



Hidden Valley Elementary School Newsletter

Newsletter #3

November 2, 2015

HVS School Council News

The HVS School Council meeting will be held on Tuesday, Nov. 10th at 6:00 p.m. in the School Library. All parents are welcome.

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- Halloween Carnival
- O'Canada Recording
- Cold-Flu Season
- Violin/Fiddle Club

Report Cards

Report cards will be going home on Wednesday, November 18th.

Administration E-Mail:

Riana Robinson
Principal
Riana.Robinson@gov.yk.ca

Shelley McInnis
Administrative Assistant
Shelley.mcinnis@gov.yk.ca

Web:
<http://hve.yukonschools.ca/>

HVS School Council:
hvscouncil@gmail.com

Dental Therapist:
Londa Oshowy
667-3049

Dear Parents/Guardians

Thank you to all the parents and students who attended parent/teacher interviews. If you were unable to attend and would like to speak with your child's teacher, please call the school or the classroom teacher to schedule an appointment.

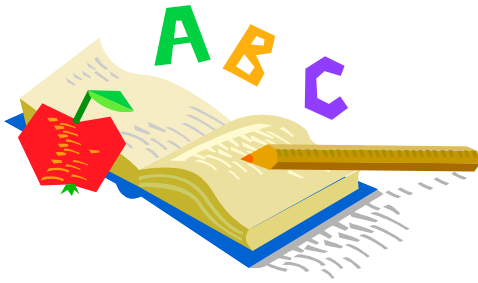
Also, thank you to all the parent volunteers who have been helping our staff and students with class projects, activities as well as our sports teams. We really appreciate the time, effort, and dedication it takes to making Hidden Valley School a great place to be!

Sincerely,
Riana Robinson
Principal

Report to Office

We would like to remind all parents to use the main entrance only, and to report to the office on arrival at school.

HVS Book Fair



Our book fair that was held last week, was a great success and we reached and exceeded our goal of \$1500.00! We look forward to having it again next year. Thank you to all the volunteers! We couldn't have done it without you!

Electronic Device Rules

Hidden Valley School promotes quality experiences, as well as, healthy social relationships and personal development.

The use of any electronic communication devices (ECDs), as well as other electronic games and players are restricted during school hours. Students may only use and possess on their person electronic devices prior to 8:15 am and after 3:07 pm during the school day. As a condition of this permission, all electronic devices must remain off and put away during the school day and students assume all risk of loss, damage or theft of their electronic device.



Thank you for keeping Hidden Valley School NUT Free.



HVS Fundraising at Raven Recycling

HVS School has an account at Raven Recycling. All funds from refundable items such as pop cans and juice boxes can be donated to Hidden Valley School. If you are collecting points for yourself, you can still do this and have the money portion go to the school. All donations are welcome. We use the funds primarily to support recycling efforts in the school.

Winter Clothing

If you have any toques, mitts or scarves that your children have outgrown and you would like to donate them, please bring them to the school.

Long Service Awards

Each year, employees of the Yukon Government are recognized for "long service". This year will include Betty Byblow, Mary Lumbers and Shelley McInnis.

Congratulations!

Violin/Fiddle Club

Hidden Valley will be offering a violin/fiddle club on Thursday afternoons after school. Please call Clea Roberts at 689-1760 or e-mail clea.roberts@yahoo.ca if you are interested.

**Husky Helper Winners
for the Month of September:
Jackson U. and Alyssa R.**



Halloween Carnival

Our students had a great time at the Halloween Carnival this year! Thank you to Ms. Morrissey, Mr. Martin, Ms. Mary and the Grade 6/7 class for making all the games, selling items at the bake sale and running the booths.

Thank you to all the students and parents for coming and donating to the Carnival.



Flag of Canada—Hometown Proud

Singing of O'Canada

Our students were excited about the Flag of Canada's birthday and being on the national recording of O Canada. The recording took place on Friday, October 23rd and the kids did a wonderful job! Alyssa (shown below) was also recorded doing a speech on “The importance of my hometown and where the Canadian flag is flown around Whitehorse.” She did a great job! The Executive Director of the Hometown Music Council said that he would use her speech on their website. Well done Alyssa!



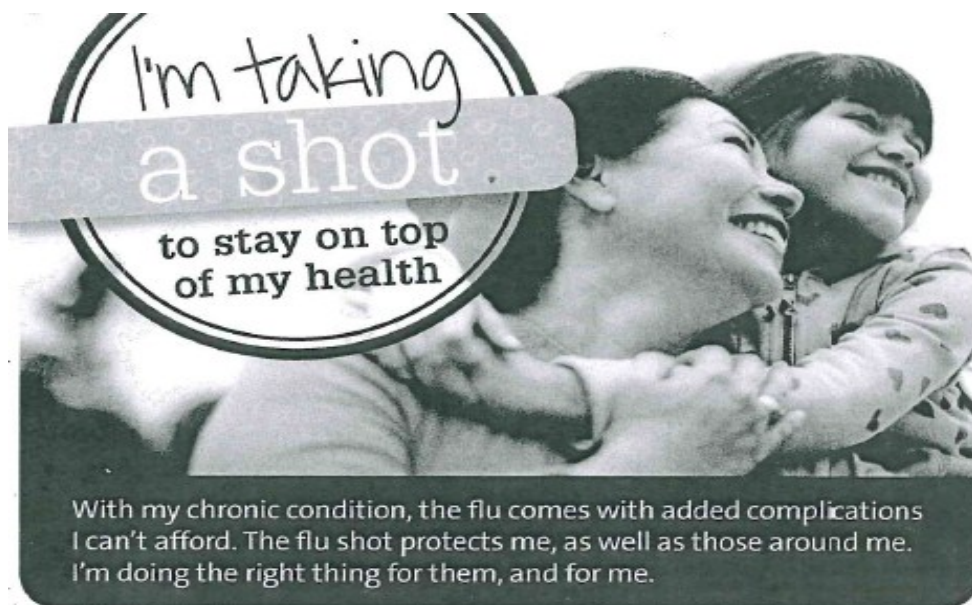
Seasonal Influenza (Flu)

Is it a Cold, Flu, or Pertussis?

Symptom	Influenza ("Flu")	Cold (Viral URI)	Pertussis
Fever	Usually present and high (102-104°F or 39-40°C); typically lasts 3-4 days	Uncommon	Uncommon If present, typically low-grade
Headache	Very common	Uncommon	Uncommon
Aches and pains, muscle aches, chest discomfort	Common, Often severe	Slight to Moderate	Uncommon
Fatigue and weakness	Moderate - severe; can last up to 14-21 days	Mild	Mild to moderate
Extreme exhaustion	Very common early in illness	Extremely Rare	Rare
Stuffy or runny nose	Sometimes	Common	Common, early in the disease
Shneezing	Sometimes	Common	Common, early in the disease
Sore throat	Sometimes	Common	Uncommon
C O U G H	Character	Non-productive ("dry") cough is typical; nocturnal cough rare	Hacking cough, often productive; nocturnal cough rare; usually responds to cough medications
	Severity	Moderate	Mild to Moderate
	Duration	Typically 3-7 days; occasionally to 14 days	Typically 3-7 days
	Paroxysms	Uncommon	Rare
Infectious Period	1-2 d before symptom onset to 5-10 days after	Variable; typically 4-7 days after symptom onset; can be longer	From start of catarrhal phase (before cough) to 21 days after cough onset*

Flu Shot Schedule

OCTOBER 29, 2015: The FluMist nasal spray vaccine is now available in Whitehorse. It will be arriving in community health centres over the next few days. If you want the FluMist nasal spray for your children, call ahead to your community health centre before going at 667-8864.



I'm taking
a shot
to stay on top
of my health

With my chronic condition, the flu comes with added complications I can't afford. The flu shot protects me, as well as those around me. I'm doing the right thing for them, and for me.

Get the flu vaccine at a clinic near you.

October 26–30	8am – 4pm	Whitehorse Health Centre
October 27	4pm – 8pm	Whitehorse Health Centre
November 2–4	8am – 4pm	Whitehorse Health Centre
November 3	4pm – 8pm	Whitehorse Health Centre
November 5	9am – 4pm	Yukon College
November 6	10am – 7pm	Canada Games Centre
November 7	10am – 3pm	Canada Games Centre
November 10	1pm – 8pm	Whitehorse Health Centre
November 10	1:30pm – 3:30pm	Marsh Lake Community Centre
November 12–13	9am – 4pm	YG Main Admin Building
November 17	1pm – 8pm	Whitehorse Health Centre
November 18	3:30pm – 8pm	FH Collins Secondary
November 19	3:30pm – 8pm	Porter Creek Secondary
November 20	1pm – 4pm	Whitehorse Health Centre
November 25	9am – 4pm	Elijah Smith Building
November 27, December 4, 11, 18	1pm – 4pm	Whitehorse Health Centre
December 31	8am – 4pm	Whitehorse Health Centre

for more details visit
yukonimmunization.ca/flu

Yukon
Health and Social Services

Learning Together is a drop in program that runs Tuesday-Friday. Tuesday is from 9:00–11:30 am and 12:35 pm–3:00 pm. Wednesday—Friday is from 9:00 am—11:30 am. every morning.

Learning Together is a positive, play based learning environment for parents/ caregivers and their children that provides learning opportunities to enhance children’s skills in all areas of development. It is a program that targets 3-5 year old children although ages 0-5 are welcome.

The program is drop-in and free! Snack served as part of the program.

Play centers, gym time, storytelling, games, crafts and so much more!

Park at the front of the school in the parent parking lot and enter the school from the primary wing door.

For more information contact the school at 667-8164.

**LEARNING TO
LEARN.....FOR
LIFE**

Hidden Valley School
#5 MacPherson Rd
Whitehorse, YT
Y1A 5S3

Phone:
(867) 667-8164

Fax:
(867) 393-6316



Upcoming Events

Parade @ 1:00 pm	Nov. 4
Swim Patrol Gr. 6/7 (1:00—1:45 pm)	Nov. 3
School Council Meeting @ 6:00 pm (Library)	Nov. 10
Remembrance Day Ceremony @ 11:00 am	Nov. 10
Remembrance Day—No School	Nov. 11
Anti-Bullying Week	Nov. 16-20
Wildlife Preserve Gr. 2/3 (12:00—3:00 pm)	Nov. 16
Rec Skate K-Gr 3 (1:00—1:45 pm)	Nov. 17
Report Cards go Home	Nov. 18
Rec Swim Gr. 4-7 (1:00—1:45 pm)	Nov. 19
Sea of Pink Day	Nov. 20
Rec Skate Gr. 4-7 (1:00—1:45 pm)	Nov. 25



Nia—Gr. 6	Nathan - K
Denley—Gr. 1	Rylan—Gr. 6
Caleb P.—Gr. 2	Ms. Martin—Library

Wall of Fame

Please send all newspaper articles/clippings of Hidden Valley Students excelling in activities to school.

