiving Recess No School	**28**
29	**30** BBall vs St. Joe's Salem - GB		vs = home game @ = away game BG = boys play first GB = girls play first All basketball games start at 3:30 unless noted		National American Indian Heritage Month Family Stories Month Pomegranate Month Scholarship Month Peanut Butter Lovers Mnth **I Am Thankful Month**	
	1	2 FT G1 to Pinkerton 9:30 – 11:30 BBall vs Nashua Cath - GB School Board 7:00pm				





2009

-OVER-

FLU Continued from page one

I have contacted the state to be sure we are taking all of the necessary precautions here at school and to let them know what our numbers have been.

We have hand sanitizers in bathrooms, have installed wall mounted hand sanitizers in hallways upstairs and down, accessible for all students and staff. There is another wall mounted sanitizer outside of the cafeteria. We have purchased large refill bottles which will be kept in the teachers' rooms for refilling upstairs and down stairs. The nurse is providing spray bottles to teachers to wipe down desks daily. Our maintenance staff has increased their frequency of cleaning door knobs and classroom surfaces.

I want to thank our nurses, Mrs Pierson and Mrs. Cioli for their hard work. Thanks to the many substitutes most of them from Chester who have helped us through this week I will continue to provide you with updates as we get more information either through the school newsletter or through Alert Now broadcasts. For further information on numbers to call regarding the flu, please see state provided information and phone numbers from our school nurses further in this newsletter.

CHESTER CHILD FIND CLINIC

Chester Academy
22 Murphy Drive, Chester, NH 03036
(603) 887-3621, Ext.146

The Chester School District will be holding a Child Find Clinic at Chester Academy on **November 17, 2009 from 1:00 to 3:00 pm**. The purpose of the clinic is to screen the developmental skills of children between the ages of 3 to 6 (those not enrolled in first grade) who may be in need of special education services. The screenings are completed by school personnel and address the areas of motor skills, speech and language, vision, hearing, and pre-academics. This service is free of charge and open to all Chester residents. All results are confidential.

Appointments are required and can be made by contacting the Michele Lessmann at 887-3621, Extension 146

8th Grade – Mr. Lubatti – **Diana Calvetti** is in my study hall and sets the standard for outstanding behavior and work effort. **Kiana Cormier**, **Catherine Hudsdon**, **Marena Maggio**, and **Alexis McLaughlin** are a team of students in Period One Math and set the example for outstanding behavior and focus in class. The Period Four Math team of **Lauren Batchelder**, **Chelsea Carbee**, and **Briana Roberge**, the team of **Jasmin Bach**, **Leah Hooper**, and **Kirsten Rickershauser**, and the team of **Colby Millsaps, Molly Mulrennan, Hanna Smith** and **Amanda Szostak** set the standard for superior behavior and focus in class.

General – Ms. Fawcett – Mrs. Fawcett would like to thank **Trevor Gardner** and **Matt Bernard** for helping her stamp the new books she received. You volunteered to help without even being asked and it was greatly appreciated. Talk about a random act of kindness! Mrs. Fawcett also applauds **Lexi Connor, Marshall Gage, Devin Giles, Ben Marshall, Chris Marshall, Andrew Richardson, Shyanne Short, Alex Stiles and Sydney Webb** for helping Mrs. Duhaime teach the UNRAAVEL song to her second grade class. Great job!!

General – Mrs. Vanderhoek – I would like to recognize **Allie Walther** for doing a superb job singing her part when the class was singing a round with new rhythms during music. Thank you to **Charlie Lavoie** for always trying his best in music and helping his classmates do well also. I would like to congratulate **Ben Madden** for doing a great job with reading difficult rhythms. Thank you to **Catherine Casey** for doing a good job following directions and trying your best with the xylophones, metallophones, and glockenspiels.

General – Mrs. Blanchette – I would like to recognize the following students for always being extra helpful at clean-up time: **Karalyn Wright, Dawson Ricker, Joey Decosta, Stephen Frazier** and **Abigail Coulombe**.

General – Mrs. Taylor and Mrs. Fawcett – We applaud **Mike Dunn** for the excellent job he has done the past few months working with second grade reading students. Mike eagerly made up class work he may have missed while tutoring. He also set a fine example reporting to and from class. Mike was willing to do whatever needed to be done from reading to students, going over flashcards and even giving spelling tests. **Thank you Mike!**

Finally, I would like to Thank **Mrs. True, Mr. Jacobs** (boys soccer), **Mr. Johnson** (girls soccer), **Ms. Pokrywka, Mr. Ronan, and Mrs. Lacey** (cross country) for coaching our Fall sports. All of the coaches put in a great amount of time and effort to help our student athletes do the best they can while having a positive athletic experience. Every one of our teams did spectacular this year with the boy's soccer team winning the championship, the girl's soccer team taking second, the girl's cross country team for taking second in the District meet and the boys cross country team for winning the District meet. THANK YOU Coaches for all that you do!!! ☺

Johns Hopkins Center for Talented Youth

If your child scored Proficient with Distinction on either the Reading, Math or both sections of the NECAP tests he/she is eligible to participate in the CTY Talent Search 2009-2010. Scores from last year's testing may be used to apply to CTY. This program is sponsored by Johns Hopkins University Center for Talented Youth. Its purpose is to identify, assess and recognize the academic ability of highly able students.

If you are interested in having your child participate in this program please go to the program's web site at: http://www.cty.jhu.edu. You will be able to learn more about the program and download the appropriate forms. If you need test score information, it can be obtained through the Guidance Office.

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A huge thank you to Staci Frazier, Renell Brillhart and Brenda O'Loughlin for helping with grades 3 and 4 afterschool art club!

This year, we will continue painting the inspirational quotes in the hallways. If you are interested please email Lisa Blanchette at Lisab@chesteracademy.org. No artistic experience is necessary!

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Book Swap

The media center is sponsoring a book swap on Monday, November 23 and Tuesday, November 24. Gently used books should be brought to the library during the week of November 16 - 20. For each book donated, you will receive a coupon for another book. Students may also receive a coupon for each 10 paws they earn.

This is a great opportunity to clean out your book shelves and get some new (used) reading material. All books remaining at the end of the swap will be donated to charity.

If you have any further questions, please see Mrs. Warnke in the library.

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Chester Academy PTA

THANK YOU THANK YOU THANK YOU

To ALL who made this year's PTA Halloween Party a big success! The evening was very well attended and the feedback we have gotten regarding the party has been fabulous. Our wonderful group of volunteers made for a well run, organized, SAFE and FUN event. You all did a great job! If we missed anyone below, please know you were appreciated and no one's efforts went unnoticed!

Thank you to:

The Brillhart Family, Lauri Sullivan, Terry Kennett, Lore Crenshaw, The Ouwerkerk Family, The Frazier Family, The Hayward Family, Jodie Antoine, Holly Antoine, The Runge Family, Karen Sheley, Corinna Reishus, Mary Young, Heidi Stackpole, Deb McNamara, The Stuart Family.

And to our 5th Grade Volunteers: Taylor Sheley, Hayden Stinson, Jared Bach, Ethan Epperson, Haleigh Canfield, Justin Griffin, Rebekah Desmaris, Sarah Godreault, Sarah Rickershauser, Jennah Berman, Madison Gonya, Megan Fiske, Hannah Leonard, Christopher Ouwerkerk, Hannah Robbins, Steiger Brown, Jessie Young, Sharon Webb, Naomi Marshall, Emma Stackpole, Alexis Reishus and Meghan McNamara.

Thank you to everyone who donated baked goods, snacks, water and candy.

And a BIG Thank you to everyone who stayed to help clean up after the party!

The Thank You list is based on sign in sheets and there were several people who gave of their time and didn't get a chance to sign the sheet - you know who you are and we THANK YOU!

Sincerely,

Staci Frazier and Lorie Ouwerkerk
Halloween Party Co-Chairs

›ung children are also at high risk of serious complications from 2009 H1N1, just as they are from seasonal ı. And while people 65 and older are the least likely to be infected with 2009 H1N1 flu ttp://www.cdc.gov/h1n1flu/surveillanceqa.htm) , if they get sick, they are also at "high risk" of developing serious ·mplications from their illness. See People at High Risk of Developing Flu-Related Complications ttp://www.cdc.gov/h1n1flu/highrisk.htm) for more information about who is more likely to get flu complications at result in being hospitalized and occasionally result in death.

)C laboratory studies have shown that no children and very few adults younger than 60 years old have :isting antibody to 2009 H1N1 flu virus; however, about one-third of adults older than 60 may have ıtibodies against this virus. It is unknown how much, if any, protection may be afforded against 2009 H1N1 ı by any existing antibody.

ow does 2009 H1N1 flu compare to seasonal flu in terms of its severity and infection rates?
'ith seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can ıuse mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 ɜople die from flu-related complications and more than 200,000 people are hospitalized from flu-related ıuses. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60 ɜrcent of hospitalization occur in people older than 65.

'hen the 2009 H1N1 outbreak was first detected in mid-April 2009, CDC began working with states to collect, ›mpile and analyze information regarding the 2009 H1N1 flu outbreak, including the numbers of confirmed ıd probable cases and the ages of these people. The information analyzed by CDC supports the conclusion ıat 2009 H1N1 flu has caused greater disease burden in people younger than 25 years of age than older ɜople. At this time, there are relatively fewer cases and deaths reported in people 65 years and older, which is

nusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk ıedical conditions from seasonal influenza appear to be associated with increased risk of complications from ıis 2009 H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart isease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

Iow long can an infected person spread this virus to others?
'eople infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before etting sick to 5 to 7 days after. This can be longer in some people, especially children and people with 'eakened immune systems and in people infected with the new H1N1 virus.

'revention & Treatment

Vhat can I do to protect myself from getting sick? Oct 8
'his season, there is a seasonal flu vaccine (/flu/protect/vaccine/) to protect against seasonal flu viruses and a :009 H1N1 vaccine (/h1n1flu/vaccination/) to protect against the 2009 H1N1 influenza virus (sometimes called swine flu"). A flu vaccine is the first and most important step in protecting against flu infection. For nformation about the 2009 H1N1 vaccines, visit H1N1 Flu Vaccination Resources (/h1n1flu/vaccination/) . For nformation about seasonal influenza vaccines, visit Preventing Seasonal Flu With Vaccination /flu/protect/vaccine/) .

:here are also everyday actions that can help prevent the spread of germs that cause respiratory illnesses like he flu.

What are "emergency warning signs" that should signal anyone to seek medical care urgently?

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Are there medicines to treat 2009 H1N1 infection?
Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called "antiviral drugs (http://www.cdc.gov/h1n1flu/antiviral.htm)." These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

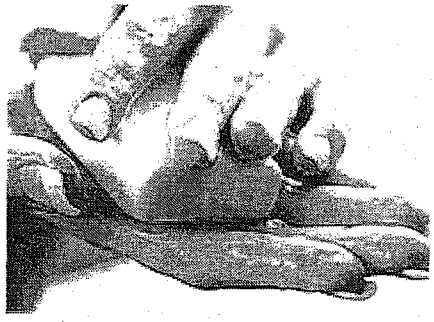
What is CDC's recommendation regarding "swine flu parties"?
"Swine flu parties" are gatherings during which people have close contact with a person who has 2009 H1N1 flu in order to become infected with the virus. The intent of these parties is for a person to become infected with what for many people has been a mild disease, in the hope of having natural immunity 2009 H1N1 flu virus that might circulate later and cause more severe disease.

CDC does not recommend "swine flu parties" as a way to protect against 2009 H1N1 flu in the future. While the disease seen in the current 2009 H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus.

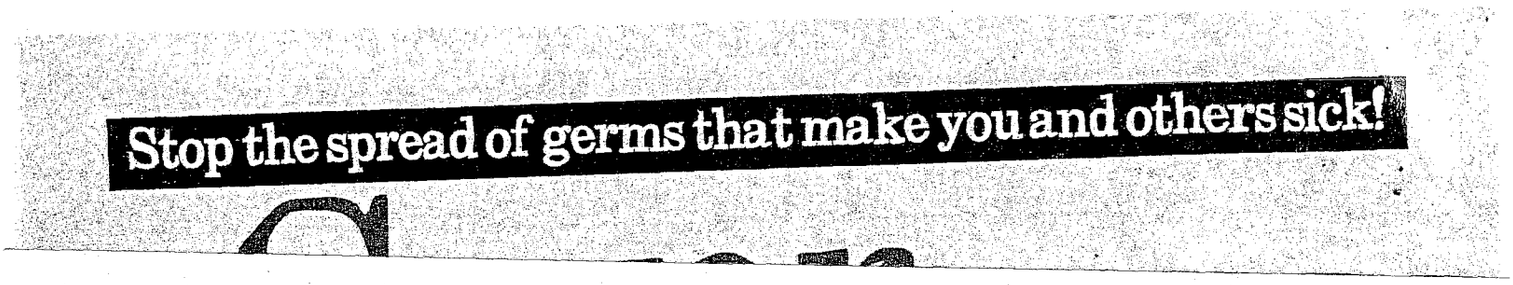
CDC recommends that people with 2009 H1N1 flu avoid contact with others as much as possible. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone (http://www.cdc.gov/h1n1flu/guidance/exclusion.htm) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick.

Contamination & Cleaning

How long can influenza virus remain viable on objects (such as books and doorknobs)?
Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.



What kills influenza virus?
Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.



Can 2009 H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?
Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses. No research has been completed on the susceptibility of 2009 H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as 2009 H1N1 virus would also be similarly disinfected by chlorine.

Can 2009 H1N1 influenza virus be spread at recreational water venues outside of the water?
Yes, recreational water venues are no different than any other group setting. The spread of this 2009 H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Note: Much of the information in this document is based on studies and past experience with seasonal (human) influenza. CDC believes the information applies to 2009 H1N1 (swine) viruses as well, but studies on this virus are ongoing to learn more about its characteristics. This document will be updated as new information becomes available.

For general information about influenza in pigs (not 2009 H1N1 flu) see Background Information on Influenza in Pigs (/flu/swineflu).

HEALTH OFFICE UPDATE

IMMUNIZATIONS:

When your child receives an updated immunization at a doctor's appointment, we need a copy of the new immunization/s in the Health Office. The nurse or doctor should be able to give you a copy at your appointment.

Parents of students in grades 5-8: We have made many phone calls home reminding parents of missing immunizations that were required before school started this year. We still have many missing. The Health Office needs to file our "missing immunizations" report with the State of NH this year on November 15th. Please get your child updated on their immunization before this date and send a copy to the Health Office ASAP.

PEANUT/NUT ALLERGY UPDATE

A big thank you goes out to all of you for your efforts in keeping our classrooms peanut and nut free. Please remember that the same rules apply when the students go on Field Trips: Snacks will be kept peanut/nut free.

Home & School CONNECTION®

Working Together for School Success

Chester Academy
Ms. Leslie Leahy, Principal

SHORT NOTES

Picture this
Good readers form mental pictures as they read. To improve your child's comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

Raising good sports
You can teach your youngster to be a good sport by being one yourself. When you attend a game, clap and cheer for players who try hard, even if they're on the other team. You'll help your youngster learn to be gracious to everyone in the game.

Line them up
Sometimes kids get math problems wrong simply because they haven't lined up the numbers correctly. Try this. Have your child work problems on graph paper, using one box per number. Once she gets used to this system, she'll be able to transfer her lining-up skills to regular paper.

Worth quoting
"Life doesn't require that we be the best, only that we try our best."
H. Jackson Brown Jr.

JUST FOR FUN

Teacher: Name one important thing we have today that we didn't have 10 years ago.

Brian: Me!

Study smarts

Sarah, a fourth-grader, takes a history test at the end of each month. Evan, a first-grader, has a spelling quiz every Friday. Studying is a skill these youngsters will need throughout their years of school. Help your child study effectively with these tips.

Start a habit. Encourage your youngster to treat studying as a daily assignment, not just something she does the evening before a test. For example, she might study 15 minutes every night for a spelling test on Friday. After she finishes her regular homework, she can spend a little time reviewing her notes and handouts.

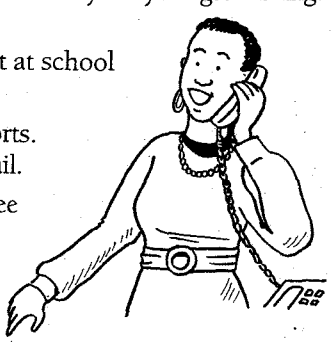
Tackle textbooks. When your child has a chapter to study, have her "preview" it to increase her understanding. She should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. *Tip:* If she finds a section hard to grasp, she could read a picture book on the topic. For a science unit on matter, for instance, she could try *What Is the World Made Of?* by Kathleen Weidner Zoehfeld.

Mix it up. If your youngster reviews information in several ways, she'll be more likely to remember it. She might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, she can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that she spell each word or recite each fact aloud.♥

Parent power

There are many ways you can support your child's learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.
- Contact your child's teacher immediately if you see a problem. Working together will help your youngster succeed.
- Attend conferences, parent meetings, and school events regularly.♥



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