Principal’s Perspective

A Christmas Story was written by Jean Shepard, who grew up in the Hessville section of Hammond, Indiana. The movie is set in the 1940's with a very heavy “Region flair” as references are made to several things in Northwest Indiana. The story revolves around Ralphie, an eight year old who wants a Red Ryder BB gun from Santa Claus. Throughout the movie, he is told that the answer to his request would be in the negative since with the admonition, “You’ll shoot your eye out!” This is not the answer that he wanted to hear. In the end, his Dad gives in and sure enough, next to the tree on Christmas morning is the much dreamed about BB gun.

That morning, while still in his pajamas, Ralphie goes outside to try out his new gun. Although he doesn’t shoot his eye out, he does fall from the recoil of the gun and ends up smashing his glasses. He works up some tears for dramatic effect.

Why bring this up? What is the correlation in a parent letter? Raising kids is not getting any easier as time goes by. There are seemingly more negative distractions for kids that parents must battle. Sometimes, parents must make decisions for the good of their children even though the children may not agree. It may not be a warning that “You’ll shoot your eye out,” but nonetheless, it may be unpopular. I just want to encourage our parents to stay the course. Fight the good fight. Make decisions that you know are for the good of your child. Set an example for them to do what is right and avoid what is wrong. Stay the course Mom and Dad!

My best wishes to your family in this Christmas season!

Tim Vassar
Principal

Col. John Wheeler
Middle School
401 West Joliet Street
Crown Point, IN 46307
(219) 663-2173
(219) 662-4378 (fax)

Tim Vassar
Principal
David Vode
Assistant Principal
Kristin Bonez
Guidance Counselor
Kim Doolin
Home School Facilitator
Mark Croell
Athletic Director
Colonel’s Gold Stars

During the month of November, 283 total Gold Stars were submitted for students and staff recognized by their peers/colleagues for going “above and beyond.” Please encourage your child to nominate a peer or classroom teacher by filling out a Gold Star. Also, it would be great for parents to fill out a Gold Star for a staff member that has gone “above and beyond” in regards to any communication or informative efforts that you may have experienced. They are located in the front office, just ask!

General Expectations

Our expectations of “check it at the door” applies to gum, hats, and cell phones. Cell phones are to be off upon entering the building at 7:25am and may be turned back on at 2:55pm. Please help us with this policy by calling the front office should there be a change of dismissal for your child or another urgent family need.

School Attendance

Our school goal is to surpass 2013-2014 school attendance rate of 96%. For the month of November, our school percentage was 95.5%. At this point in time, the current attendance data represents a 2014-2015 school rate of 96.2%! Let’s keep focused on the importance of attending school and being on time as well.

Tardy to Class Recording and Behavior Contracts

Please don’t hesitate to communicate with your child’s team regarding any updates on their Tardy Sheets or Behavior Contracts. The goal is to be proactive and have the conversations with students in an effort to help them manage their time and passing periods more effectively.

Social Media Tips-

Know the risks and benefits of social media (Washington Post article from July 2014)

Obviously, your child is being exposed to a much larger world. That can be an amazing thing and also terrifying at the same time. The opportunity for them to be exposed to new people, new ideas, family members, far off locations, and historical events is a huge opportunity to raise a more worldly child. Our children no longer have to wait for the mail to arrive from a pen pal like we did- they learn and connect instantaneously. They are also exposed to potential predators and scam artists and their naivety makes them easy prey. Be prepared to make this part of your social teachings and to be involved in their education so that they can thrive and benefit from social media. Ask them about it, participate in it. Set the expectation that you’re involved in their online life from the very beginning. Please remember, it is very helpful to save harassing messages, as this is evidence that is important to prove that this type of behavior has continued to occur. Save screen shots of any posts and print these for local law enforcement or school personnel when necessary. Most importantly, stress upon your child to tell a parent, school staff member, or another trusted adult family member as time is of essence. Please contact our Guidance Department or Administration immediately should any concerns arise.

David Vode, Assistant Principal
dvode@cps.k12.in.us
Lots of action this month on Team CSI! Our students have proven they are up for the challenge.

Students in 5th, 6th, and 7th period have just finished studying Chapter 5 in math, which focused on adding, subtracting, multiplying, and dividing fractions. Our next units of study will include collecting and displaying data (Chapter 6) and measurement: area and volume (Chapter 10). Students in 2nd period math will be studying graphs and functions (Chapters 5) and measurement: three-dimensional figures (Chapter 10). Continue to use myhrw.com for extra practice and instruction. Also, on Mrs. Tuskan-Kranz’s website, you will find additional helpful websites. These will help reinforce skills that are being taught in class. Just a reminder, homework is given almost daily to practice the skills that were taught in class. It provides students a chance to practice independently and leads to a great discussion the next day in class on concepts that they may be struggling with.

In social studies, we will be traveling through Ancient Rome. We will continue to work on several strategies for reading, summarizing, taking notes, and comprehension of non-fiction text. We will also continue with classroom projects and presentations throughout this grading period. Social studies homework is subject to change. Please continue to check students' agendas for assignments.

In science, we will be learning about matter. The students will need to unlock the big questions: How is matter described? The students will continue using their interactive science binders for learning and organizational purposes.

In language arts, our writing focus will be argumentative/persuasive writing this quarter. Capitalization and punctuation will be taught in grammar. Each language class will focus on different readings during this month. Visit our team website through the Wheeler homepage. You will find some important documents and a weekly schedule. The agenda provides the most up to date information. You may contact any team member to arrange a conference or to discuss an area of concern.
Dear Parent/Guardian,

We would like to take this opportunity to make you aware of the activities that will be taking place in our classrooms throughout the month of December.

In honors math, Ms. Govert will be completing graphs and functions and measurement of three-dimensional figures. In 6th grade math, they will be working on area and volume. In social studies, we will continue our unit on Ancient Rome. Mrs. Pearson’s science classes will be working with energy transformations. For writing this month, we will be working on poetry and persuasive essay writing skills. In our reading section of language arts, students will be reading and writing poetry (Govert), *Tuck Everlasting* (Pearson), and the novel *The Westing Game* (Balind).

Please continue to look towards the weekly newsletter for specific dates and assignments.

Thank you,

Mr. Balind
Ms. Govert
Mrs. Pearson
Tall Timbers’ students may be facing three weeks left of 2014 classes, but they are busily learning new things as we approach the midway point in their sixth grade year. We are wrapping up some units, but beginning others.

Science students will be working with moon phases and also eclipses during December. Math students will be finding circumference and areas of circles as a prerequisite of finding volume and surface areas of cylinders and rectangular prisms. Social studies students wrap up the Ancient Greek unit early on in the month and then move to the next ancient era of the Roman Empire.

Language arts students will be doing a variety of literature selections. Mrs. Santos will be completing *A Wrinkle in Time* and then going into the *Great Books* discussions of short stories. Mr. Sumner will also be delving in the *Great Books*. Mrs. Bennett will be concluding the suspense unit from our literature book and using that to develop compare/contrast essays. Vocabulary, spelling, and grammar DOL’s will continue.

We wish all of your families blessed holidays and thank you for the gift you have given us in your wonderful children. It is a pleasure to be working with them and you this school year.
Welcome yet again to the science lab with Team Denali. We are just finishing up our lesson on earthquakes and volcanoes. Over the next few weeks we will be covering weather and starting to prepare for our BIG semester exam! Once again...please check out the classroom website, subscribe to Remind 101, and also contact me with ANY questions or concerns you may have. Stay warm...and GO PACK GO!!!

Math:
Happy Holidays! In 7th Grade Math, we will continue work on Chapter 5: Graphs and Functions. The students will practice graphing linear and nonlinear equations and interpreting those graphs. Then, we begin Chapter 6 on Percents.

In pre-Algebra, we will start Chapter 6 on ratios, proportions, and probability. This includes similarity with congruent figures and measurements.

In January, we will begin reviewing for the 2nd quarter/semester exam. Please access the online resources for either book if your student needs additional resources.

Social Studies:
We are moving through Africa and heading towards Asia over the next few weeks. Students are currently working on their Egyptian Activities and then we will finish up with southern Africa. We then begin our Unit 4 over Asia. We will be delving into the geography, history and cultures of the area. Students will also learn about “Tank man in China” and what was happening at the time. We will examine the geography from Everest to the “Land Down Under” as well.
Welcome back to English class! We are just finishing up reading our novel, *Maus*. We will continue to read short stories in our Literature textbook as well as the Great Books reader. Please continue to check my teacher page on the school website. As always, contact me with any questions or concerns. Hope you enjoyed your Thanksgiving holiday!

**Miss Stoller’s class:**

We will be working on writing an argumentative essay. Students will be looking at documents about China’s One-Child Policy. They will use information from those documents to take a position on whether the policy was a good idea or not.
Team:

Team Kalahari would like to remind our parents of the communication tools that we have in place to work together toward student success. We have our individual webpages on the Colonel Wheeler webpage, under Team/Teacher Sites, where, aside from class information, we also list our daily homework assignments. RDS is also a great way to keep an eye on your child’s progress. Remember to make sure students are keeping their agenda books up-to-date to stay organized. Please feel free to contact us at any time, as communication is one of the most critical factors in student success. You can contact us at lculhane@cps.k12.in.us, jbetz@cps.k12.in.us, eboswell@cps.k12.in.us, acarter@cps.k12.in.us, lcurtis@cps.k12.in.us with any questions.

Core Classes:

Social studies’ classes will be covering Ancient Egypt, and the history of North and West Africa. In science, we will be covering a variety of topics ranging from Volcanoes and Earthquakes to Weathering and Soil. We will not only focus on those content areas but also on laboratory technique and theories in lab class. Please make sure that you are continuing to check Science binders—this is a key to success! This month in English we will be focusing on reading non-fiction. We will focus on argument, text structure, genre and sub-genre, and clarifying words through stem analysis. In math class, we will be looking at coordinate graphs and linear functions. The students will learn how to identify a linear function and determine its rate of change. In honors math, we will be discussing how to solve equations and inequalities containing rational numbers. Next chapter, we will be focusing on ratios, rates, and proportions.
In social studies, we will begin to create the new Government. We will start with the Articles of Confederation and move into the Constitution and Bill of Rights.

In Algebra, students will explore linear functions, graph linear equations, and solve a system of linear equations by graphing and solving them algebraically.

In pre-Algebra, students will explore the laws of exponents and begin solving multi-step equations.

In December, we will be doing a DBQ over the Gold Rush. Students will learn about the pros and cons of heading to California to find your fortune. Our final assessment will be a series of journal entries written as if they were heading to California themselves.

Science: We are finishing this semester on density and mixtures. As for the science fair project, students should have started researching and conducting their science fair experiment. I will be checking in on their progress in mid-December.

Reminder to parents to please feel free to contact us via email with any questions.
United States History-Mr. Bunda

In December, the students will learn all about the U.S. Constitution and the American justice system. We will discuss the three branches of government, the role of each branch, and the court system of the United States. We will also stage a mock trial on a famous court case. We will analyze the court documents and argue for or against the case. This should be a lot of fun!!

Science- Mrs. Betz

The month of December brings some more science excitement! We have the “wrap up” of our matter segment! Then we will dive into a crime scene investigation! It is a “who done it” exploring fingerprint, hair and handwriting samples to determine who committed a crime. I hope you have a wonderful holiday break! Don’t forget to start those science fair projects!!!

Mr. Popiela-English

In the month of December, the students of Team Legends will read and explore The Diary of Anne Frank in English. The students will learn to analyze the cultural experience in the work and consider how it reflects the heritage, traditions, attitudes and beliefs of the author. They will also compare and contrast the extent the filmed version of the play stays faithful to the text and evaluate the choices made by the director.

Mrs. Kohler-Math

Pre-Algebra

We are currently working on solving equations. Students will be able to write equations for given real-world situations and solve them. They will be able to solve and check multi-step equations with variables on both sides. They will also be able to accurately solve inequalities and understand that equalities have more than one answer.

Algebra

We are currently working on graphing linear equations. Students will be able to graph using slope-intercept form, points-slope form, x-and y-intercepts, and a number of other methods. They will also be able to graph and explain the characteristics of cubics and quadratics.
A reminder from Team Alpha Dogs:

As we are heading into the holiday season, we need to make sure we are pushing ahead and striving for excellence. Homework is an important part of all of our classes and helps reinforce all of the information in class. Please sign up for the Remind App on your smartphone and receive daily homework updates. If you need more information on the Remind App, then please contact Mr. Lemon. Also, please use RDS gradebook to check on your son or daughter’s progress. If you see a problem please email the teacher of concern ASAP. All of our school emails are listed below. We are striving for excellence and need your help at home. Have a Happy and Safe Holiday.

Thanks,

Team Alpha Dogs
Mr. Lemon (SS)- jlemon@cps.k12.in.us
Mrs. Maas (English)- dmaas@cps.k12.in.us
Mr. McCoy (Math)- tmccoy@cps.k12.in.us
Ms. Whitehouse (Science)- swhitehouse@cps.k12.in.us
December is upon us, and the end of the 2nd nine weeks will be here before you know it. Please remember that you can always check your students’ grades by using RDS. Contact your child’s teacher with any questions or concerns.

6th, 7th and 8th grade Health/ P.E. students are in their final weeks of class. At the end of the 9 weeks, some of them will be switching to new classes. We will be ending our semester in Health and P.E. with the following units:

6th Health ~ Safety and the Environment & Growth and Development
7th Health ~ Alcohol & Communicable/ NonCommunicable Diseases
8th Health ~ Legal/Illegal Drugs & Female and Male Anatomy

P.E. classes will be ending the semester with one last final round of Fitness Testing, Dance/ Tumbling, Fitness Video Creation, Volleyball, and Basketball.

** ALL Health and P.E. students will be taking a Final Exam at the end of the semester. This will be the same test that they took in August; however, it will be for a grade this time around. Please encourage your child to study hard for this test!
December Fitness Challenge: “Ladder Fitness”

*Go up and then go back down the ladder.

50 Jumping jacks... **Go back down once you have reached this point**

- 40 crunches
- 30 squats
- 20 lunges
- 10 push-ups
- 5 burpies ... **Start here and finish here**

December Healthy Eating Challenge: “Grinch Kebobs”

What you need:

- Green grapes
- 1 bunch of bananas
- 1 lb strawberries
- box of toothpicks
- Bag of tiny marshmallows

Using a toothpick, you need to stack the following items in order... 1 green grape, slice of banana, 1 strawberry, and a small marshmallow. This is a yummy holiday snack that actually contains many healthy nutrients. **ENJOY!**

**We hope you have a happy and safe holiday season!!!**
Welcome December! Currently the 2nd quarter students are completely engaged in the activities and technology ETE has to offer. Eight rotations are available to all students where students will collaborate, critically think, and use hands-on problem based learning techniques. Students work in a particular station of their choice during a specific rotation. Providing a wide-range of technological stations and several different learning styles are two main focal points of the class. To learn more about each station, feel free to visit the Paxton Patterson website at my school website. The featured station of the month is Material Processing.

Material Processing

Students will explore the chemical composition of natural and manufactured materials in order to understand how these materials can be molded, cut and finished. This Integrated Instructional Unit is an outstanding opportunity for students to gain hands-on experience in the use of tools and machines and explore a variety of ways to craft metals, wood and plastics into finished products. They will learn and communicate the relevance of recycling. To find out more information, visit the official website @:

**Two Keys for Academic Success**

1. **Stay organized**
   - Use your agenda book
   - Keep track of upcoming homework, projects, and tests
   - Keep your locker neat
     - You can find what you need quickly.
   - Create a system for taking notes
     - Use a different notebook for each class, or a different colored notebook for each class

2. **Use time wisely**
   - Set a regular time for homework
     - Work in a quiet, well-lit space
   - Get a jump start on the morning
     - Get your clothes and book bag ready the night before
   - Break up big projects
     - For example, a research project may require you to locate books one week, take notes the next week, and begin writing the third week

**21st Century Scholar’s Program**

Students have the opportunity to earn up to four years of free tuition at an Indiana college or university. Online application must be completed by the end of your student's 8th grade year. To review program guidelines, visit www.scholars.in.gov.

**Interim Reports**

Parents can view grades on December 2, 2014.

**Cass Mentor Visits**

Crown Point High School students visit our sixth grade students to again join the discussion on Relational Aggression. The high school mentors were here on November 14th and will return on December 12th. Topics include:

- Empathy (putting yourself in someone else’s shoes.)
- The bystander becomes the courageous kid and helps shift the balance of power in support of the target.

Normative behaviors (truth vs. rumors)

**Role Plays**

**Acuity Testing**

- **LA/Math**—Dec 1st through December 15th
- **Social Studies**—December 3rd through December 16th

**Department Contact Information**

Kristin Bonez  
Kbonez@cps.k12.in.us

Kim Doolin  
kdoolin@cps.k12.in.us
What is personal space? Julie Daymut, M.A., CCC-SLP describes it as the area of space that closely surrounds our bodies. It’s a space we like to keep to ourselves. In general, we can measure our personal space by extending our arms out and seeing the distance between our fingertips and body is our personal space. When someone enters that area, we may become uncomfortable.

Being respectful of someone’s personal space is a social skill. Individuals who have difficulty showing appropriate social skills may unknowingly invade your personal space. Conversely, individuals with social skills difficulties or sensory issues may be extremely opposed to someone being in their space. It’s also important to keep in mind different cultures have different ideas about personal space.

What are some examples of personal space in a school setting?

- Desk area – a child may not like other students to be close to their desk.
- Cafeteria – a child may stand in line or eat too close to others.
- Hallway – a child may inappropriately touch others belongings or others.

What are some strategies to help a child follow the rules of personal space?

- Model good body language – stand at an appropriate distance from the child and let the child see you stand at an appropriate distance from others.
- Teach social cues for body language – Explain and demonstrate facial expressions, eye contact, body movements someone might make if he/she is uncomfortable with you being in his/her personal space. Have the child identify these cues and practice responding appropriately to them.
- Practice personal space – have the child hold his/her arms out to “see” personal space.
- Have a discussion about personal space – explain what personal space is, why it’s important, and how a child can respect the space of others.
- Give breaks to the child who needs personal space – Allow a child who has sensory issues with others in his/her space to have breaks from groups during the day.
Band/Choir/Orchestra/Music

Band:

It’s time for the Wheeler Band’s Happy Holiday Concert on December 9th at 6:00pm in the CPHS Auditorium featuring the 6th, 7th and 8th grade bands. Ticket order forms for reserved seating have been sent home and are due back by December 4th. Ticket cost is $2 Adult / $1 Student or Senior Citizen.

Information about the 7th and 8th grade BCO May 30 trip to Six Flags Great America will be available soon including details on the optional fundraisers we will offer to help pay for the cost of the trip.

Choir:

The Wheeler Choir program is excited for their upcoming holiday concert, Wintertide, on December 10th at 6pm in the Wheeler Gymnasium! The concert is free and we would like any and all to attend! Also, the deadlines for this year’s ISSMA solo and ensemble contest (optional) have passed. If you haven’t already, make sure money and forms are turned in ASAP if you want to participate in the festival! Finally, the 7th and 8th graders have started fundraising for their upcoming trip to Six Flags Great America on May 30, 2015. The first fundraiser is to sell coupon books and is being sponsored by the PTA. Orders are due December 8th. If you are participating in Circle the State with Song Festival, rehearsals begin on Tuesdays, starting December 9th, after school.

Orchestra:

The Wheeler orchestras are gearing up for an exciting holiday concert program! This year the holiday concert is on Sunday, December 14th in the CPHS Auditorium. The combined 7th and 8th grade orchestra will perform at the 2pm concert and the combined Taft/Wheeler 6th grade orchestra will perform at the 4pm concert. Ticket forms are available in the classroom or on the middle school orchestra website: http://www.cps.k12.in.us/Page/7803. Many students are also getting ready to participate in the annual ISSMA Solo and Ensemble Contest at CPHS on Saturday, January 31, 2015. Solo & Ensemble Contest is a great opportunity for young musicians to prepare and perform music to be judged by top string educators and professionals from around the state. All of the orchestra students are working on new skills in the classroom. The 6th graders are working on new notes on all strings...violin parents, give them a chance to work out those high notes on the E string! The 7th graders are working on new key signatures and the 8th graders are working on shifting and vibrato. Kudos again to all who were selected to perform in the All Region orchestra on November 15th at Merrillville High School. The selected students did a fantastic job representing the Crown Point and the Col. Wheeler school community.

Department Contact

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Aaron Zemelko
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James Hensley
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CLINIC NEWS FOR DECEMBER

The state-required, 8th grade, vision screens are being completed as we speak! Most students were screened on Thursday, October 16th. The students that were absent that day have been getting screened, as time permits. If your child failed the screen, a notification letter or referral will be sent to your home this month. Please follow-up with your eye doctor as soon as possible. Good vision is so important to good learning!

PLEASE MAKE SURE TO LOOK AT THE TWO PAGE FLYER ATTACHED TO THIS NEWSLETTER REGARDING IMPORTANT INFORMATION RELATING TO COLD/FLU, GASTROENTERITIS, WHOOPING COUGH, EAR INFECTIONS, STREP THROAT AND MUCH MORE!
Welcome to Col. John Wheeler Middle School Athletics. We offer a number of sports for each grade level:

**Fall:** 8th Grade Football
7th & 8th Grade Girls' Volleyball
6th, 7th, & 8th Grade Cross Country

**Winter:** 7th & 8th Grade Boys' and Girls' Basketball
6th, 7th, & 8th Grade Boys' Wrestling

**Spring:** 6th, 7th, & 8th Grade Track and Field
7th Grade Football (Last 2 weeks of May)

Please use the Athletic Doors (Back of School) located off Walnut Street for all dropping off and picking up student-athletes. Please use these doors to enter athletic events.

Grade Policy for the 2014-2015 school year has been updated. Eligibility will be determined at every progress report and report card. Any athlete failing more than 1 class will be ineligible until the next progress report or report card. The athlete

Athletic Physicals are mandatory for each athlete. Physical forms can be picked up in the main office. Physicals are good from April 1, 2014 until May 30, 2015. An athlete must have a physical every year. Athletes cannot tryout or participate until this form is turned in. Athletes must only have a physical once during each year.

All athletes must pay a transportation fee for each sport they participate in. The fee is $25 per season.

Remind 101: The athletic department now has an emergency text message system through Remind 101. If you would like to join, please send a text to: 219-306-4612 and put @wmsat in the message. If there are location changes, cancellations due to weather, and other information, I will let you know via text.

To join:
Text to this number: 219-306-4612
Message: @wmsat
You will then receive a text to send your name, so it is in a database.

Girls' Basketball Tryouts:
Tuesday and Thursday, December 9th and 11th from 4:30-6PM
All students must have an updated physical to tryout.

All athletic schedules are posted on the following website: http://www.cps.k12.in.us/wheeler/site/default.asp
The Athletic Calendar is in the left hand column.
Yearbook Sale!

The 2014-2015 Colonel John Wheeler Yearbooks are currently available for sale online. To order your book online, please go to www.jostensyearbooks.com. Select our school under "Find My School's Store" and you will then be able to purchase your yearbook in minutes. You can also bring in cash or a check made out to Colonel John Wheeler Middle School. Cash and checks can be brought in to the office to the attention of Mrs. Howard.

Media Center

The Wheeler Media Center would like to thank all students who purchased books during the Fall Scholastic Book Fair. The Fair was a huge success and all proceeds made will go towards purchasing new books.
Happy Holidays from your PTA!

We have had a fun and busy fall season and we are thankful for our student and teacher support. We will continue to accept students’ votes on “which wig Mr. Vassar will wear!” Each vote is $.50 and Mr. Vassar will wear the winning wig for a day during lunch periods. All money earned will be matched by the PTA and used to purchase items on the Nick Foundation Childhood Cancer Angel Tree. Please put some change in your child’s backpack so they can vote!

December 19th will be our next Spirit Sale in the Cafeteria. Spirit items will be sold for $.50 to $2.00. Our *Crock Pot Teacher/Staff Luncheon* will be held on December 19th for all staff to enjoy.

Our next PTA meeting will be on December 11th at 1:30 p.m. and again on December 16th at 6:30 p.m.

Enjoy the season!!

Bunny and your PTA
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<thead>
<tr>
<th>Date</th>
<th>School</th>
<th>Ensemble</th>
<th>Event</th>
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<td>Spooktacular</td>
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<td>Band</td>
<td>Chamber Concert</td>
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<td>Choir</td>
<td>ISSMA Solo and Ensemble Contest</td>
<td>TBA</td>
<td>TBA</td>
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<tr>
<td>2/21/15</td>
<td>Taft/Wheeler</td>
<td>Choir</td>
<td>ISSMA State Solo and Ensemble Contest*</td>
<td>Indianapolis</td>
<td>TBA</td>
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<tr>
<td>2/28/15</td>
<td>Taft/Wheeler</td>
<td>Band/Orchestra</td>
<td>ISSMA State Solo and Ensemble Contest*</td>
<td>Indianapolis</td>
<td>TBA</td>
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<tr>
<td>3/2/15</td>
<td>Taft</td>
<td>Choir</td>
<td>Concert</td>
<td>Taft</td>
<td>6:00 PM</td>
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<tr>
<td>3/5/15</td>
<td>Wheeler</td>
<td>Choir</td>
<td>Concert</td>
<td>Wheeler</td>
<td>6:00 PM</td>
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<tr>
<td>3/17/15</td>
<td>Taft</td>
<td>Orchestra</td>
<td>Pre-ISSMA Concert</td>
<td>TBA</td>
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<tr>
<td>3/18/15</td>
<td>Wheeler</td>
<td>Orchestra</td>
<td>Pre-ISSMA Concert</td>
<td>Wheeler</td>
<td>6:00 PM</td>
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<tr>
<td>3/21/15</td>
<td>Taft/Wheeler</td>
<td>Orchestra</td>
<td>ISSMA Organizational Contest</td>
<td>TBA</td>
<td>TBA</td>
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<tr>
<td>4/15/15</td>
<td>Taft/Wheeler</td>
<td>Choir</td>
<td>All-City Choir Concert</td>
<td>CPHS</td>
<td>7:00 PM</td>
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<tr>
<td>5/18/15</td>
<td>Taft/Wheeler</td>
<td>Band</td>
<td>All-City Band Concert</td>
<td>CPHS</td>
<td>7:00 PM</td>
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<tr>
<td>5/19/15</td>
<td>Taft</td>
<td>Choir</td>
<td>Concert</td>
<td>Taft</td>
<td>6:00 PM</td>
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<tr>
<td>5/21/15</td>
<td>Wheeler</td>
<td>Choir</td>
<td>Concert</td>
<td>Wheeler</td>
<td>6:00 PM</td>
</tr>
<tr>
<td>5/28/15</td>
<td>Taft/Wheeler</td>
<td>Orchestra</td>
<td>All-City Orchestra Concert</td>
<td>CPHS</td>
<td>TBA</td>
</tr>
</tbody>
</table>

* selected students only
Just for Parents: Your Kids’ Health

Most Important Health Tips for Kids

- The most important thing that you and your kids can do to help keep from getting sick is to wash your hands, especially after coughing and sneezing, before preparing foods or eating, and after using the restroom. By washing your hands often, you wash away germs that you have picked up from other people, from contaminated surfaces, or from animals and animal waste.
- Cover your mouth and nose when you cough or sneeze. If you can’t reach a tissue in time, cough or sneeze into your elbow.
- Keep your hands away from your eyes and out of your mouth. Hands are often covered in germs.
- Don’t share water bottles, food or other personal items. If you put the item in your mouth, keep it to yourself.
- Stay away from friends that are sick or could still be contagious.

Cold and Flu

The common cold including chest cold and head cold, and seasonal flu are caused by viruses. Use over-the-counter cold medications to relieve symptoms including sore throat, runny nose, congestion, and cough. Flu symptoms are similar, but include fever, headache and muscle soreness.

Is it the Flu or a Cold or an Allergy?

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Flu</th>
<th>Cold</th>
<th>Allergy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>High</td>
<td>None or mild</td>
<td>None or mild</td>
</tr>
<tr>
<td>Cough</td>
<td>Usually</td>
<td>Usually</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Severe</td>
<td>Mild</td>
<td>None or mild</td>
</tr>
<tr>
<td>Aches and pains</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Appetite</td>
<td>Decreased</td>
<td>Sometimes decreased</td>
<td>Normal</td>
</tr>
<tr>
<td>Chills</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Reminders for Staying Healthy

An unhealthy diet and not getting enough sleep may affect the immune system and lower a child’s resistance to illnesses.
- Poor nutrition and not getting good rest can weaken the immune system.
- Eating plenty of fruits and vegetables can help prevent health problems.
- Drinking water helps prevent dehydration and helps flush out the body.
- Sleep is important to maintaining your child’s health. Sleep is the body’s time to repair and rejuvenate itself.

When to Stay Home from School or See a Doctor

Never send a child to school who has a fever, is nauseated, vomiting, or has diarrhea. Kids who lose their appetite, complain of pain, or who just don’t seem to be acting like themselves should also take a sick day. Some diseases, like strep throat or pneumonia, also can look like the flu or a cold. It’s important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever (greater than 102°F), has a bad headache, has a sore throat, or seems confused.

SEE BACK FOR MORE INFORMATION
**Gastroenteritis**

Gastroenteritis (stomach pain) is caused by a virus and usually triggers symptoms such as diarrhea, vomiting, fever, and stomach pain. It is an infectious disease that spreads from person to person. Do not send your child to school with diarrhea, fever or vomiting.

- **Infectious period:** The time during which a sick person can give the illness to others is slightly different for each virus.
- **Treatment:** If your child experiences frequent stools or vomiting, you should seek medical advice.
- **Replace the fluids** which are lost due to frequent stools or oral rehydration liquids, as kids are more prone to dehydration.

**Ear Infections**

Ear infections occur when a cold, throat infection or allergy attack causes fluid to become trapped in the middle ear. Mostly affecting children, symptoms may include earaches and thick, yellow fluid coming from the ears.

- **Symptoms:** Fever, reduced hearing, earache and tinnitus. Fluid discharge from ear drum is also a common symptom.
- **Many times, kids will start tugging or pulling on an ear. Little kids can also just get cranky, have trouble sleeping, or not eat well.**
- **Infectious period:** It may or may not infect other people in contact with the infected person.
- **Treatment:** If your child notices ear discharge, seek a doctor's advice. He may suggest some antibiotics.
- **Home care treatment:** Applying a warm washcloth on the outside of the ear can be soothing. Ear drops can give quick relief, but check with your doctor before using them. Non-prescription painkillers and fever reducers, such as ibuprofen and acetaminophen, are also an option. DO NOT give aspirin to children.

**Whooping Cough**

- **Symptoms** of whooping cough include fever, continuous coughing, wheezy breathing and nasal discharge.
- **Infectious period:** This infection is more contagious in the first week of exposure to bacteria with severe cold. The irritated cough can continue up to three months, but the disease wears off within seven weeks. The diseased child should be kept away from other children.
- **Treatment:** A child with whooping cough should be given very light food due to risk of vomiting. A complete five-day antibiotic treatment is effective for full recovery.

**Strep Throat**

If your child is feeling fine one moment—and then suddenly their throat really hurts, they’re running a high fever, and all their energy has vanished in a haze of illness—they may have strep throat.

While colds and flu normally take several days to develop, they are caused by viruses and are usually accompanied by a cough, stuffy or runny nose, and headache, and they go away on their own within five to seven days.

Strep throat, by contrast, usually arrives in a hurry, without any other cold or flu symptoms and should be treated with antibiotics to prevent more serious disease and stop its spread to others. It is advised to take your child to a doctor.

**Pinkeye**

Pinkeye (also called conjunctivitis) is common in children. It usually is not serious and goes away in 7 to 10 days without medical treatment.

**Pinkeye symptoms may include:**
- Redness in the white of the eye
- Swelling of the eyelids
- Itching or burning feeling of the eyelids
- Swollen and tender areas in front of the ears
- A lot of tearing
- Clear or slightly thick, whitish drainage

Viral and bacterial pinkeye are contagious and spread very easily. Since most pinkeye is caused by viruses for which there is usually no medical treatment, preventing its spread is important.

**Poor hand washing** is the main cause of the spread of pinkeye. Sharing an object, such as a washcloth or towel, with a person who has pinkeye can spread the infection.

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If you need to find a family doctor or a pediatrician for your child, call our Find-A-Physician Referral Line at (800) 931-3322.