

Cohasset Middle-High School

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Winter Break: have fun and be safe!

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School

MS/HS

MS

PSO Meeting

Resumes

School

Homework

9:30 AM

Council

Club

MS Dance @ 7!

2:30 PM

2:10 PM

Middle School News...



Middle School students started our CMS Reads initiative on Monday, February 1.

The program invites interested students to read **three independent reading books** from February 1 through April 1. **WHAT BETTER TIME THAN SCHOOL VACATION ??** Each student who participates in the program will receive a golden ticket to the CMS Reads Pizza Party/Ice Cream Social in April. Our goal is to motivate students to read more independently. The powerpoint presentation and resources are posted on our school website. Students are off to a great start completing book mark reviews with celerity; keep up the good work!

Middle Schoolers have decided on a costume theme for the dance on 2/26. Student Council members of all three grades asked classmates to make suggestions and the requests to dress up were overwhelming. See next page for more information.

Homework Club is also back up and running in the library after school on Thursdays. Thanks to the PSO parent volunteers and Mrs. Ceruti, we are able to provide a safe and supervised space for students to complete homework and work on projects. Put it on your student's calendar for later in the month!

HighSchool News...

Families of juniors should already have received an invitation to our college planning evening for March 3rd. **Juniors are required to attend** and parents and guardians are strongly encouraged. Underclassmen are certainly welcome as well, as are their parents if they want to get a head start on things. Admissions reps from four area schools will be on hand to discuss process and answer questions. The panel presentation is moderated by Mr. Scott. After that, the CEF organizes a parent break-out session in the library where parents of current seniors educate parents of current juniors...while Ms. Connolly and guidance counselors facilitate a student break-out session where current seniors talk with current juniors about their application and decision-making processes. It is a very informative evening about which we have received a lot of positive feedback since introducing it a few years ago.

The winter months bring many types of illness to school age children. In order to keep everyone healthy please remind your child NOT to share food or drinks, to get plenty of rest, exercise regularly and eat a balanced meal. As always, good and frequent HAND WASHING is the best way to prevent the spread of germs.

In addition The MA Dept. of Public Health has provided the attached guidelines for students who present with flu like symptoms. Please adhere to these guidelines when determining if you child is well enough to attend

Flu Symptom Check List for Families, Schools and Child Care Programs

Flu season in Massachusetts usually starts in the fall and runs through the spring. The main symptoms of influenza (flu) include **fever in combination with a cough and/or sore throat**. Some people may also have a runny nose, body aches, headache, chills, and feel tired. Some people (especially young children) may also have diarrhea and vomiting.

To keep flu from spreading in the community it is important to keep your sick child at home when he or she has the flu. Use this form during flu season to determine whether your child should attend school or child care.

Flu-like illness: Should I keep my child home?		
	Yes	No
1) Has your child had a fever of 100.4 degrees F or higher in the <u>past 24 hours</u> ? Note: 100.4° F is the same as 38° C.	<input type="checkbox"/>	<input type="checkbox"/>
If you answered Yes to the question above, keep your child home for at least another day to observe for additional symptoms.		
2) Does your child have a cough OR sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
If you answered YES to both questions above, keep your child home . Your child has an influenza-like illness (fever and cough or sore throat). If your child has a cough or sore throat without fever, he or she may be well enough to go to school or child care. Your child's school or child care program may have additional guidance.		
After the flu: Can my child return to school or child care?		
	Yes	No
1) Has your child had a fever of 100.4 degrees F or higher in the <u>past 24 hours</u> ? Note: 100.4° F is the same as 38° C.	<input type="checkbox"/>	<input type="checkbox"/>
If you answered Yes to the question above, keep your child home for at least another day to observe for additional symptoms.		
2) Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) to reduce fever in the <u>past 24 hours</u> ?	<input type="checkbox"/>	<input type="checkbox"/>
If you answered YES to either question above, keep your child home for at least another day to observe for additional symptoms. Then use the check list questions again to decide whether you should continue to keep your child home. If you answered NO to both questions above, and your child appears well, your child can return to school or child care.		

Where can I find more information about influenza?

- www.mass.gov/flu
- www.cdc.gov/flu
- www.immunize.org
- Call the Massachusetts Department of Public Health at 617-983-6800 or your local board of health.



Middle School Dance

February 26, 20

It is a costume dance... so Pick Your Decade!

Are you into *Grease*? - grab your white 'T' turn up your jeans and come to the dance!

Are the sixties more your style? Then Flower Power rules! Can't find a decade then think to the future!

Dance is from 7-9 in the CMHS cafeteria. Tickets on sale after the break for \$5

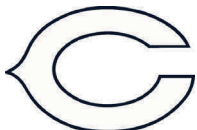


If you are missing any items, please stop by the Main Office to see if they are located in the LOST and FOUND BIN. All unclaimed belongings will be given to charity after February 26th! Thanks for your help. It is overflowing!



Seniors, and anyone wishing to purchase a Cohasset High School Yearbook 2016 can do so at: ybpay.lifetouch.com enter code 8485716. The orders for yearbooks can be placed until April.

The Middle School Yearbook is now on sale for a June delivery. Orders can be placed with Ms. Gordon in room 109. Please make your \$30.00 check payable to Cohasset Middle School. There are a limited number of books so be sure to place your order early to secure your memories.



- 3/1 Professional Development Day — NO School
- 3/3 "Articulating the College Process" for Juniors @ 7
- 3/9 Recycled pArts Exhibit
- 3/11 Mr. Skipper
- 3/14 Spring Sports Begin