

Carline Chronicle

Events and reminders for the week of:
December 12, 2016

THIS WEEK

- ❖ **Tuesday, December 13:**
PTA Meeting. 6:30pm.
- ❖ **Wednesday, December 14**
Winter Music Showcase. Presented by 5th to 8th grade. 10:30 – 11:30am. Gym.
- ❖ **Thursday, December 15:**
Twelfth Night is cancelled. New date TBA.

UPCOMING DATES OF NOTE

- ❖ **December 19 to January 2:**
Winter break. No school; campus closed.
Have a safe and happy break!
- ❖ **Monday, January 2, 2017:**
Statutory holiday. No school. Campus closed.
- ❖ **Tuesday, January 3, 2017:**
Classes resume. Welcome back!
- ❖ **Monday, January 16:**
MLK Day. No school. Campus closed.

MORE SNOW & ICE IN FORECAST

Here are the ways to find out if CHPCS is open...

If North Clackamas is closed, delayed, or early release, so are we. You will receive an email from Mrs. Macy regarding weather events. Also, North Clackamas updates school closure information in the following locations **IF** there is a closure or delay.

- Call the **School Closure Hotline**: 503-353-6020. This is available in English, Spanish, Russian, & Vietnamese. Updated by 6:30am if warranted.
- Go to the Headlines section on the NC12 district web page, www.nclack.k12.or.us.
- Follow the district on **Twitter** (@nc12schools).
- Become a **Facebook** friend of North Clackamas Schools and check Facebook in the early morning hours.
- Go to <http://www.flashalert.net/> to sign up to receive a text message.
- You will receive a text message through the school's **REMIND** service **IF** you are subscribed. **To join**, text @fa0a2 to 971.252.3285. You can opt out of messages at any time by replying 'unsubscribe @fa0a2'.
- Check the **news on radio or TV**.

WHEN TO KEEP SICK CHILDREN HOME

'Tis the season for sneezes and sniffles. Deciding when to keep a sick child at home from school is not always easy. It's important for children to attend school and for some parents staying home means missing work. But when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

Please keep the school office up to date with current phone numbers so you or an alternate contact can be reached if your child becomes ill or injured at school.

Note that children must be fever free (without fever reducing medication) and have no vomiting for 24 hours before returning to school. Also, children with symptoms like deep or uncontrollable coughing, or significant lack of energy belong at home even without a fever.

Our website has a helpful chart from the CDC on when to keep sick children home. Go to: <http://cascadeheights.org/parents/links-resources.html> and click on "Illnesses."

HEALTHY HABITS TO STAY WELL

- **WASH YOUR HANDS OFTEN** with soap and water especially after coughing, sneezing or blowing your nose. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth to help prevent the spread of viruses.
- Don't share food, utensils, beverages or anything that might be contaminated with germs.
- Try to avoid close contact with sick people.
- Stay home when sick, especially with flu-like symptoms of fever and cough. Stay home for at least 24 hours after being fever free without the use of fever reducing medicine.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and wash your hands.
- Cough and sneeze into your sleeve or elbow instead of your hands if you don't have a tissue.

Teaching the hand washing habit early on is one of the best things you can do for your child's health. Learn more at www.portapotty.net/handwashing/