



# CMES NEWS

FEBRUARY 2012

## PRINCIPAL'S MESSAGE:

Welcome to February!

Term One is now over and reports will be going home on February 10th. Please take some time to go through the report card with your child and set some goals for the final term. These goals and support should be indicated on pages three and four of the report and returned to the school. Parents and students are encouraged to periodically review these goals, reflecting on, and monitoring, progress throughout Term Two.

On February 3rd, our Boys and Girls Volleyball teams played extremely well at the County Volleyball tournaments. Thank you to our students and coaches (Mrs. Horan, Mrs. Holran-Thompson, Mrs. Vickery and Ms. Byers) for your dedication and hard work—and for representing our school so well.

This month many staff will continue to run a variety of clubs and intramural activities such as computer club, games club, the Forest of Reading clubs, knitting club, beading club, and many more activities. Furthermore, we will soon have students and coaches working extra hard to prepare for some upcoming badminton and basketball tournaments (to be held in March and April). These clubs and activities offer students many opportunities to “get involved” at Credit Meadows.

During the month of February staff and students will be gearing up for our Boogie-a-thon fundraiser. This year our Boogie-a-thon will take place on March 7th. All classes have already received some dance instruction in order to prepare them for our 50's themed Boogie-a-thon! The purpose of this fundraiser is to once again raise money to support special Art Workshops for all students at Credit Meadows. Any additional funds raised will go toward other special presentations/workshops for students (i.e. a Writers Workshops, Bully Prevention presentations, etc...).

We are looking forward to a busy and productive February!

Sincerely,  
*Vicky Crandall*  
Principal

## CALENDAR OF EVENTS:



- February 1 Popcorn Day
- February 3 Girls & Boys Volleyball Tournaments  
Dance Instruction
- February 6 Primary Storytelling  
Hockey Game  
School Council Mtg. @ 3:15pm
- February 8 Cross Country Skiing—gr. 4-5  
Pizza Day
- February 9 Hot Lunch Day
- February 10 Speeches  
Reports Go Home  
Hockey @ 4pm
- February 14 Swimming—Mrs. Teo's class  
Valentines Day
- February 15 Awards Assemblies  
Hot Dog Day
- February 16 Family Games Night
- February 17 Dance gr. 6-8  
Hockey @ 4pm
- February 21 Swimming—Mrs. Teo's class
- February 22 Pizza Day
- February 24 Cookie Day  
Hockey @ 4pm
- February 28 Grad Photos (SK & gr. 8)
- February 29 Cross Country Skiing gr. 6  
Popcorn Day
  
- March 1 *Cross Country Ski Tournament  
(this is a change of date)*

### Inclement Weather Days (no bus days and school closures)

**Remember that should the buses be cancelled or the school closed, a notice will be placed in voice mailbox 605.**

### News from our Student Council:

Student Council will be selling special candy-grams this month for Valentines Day. They will also be hosting a grade 6, 7, & 8 Dance on February 17th.

## WINTER WEATHER

### **\*\*Reminder to Dress for the Weather\*\***

Just a reminder for students to bundle up in warm layers, with a good hat and mitts, during these cold winter days.

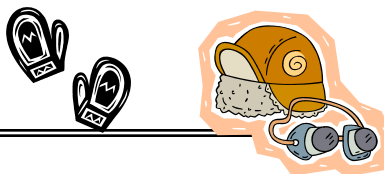
Where extreme cold or severe weather conditions are present, much consideration is given in deciding whether students will be kept indoors for recess, or allowed out to play. When students are allowed outside, staff are reminded to keep a watchful eye on the students in regard to cold, and send in any students where necessary. Winter weather conditions and temperatures are monitored closely at the school and through various websites for the days in question.

Recess provides a necessary break for students. Physical activity and socialization refresh students and help them be more successful in the learning activities that follow a recess break. Therefore, we try to allow for outdoor recess whenever possible. However, we always do our best to also ensure the safety and well-being of our students.

*This winter has also brought some significantly sloppy and slushy conditions to our area. As a result, many students are needing a change of clothes following recess, due to wetness. If possible, parents may want to consider having their children pack some extra socks and pants in their bags to avoid the need for students to call home to get dry clothing.*

## LOST and FOUND

Our lost and found pile is growing daily. Please remind your child to check for any lost items. Unclaimed items will be bagged and donated to charity prior to March Break.



## KINDERGARTEN REGISTRATION

Just a reminder that If you, or someone you know, has a child who is age appropriate for Junior Kindergarten in September, please drop into the school office to pick up a registration package.



Eligible students are those born in the year 2008 (or born in 2007 for our SK program).—they must be four years of age on or before December 31, 2012 (or five years of age on or before December 31, 2012 for new SK students).

## CHECK FOR HEAD LICE:

This is a reminder for parents to respond to any child's report of an "itchy" scalp and check hair carefully under a bright light, lifting strands of hair and looking close to the scalp. As always the best treatment is the finest comb possible, used to expose nits for hand removal. This is a painstaking method, but often the most effective one. Further information on this topic is attached to the back of our newsletter.

## CMES Singers

Last year we had a group of Boogie-a-thon winners and some choir students go to Mono Amaranth P.S. to make a CD of various versions of O'Canada for CMES.

If your child was part of this group and you would like a copy of this CD, please contact Mrs. Bonikowsky at the school.

## SCHOOL COUNCIL:



The next two meetings will be on February 6th and March 5th at 3:15 pm. Please join us in the library. Babysitting will be available.

Looking forward to seeing you there!

# Health

What a good feeling!

February 2012

## Thinking of going away this March break?

Bed bugs don't make good souvenirs, so don't bring them home when traveling. Check beds for live bugs, and for blood spots on sheets, mattresses and walls. Keep personal items off the floor and away from the bed, and examine your belongings before heading home.

Have a question? Need to report a problem with bed bugs? Call Wellington-Dufferin-Guelph Public Health at 1-800-265-7293 ext. 4617 or email [info@wdgpublichealth.ca](mailto:info@wdgpublichealth.ca)



Public Health

Wellington-Dufferin-Guelph Public Health  
1-800-265-7293 | [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca)  
[info@wdgpublichealth.ca](mailto:info@wdgpublichealth.ca)

## **THANK YOU FOR SUPPORTING OUR QSP MAGAZINE FUNDRAISER!**

Even though our main fundraising campaign is over, you can still support our school by purchasing or renewing magazine subscriptions on line at

[www.QSP.ca](http://www.QSP.ca)

Each subscription that we sell continues to bring profit to our school.

This can be done all year long, so if you have any additional magazines expiring soon or just forgot to order a favorite one, you may still do so and support our school!

Remember if you renew with the publishers directly, the school does NOT receive profits.

Please DO NOT renew with the publishers. Thank you.

If you ever have any questions about your subscriptions, please call QSP Customer Service at 1-800-667-2536





# Head Lice

**To contact us:**

519.846.2715  
1.800.265.7293  
www.wdgpUBLICHEALTH.ca  
info@wdgpUBLICHEALTH.ca

**Fergus**  
F 519.846.0323

**Guelph**  
F 519.836.7215

**North Wellington**  
F 519.323.9312

**Orangeville**  
F 519.941.1600

## What You Need to Know

### What are head lice?

Head lice are tiny, wingless bugs that live on the head. They feed on your blood and can multiply and spread quickly. Head lice are about the size of a sesame seed and are usually grey to reddish-brown in colour. They have six legs with tiny claws that can attach to hair. They can be hard to see.

Nits are the eggs of mature head lice. They firmly attach, with a glue-like bond, on an angle to one side of a hair. Nits are small, yellowish-white ovals that are about half the size of a pinhead. They can appear darker in persons with dark hair.

Nits hatch in seven to ten days. The baby lice are called nymphs. They look like adult lice, only smaller. Nymphs cannot lay eggs until they mature, which takes about seven days.

### How do head lice spread?

Head lice do not jump or fly, but can crawl quickly. They are usually spread by direct head-to-head contact. Occasionally, they are spread by hats, brushes, hair accessories or headgear. You cannot get head lice from carpet or furniture. Head lice feed from the scalp and need a certain temperature and humidity range to survive.

### What are the signs and symptoms?

Here's what to look for:

- itching and scratching, caused by an allergic reaction to the bites
- irritability
- bite marks or sores on the head, caused from scratching

### How do I check for head lice?

The only way to know if a person has head lice is to see lice or nits. You must check the whole head. Pay careful attention to the areas behind the ears, at the back of the neck, and on top of the head. Follow these steps:

- Part the hair in small sections.
- Check from one side of the head to the other.
- Check the whole head.

### How do I treat for head lice?

- Buy a head lice product from the drugstore. Your pharmacist can help you choose the best product.
- Consult your pharmacist or doctor if the product is for a child under two years of age, a person who has seizures, or a woman who is pregnant or breastfeeding.
- Read all of the instructions on the package. It is important to follow all of the directions carefully for the treatment to work. Never mix different products together.
- Do not use a product if you are sensitive to any of its ingredients. Consult your doctor or pharmacist if you are allergic to chrysanthemums or ragweed.

- Check for live lice 24-48 hours after treatment. Finding live lice at this stage may mean the lice were resistant to the product you used and you may need to use a different one. Call your health care professional for advice.
- Repeat treatment seven to ten days later (as directed) to kill any newly hatched lice. Head lice products do not kill nits; repeat the treatment a second time to kill any baby lice that hatch

### **Do I have to clean my house?**

- Extra housecleaning and use of insecticide sprays are not needed.
- Items that have touched the head (hats, scarves, bedding, coats, towels, clothing) should be put in the dryer on the hot cycle for 20 minutes.
- Soak combs, brushes, and hair accessories daily in hot water to remove lice or nits.

### **Can I control the spread of head lice?**

The best protection is to check your child's scalp once a week under good lighting. Teach children how head lice are spread and how to avoid them.

- Keep long hair tied back.
- Do not share headgear such as hats, scarves, hair clips, helmets, or headphones.
- Do not use other people's pillows, towels, combs, or brushes.
- Notify friends and other community contacts when head lice are found.