

COUNTY CENTRAL HIGH SCHOOL



October 2016

Home of the Hawks



Important Dates

Oct. 7 - **Friday # 1**
Movie Night CRC 5 Pm
Oct. 10 - Thanksgiving
Oct. 11 - PD Day No School
Sr. Boys VB @ Home
Oct. 12 - Jr. G VB @ Home
Jr. B VB @ SJS
Sr. G VB @ Home
Student Council Mtg. 3:45 pm
Sport Council Mtg.
Oct. 13 - Jr. G VB @ Home
Jr. B VB @ PBHS
Oct. 14 - **Friday # 2**
Oct. 14 & 15 - Sr. B JV VB @ Oilfields
Sr. G JV VB @ Claresholm
Sr. G SV VB @ Taber
Oct. 18 - Jr. B & G VB @ Home
Sr. B VB @ NDC
Oct. 18-20 - Gr. 9 Pioneer Ranch Trip
Oct. 19 - Sr. G VB @ NDC
Oct. 21 - **Friday # 1**
Oct. 21 & 22 - Jr. JV VB League Finals Away
Sr. B VB @ KAHS
Sr. G VB @ Eagle Butte
Oct. 21-23 - Youth Explosion CRC
Oct. 25 - Sr. B VB @ HHHS
Oct. 26 - PTI 3:45-6:45 Pm
Sr. G VB @ Home
Oct. 27 - PTI 5-8 Pm
Oct. 28 - **Friday # 2**
Oct. 28 & 29 - Monster Smash Sr. VB
Jr. SV VB League Finals Away
Nov. 1 & 2 - Sr. VB League Playoffs
Nov. 3 - Social 20/30 Field Trip
Nov. 4 - **Friday # 1**
Nov. 4 & 5 - SR. JV VB @ Crowsnest
Nov. 8 - Awards Night 6:30 Pm
Nov. 10 - Sr. Report Cards
Nov. 11 - Remembrance Day
Nov. 12 & 13 - CCHS Casino
Nov. 14 - PD Day No School
An events calendar is attached to this newsletter. You can also check the CCHS website for any events, dates or time changes.

CCHS AWARDS NIGHT

CCHS annual awards night will be held on Monday, November 8th @ 6:30 pm in the CRC. Everyone is invited to attend this event in celebration of our academic achievements for 2015-16.

Invitations for award recipients will be in the mail shortly.

GRAD 2016

The graduating class of 2017 are fundraising to help cover the cost of graduation. They have 4 different fundraising opportunities: Sweet Sheets, Ben's Quality Meats, Pampered Chef and Perogies & Sausages. Please contact one of our grads if you are interested. The deadline is October 31st. If you have any questions please contact Lisa Wylie.

Thank you for your support.

PRINCIPAL'S MESSAGE

It is hard to believe we are already into October. September set the stage here at County Central for a great year and students are finally settling into their courses. I encourage parents and students to discuss their coursework and I encourage parents to talk with teachers if they have questions or concerns.

Throughout the month staff and students have been busy in many ways. Our volleyball teams have been very active throughout the month and Vulcan hosted a tournament that was a showcase of the success that comes from school and community working together. Our students are actively involved in Art, Music and Drama within the classroom and beyond. Some of our students attended a youth leadership conference in New Brunswick, while others were involved in the planning of a division wide youth conference. We participated in our Terry Fox run. Students were really well behaved and we all enjoyed our walk/run around the community as we worked to raise money for such a worthy cause.

In our ongoing commitment to Literacy, our staff have been actively testing our students reading levels. Part of the divisional goals around literacy, County Central continues to strive for excellence in reading and comprehension at all grade levels. Ongoing professional development around literacy has been a priority for the school and included the involvement of administration in the Literacy Symposium host by Palliser. We en-

courage parents to read with their children at home and create an environment that promotes reading.

We have practiced fire drills and lockdown drills this past month and will continue to do so. Our lockdown drill was effective and we had the RCMP support us in the drill. Students and staff did an excellent job of acting appropriately and remaining calm. We chatted with students about not being anxious as it was a drill. Over time our hope is that such drills will become a normal part of the routine in the same way fire drills are perceived.

The coming month will be busy. Students are actively engaged in their education and extracurricular activities. The first parent teacher interview session will occur this month and so we look forward to engaging parents in conversation to support education. As the days get shorter we know students will need that extra encouragement to stay on top of their studies.

Daniel Grimes
B.SC, B. Ed., M. Ed.

Congratulations
CCHS Jr. High
Zone X-Country
Winners for 2016!!

County Central High School
Box 390 [504 - 4 Avenue S.]
Vulcan, AB, T0L 2B0
Phone: 403 485 2223
Fax: 403 485 2959



YOUTH EXPLOSION

Youth Explosion, October 21st-23rd, 2016 - a weekend of fun, fellowship, music and food, for youth Grade 7 and up. There is no admission cost. Registration begins at 6:30pm Friday, October 21st.

Please feel welcome to come for any or all of the weekend events.

Please visit our Facebook page www.yevulcan.com/ to find out about registration forms, the band, speaker and special guests.

Hope to see you there.

CCHS MONSTER

On October 28 & 29 CCHS will be holding their annual Monster Smash volleyball tournament if you are able to help us out with scorekeeping or working in the concession could you please call Christie Schneider 403-485-2223.

If you are around that weekend come out and watch our teams in action. GO HAWKS!!

Thank you so much for all you do for the students of CCHS.

GRAD 2016

Calling all grade 12 students I know that it is early in the year but this last year will fly by and before you know it grad will be upon us, so my one request to all of you is that you please bring me some photos for the grad powerpoint presentation. I would like at least 3 pictures (baby, early childhood and a more current photo) from each student but you can bring me more.

All photos will be returned as soon as possible.

Thank you,
Mrs. Povey

STUDENT UNION

Gr. 7-12 Student Council will be having a meeting Wednesday, October 12th in Mrs. Wouters' Rm 212 3:45 Pm. Please let Mrs. Wouter's know if you can not make this meeting.

All students are welcome to come and join Student Council 2016-2017.

TERRY FOX RUN

CCHS raised \$2714.85 this year for the Terry Fox run held Friday, September 23rd. We would like to thank all who donated towards this cause. Here's hoping we are one step closer to the cure for cancer.

CCHS CASINO

County Central High School will be working at the Century Casino in Calgary on November 12 & 13. All money raised from this casino goes towards lowering athletes fees, equipment, uniforms, first aid supplies, transportation and other sports related items.

Without the money raised from the casino our student sports fees would make playing sports an impossibility for most athletes.

If you can help by taking a shift please call the school 403-485-2223. We need YOU so please call. Thank you CCHS Sports Council.



Palliser Regional Schools

Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

Phone: 403-328-4111 Toll-free: 877-667-1234

Fax: 403-380-6890 www.pallisersd.ab.ca

**Palliser Regional Schools invites student artists
to submit works for display on the division's
annual Christmas card**

The Board of Trustees intends to showcase student art on its annual Christmas greeting card. The Board invites submissions of art by a Palliser student of any grade level for consideration.

The art can be created on standard 8.5" by 11" paper, in either profile or landscape orientation.

The art to be featured on the card will be decided by a committee of the Board.

The art should be in keeping with the theme "Together We Share."

The original art will not be returned. The artist whose work is selected will receive a gift from the board as well as copies of the greeting card for use by them and their families.

Artists should submit this form with their original art no later than noon, Oct. 28, 2016 to:

Together We Share

Palliser Regional Schools

#101 3305 18 Avenue North

Lethbridge, AB T1H 5S1

It can be submitted by mail or through Palliser's inter-school mail system.

Student Name: _____
(please print)

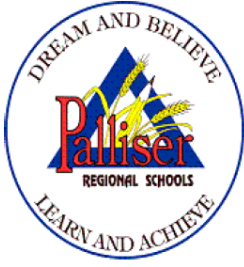
School: _____ Grade: _____

I agree to have my child's art, first and last name and school name featured on the Palliser website and shared with online or traditional media and published on the Palliser greeting card.

Parent/Guardian Name: _____
(please print)

Parent/Guardian Signature: _____ Date: _____

*Together we will ensure learning success for all students
to develop their unique potential as caring citizens in a changing world.*



County Central High School

Box 390, 504 – 4th Avenue South
Vulcan, Alberta T0L 2B0
Phone: (403) 485-2223 Fax: (403) 485-2959



Exceptional Education Principal: Mr. Daniel Grimes, B.Sc., B. Ed., M. Ed.
Vice-principal: Mrs. Lucy Thompson, B.A., B.Ed., M.Ed.

October 5, 2016

Dear Parent/Guardian:

We would like you to be aware that head lice has been identified as being present in our school. This occurs from time to time and the cooperation of parents is needed to control the situation. You are encouraged to check your child's head for lice or nits once a week for the next few weeks. If you discover lice or nits, please treat according to the directions attached and inform the school.

We assure you that this condition is not due to poor hygiene and could not have been prevented by you or your child. With your cooperation and patience we hope the situation will be controlled quickly. Please find attached Palliser's protocol for treatment and information. If you have further questions, please contact the Health Unit.

Your time and effort in this matter is appreciated.

Yours truly,

Daniel Grimes
Principal

HEAD LICE COUNSELLING GUIDELINES

1. Head lice do not spread any diseases but do cause emotional distress. They affect anyone, regardless of personal cleanliness. Children are affected more than adults because of the amount of time spent in close conditions.

2. Lice require warmth and human blood to survive. Transmission is person-to-person, spread by direct contact. Sharing of hats, coats, etc., may play a role in transmission.

3. When a family member has lice, all members should be checked. Treating all family members with lice at the same time prevents the spread of lice from untreated to treated members.

4. Following the chosen lice product recommendations is important. Hair should be clean before treatment, as gels or conditioners may coat hair and prevent absorption of the lice product. The product must be applied to wet or dry hair as specified and left on for the recommended amount of time. Be sure to use the complete bottle for each treatment. Using too little or not leaving

it on for the correct amount of time may mean the treatment won't work (see chart).

5. No current lice product is 100% effective. Some lice or nits may survive. All products recommend a second treatment in seven (7) to ten (10) days to kill any lice that hatched from nits that survived the first treatment.

6. If lice are found twenty-four (24) to forty-eight (48) hours after treatment, a heavy infestation or resistance may be present. Re-treat immediately with a different product, followed by a second treatment with that product in seven (7) to ten (10) days.

7. Removal of nits is VERY IMPORTANT. This prevents confusion about whether the nits were present previously or are from a new infestation. It also prevents self-re-infestation caused by survival and hatching of nits after treatment. Others that see nits also assume that the infestation is active.

8. To remove nits, do hair in sections. Fasten hair not being worked on out of the way. Use good light and nit comb or fingernails. Start at the scalp and go to the end of the hair. Clean and comb by dipping in water or with a tissue after each pass through the hair. Go through the same section of hair and look again. If a nit comb doesn't work, use fingernails.

9. Check the person every day for two (2) weeks and then weekly. Finding one (1) or two (2) nits the next day could be missed nits. If many are discovered, there may still be live lice. Repeat step 8. Do not confuse the nits with hair debris (dandruff, hair casts).

10. Wash bedding and clothing used in the last forty-eight (48) hours in hot water and/or dry on a hot setting. Combs and brushes can be soaked in hot water for ten (10) minutes, or wash with the lice product. Items that can't be washed can also be vacuumed, then put in a plastic bag and frozen (48 hours) or stored away (10 days). Using lice sprays is not recommended.

11. Little information on product resistance is available. At present, not following treatment recommendations, not removing nits or re-infestation from an untreated contact seem more likely reasons for lice reappearance than product resistance.

12. Use of natural or homemade remedies (Vaseline, tea tree oil) is not advised. Directions on these methods also stress nit picking after the treatment. Only products that have been tested and licensed for sale as a lice product are recommended.

13. Informing schools, day cares, groups (sports team, Cubs/Guides) and close friends is important. Some people will have no symptoms and may be spreading lice.

14. Weekly parental checks are strongly recommended. Lice products should not be used as a pretreatment. No treatment will prevent catching lice.

Product Name	Active Ingredient	Formulation	Method of use
Nix	Permethrin •Pyrethroid	Crème rinse	<ul style="list-style-type: none"> • Wash hair with shampoo, rinse with water and dry well. • Do not apply any conditioner. • Apply sufficient amount of product to saturate hair and scalp. • Leave on for 10 minutes. • Rinse off with water. • Re-treatment after 7-10 days.
Kwellada or Lindane Shampoo	Lindane • Cyclodienes • Organochlorine	Shampoo	<ul style="list-style-type: none"> • pply complete bottle to dry hair. • Work in for 4 minutes. • Add water a little at a time to form a lather. • Continue shampooing for another 4 minutes. • Rinse thoroughly. • Repeat in 7-10 days.
R & C Shampoo	Pyrethrin	Shampoo	<ul style="list-style-type: none"> • Apply product to dry hair to soak thoroughly. • Allow to remain on area for 10 minutes. • Add small quantities of water, working into the hair until lather forms. • Rinse thoroughly. • Repeat in 7-10 days.
SH-206		Shampoo	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Jr. VB Tournament CRC #1969
2	3 Jr. G VB @ Home 4Pm Sr. B VB CRC 7 Pm Sr. G VB CRC 5 Pm	4 Jr. B VB Gym 5:30 Sr. G VB CRC 3:30 Sr. B VB @ Home	5 X-Country Zones Jr. B VB Gym 5:30 Jr. G VB CRC 3:30 Sr. G VB @ Home Rec. BB 8-9:30 CRC	6 Jr. B VB Gym 5:30 Jr. G VB @ St. Mary's Sr. B VB CRC 7 Pm Drop in VB 8-9:30 #2491	7 Friday #1 Movie CRC 5 Pm	8
9	10 Thanksgiving	11 PD Day Sr. B VB @ Home	12 Sport Council Mtg. Jr. B VB @ SJS Jr. G VB @ Home 4Pm Sr. G VB @ Home Sr. B VB CRC 7 Pm Rec. BB 8-9:30 CRC	13 Drop in VB 8-9:30 Jr. B VB @ PBHS Jr. G VB @ Home 4 Pm Sr. B/G VB CRC 7 Pm	14 Friday #2 Sr. B VB @ Oilfield Sr. G VB Away	15 Health Gala CRC/Kitchen Sr. B VB @ Oilfield Sr. G VB Away
16	17 Jr. G VB CRC 3:30 Sr. G VB CRC 5 Pm Sr. B VB CRC 7 Pm	18 Gr. 9 Field Trip Jr. B VB @ Home (JV) Jr. G VB @ Home (JV) Sr. B VB @ NDC	19 Gr. 9 Field Trip Jr. B VB Gym 5:30 Sr. G VB @ NDC Rec. BB 8-9:30 CRC	20 Gr. 9 Field Trip Jr. B VB Gym 5:30 Jr. G VB CRC 5:30 Sr. G VB CRC 3:30 Sr. B VB CRC 7 Pm	21 Friday #1 Youth Explosion Jr. JV League Finals Sr. B VB @ KAHS Sr. G VB Away	22 Youth Explosion Jr. JV League Finals Sr. B VB @ KAHS Sr. G VB Away
23 Youth Explosion	24 Jr. G VB CRC 3:30 Sr. B VB CRC 7 Pm	25 Jr. B VB Gym 5:30 Jr. G VB CRC 5:30 Sr. G VB CRC 3:30 Sr. B VB @ HHHS	26 Picture Retakes PTI 3:45-6:45 Pm Jr. B VB Gym 5:3 Jr. G VB @ Home Rec. BB 8-9:30 CRC	27 PTI 5-8 Pm Jr. B VB Gym 5:30 Jr. G VB CRC 5:30 Sr. G VB CRC 3:30 Sr. B VB CRC 7 Pm	28 Friday #2 Monster Smash VB CRC Jr. SV League Finals	29 Monster Smash VB CRC Jr. SV League Finals
30	31 Jr. G VB CRC 3:30 Sr. B VB CRC 7 Pm	