

# Golden Eagle News

Nov. 2009

A Monthly Publication of Ferndale High School



## What's Up?

*Read on for . . .*

- Eagle Schedule
- Athletic Information
- Financial Aid Workshop
- Reminder to Vote
- School Closure/Delay Procedures
- Windward High News
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- H1N1 Letter
- Holiday Giving Store

## A Note from the Principal:

We were very pleased to receive the Great Schools Award this year from PDK and the Center for Educational Effectiveness. This honor distinguishes schools that are one of the 5% highest improving in the state. This is the second year Ferndale High School has received this recognition, making us one of only nine high schools to accomplish this. Criteria for selection included growth in students' performance on the WASL assessment. It also looked for a culture of collaboration, system support for improvement, and high quality instruction. Research shows us that these attributes are essential for consistent improvement in student achievement. This award is the direct result of the dedication of each of our staff members to creating a supportive, effective learning environment for every student.

Your participation in our students' success is also essential. We appreciate your flexibility with our Eagle Schedule, giving time for Advisory Teams to meet with seniors on the Culminating Project. It also provides time for teachers to collaborate on instruction, an element that we know is necessary to ensure a consistently rich and purposeful classroom experience for your student.

Working together towards our common purpose benefits us all. Thank you!

Dawn Mark

## Mark Your Calendar!

November 3  
November 3  
November 10  
November 11  
November 12 & 14  
November 16  
November 18  
November 26-27

Choir Concert, FHS Auditorium, 7:30 p.m.  
VOTE TODAY  
Veterans' Day Assembly  
Veterans' Day, No School  
Talent Revue  
Winter Sports Start  
Fall Orchestra Concert, FHS Auditorium, 7:30 p.m.  
Thanksgiving, No School



## Financial Aid Workshop

There will be a financial aid presentation for seniors and their parents 7-9pm on Dec. 10 in the FHS Library. Representatives from WWU's Financial Aid Office will discuss post-high school financial assistance including scholarships, work study, low cost loans, and the Free Application for Federal Student Aid (FAFSA).

## Eagle Schedule

The following Eagle Schedule dates will be a one hour late start for classes. Busses will run at the regular times, with activities on campus for those students. Late start days offer our seniors opportunities to meet with their advisory teams. They also offer our teachers time to meet for curriculum and instruction development designed to improve student achievement.

Dates: November 10, 24, December 2, January 6, February 3, March 3, April 21, 28, May 5, 24, and June 2

## Class Fees

**Class Fees are now due!** If your student is taking an art, ceramics, industrial technology, photo+graphics or foreign language class - he/she owes a class fee. Contact the ASB office at 383-9281 if you have questions.

## Important Athletic Information

**FHS Winter Athletes: Athletic clearance for 9th-12th grades**

In order to participate in athletics students must purchase an **ASB card**, pay their **finest** and turn in their **eligibility packet** with a completed **physical**.

**New for 2009-10:**

- All athletes must fill out and sign a **concussion acknowledgment form**.
- All athletes must pay a one time **\$60.00 participation fee** in order to participate in athletics. If you paid in the fall you do not pay again in the winter or spring.

**Winter Sports: 1st day of practice is November 16, 2009**

Boys Basketball	Scott Larrabee	383-9362
Girls Basketball	Mike Ivy	383-9248
Wrestling	Erick Stevens	383-9248
Boys Swimming	Contact Mr. Randall	383-9248

If you need additional information please contact Mr. Randall in the Athletic Office at 383-9248.

# Ferndale School District School Closure/Delay Procedures

School Closure/Delay Line: 360-383-9888

School Closure/Delay News Posted on: [www.ferndale.wednet.edu/drupal](http://www.ferndale.wednet.edu/drupal) and  
[www.flashalert.net](http://www.flashalert.net)

Each year, the district faces the possibility of school closure or delay in starting time due to weather, road conditions or other emergencies. Student safety is of primary concern.

In the event of weather related incidents, district personnel and the superintendent survey various roads in the district early in the morning and decide whether students can safely reach school in cases of snow, ice or other event.

If it is determined that closure or a delay in start time becomes necessary, announcements will be placed on the closure/delay line, district website and Flash Alert website. In some cases, the district will also utilize the ConnectEd automatic calling system to each household. Media stations in the Pacific Northwest will be requested to make announcements beginning at 6:00 a.m. Some stations to tune into will be:

**Radio AM Band** - KARI (550), KGMI (790), KIXT (930), KPUG (1170), KRPI (1550)

**Radio FM Band** - KISM (92.9), KAFE (104.3), PRAISE (106.5)

**TV Stations** - KOMO (Ch. 4), KING (Ch. 5), KONG (Ch. 6)

**PLEASE DO NOT CALL THE SCHOOLS, STATIONS OR THE U.S. WEATHER BUREAU.**

Unless you hear an announcement to the contrary, you should assume that Ferndale School District will operate on schedule.

Buses may run behind schedule when fog, ice, or snow conditions exist. Parents are urged to see that their children are adequately clothed so that waiting in cold weather will not be too uncomfortable. In the event of starting late on a given day, buses will try to maintain a corresponding schedule. If county officials close blacktop roads to district buses, it will be the responsibility of the parent to provide transportation to school.

Unless a previous notice has been given, the district will not dismiss school early except when a definite safety or health factor is involved.

## Cut the Engine, Cut the Pollution

The new school year is underway for Washington's students. If you are a parent or caregiver of school-age children, you're probably familiar with the lines of idling vehicles dropping off and picking up students. As our children get back into the school routine, here's a new routine for the adults to consider—turning off the engine. When you leave your vehicle running while it's parked, the tailpipe spews fine particles, carbon monoxide and other toxic air pollutants. These pollutants are associated with an increased risk of serious health problems, including respiratory ailments, heart disease and some forms of cancer.

Children are especially vulnerable to air pollutants because they breathe faster (50 percent more air per pound of body weight) than adults. Vehicle exhaust increases many children's asthma symptoms. Asthma is a leading cause of hospitalization for children under age 15.

Stopping unnecessary idling is an easy way to reduce air pollution and protect public health. It will also reduce fuel costs and reduce greenhouse gas emissions. Remember to turn off your engine if you're going to be stopped or waiting out of traffic for more than 30 seconds.

Contrary to popular myth, restarting your engine does not use more fuel or wear out your engine. In fact, excessive idling can actually increase engine wear. For more information please see this Ecology publication: <http://www.ecy.wa.gov/biblio/0402011.html>

## Windward High School News

FIRST Robotics has come to Windward!! FIRST is an acronym For Inspiring Recognition of Science and Technology and is an amazing competition involving students from across the country and complex robots. Thanks to a generous grant from the state of Washington and a donation from the Murdock Charitable Trust, WHS students are enthusiastically beginning the process of designing a robot for competition in a point-scoring game. The regional competition will take place in December. If parents or community members are interested in supporting our team, please feel free to email Chuck Schelle at [cschelle@windwardhigh.org](mailto:cschelle@windwardhigh.org).

## Carl Cozier Chess Kick-Off November 7th in Bellingham

Carl Cozier Chess Kickoff is a chess play day and tournament for chess players of all abilities, from kindergarten through 8th grade. You must enter in advance (no entries taken at the door), and you can do so through the mail or online. Spectators are free. Full details on how to enter, a FAQ, the one page flyer, directions to Carl Cozier Elementary in Bellingham and more info can be found at: <http://mysite.verizon.net/kaech/cozier09.html>

## Sehome Grand Prix 2009

Monday Night Chess! "Are you ready to rumble?" The Sehome High School Chess Club is sponsoring the Sehome Grand Prix 2009 on Nov. 9 and Nov. 23. It's for chess players from 2nd-12th grades. Advance registration saves you \$5 on the entry fee. Do register in advance. Then check in the evening of the tourney between 5:30pm and 5:50pm. Further details on the Grand Prix and how to enter can be found at: <http://mysite.verizon.net/kaech/sehome2009grandprix.doc>

## Please Vote!

Please remember that an election is scheduled for Tuesday, November 3, 2009. If you are not registered to vote, you may do so by picking up the appropriate form at any Ferndale schools' office, from the Whatcom County Auditor's Office in Bellingham or online at the link listed below. To register to vote in Washington, you must be 1) a citizen of the United States of America, 2) a legal resident of the state of Washington, and 3) at least 18 years old by election day. You must be registered to vote 30 days prior to election day in order to vote. If you miss the deadline, you may register to vote in

person at the county elections office up to 15 days before an election.

If you need voter registration information or assistance, contact the county auditor at 360-676-6740 or [http://www.whatcomcounty.us/auditor/election\\_division/index.jsp](http://www.whatcomcounty.us/auditor/election_division/index.jsp). You may also call the Secretary of State voter hotline at 1-800-448-4881; TDD service 1-800-422-8683.



## Ferndale Holiday Giving Store to Serve Local Children

The Holiday Giving Store will be open again for its seventh year in order to ensure that low-income and homeless children in Ferndale School District have holiday gifts.

Last year the Holiday Giving Store was able to help 500 Ferndale children from low-income families, who were not already being served by other gift giving programs in the area.

Families who qualify for free or reduced lunch and who have a child enrolled in Ferndale School District can get an application from their school's Family Community Coordinator, School Counselor, or from the district administration office located at 6041 Vista Drive, Ferndale. Applications are due by December 17.

To help support the children and families who use the Holiday Giving Store, many Ferndale Schools are doing gift and/or money drives within their school communities, such as a "sport gear" drive sponsored by the Leadership Class at FHS. If you are interested in helping with or donating to a drive please check with your neighborhood school to find out about their planned activities.

Donations of items may be dropped off at 6041 Vista Drive, Ferndale, through December 17. Suggested items are

Boys' & Girls' Ages newborn to 3: diapers, quilts, educational toys, warm pajamas, outerwear

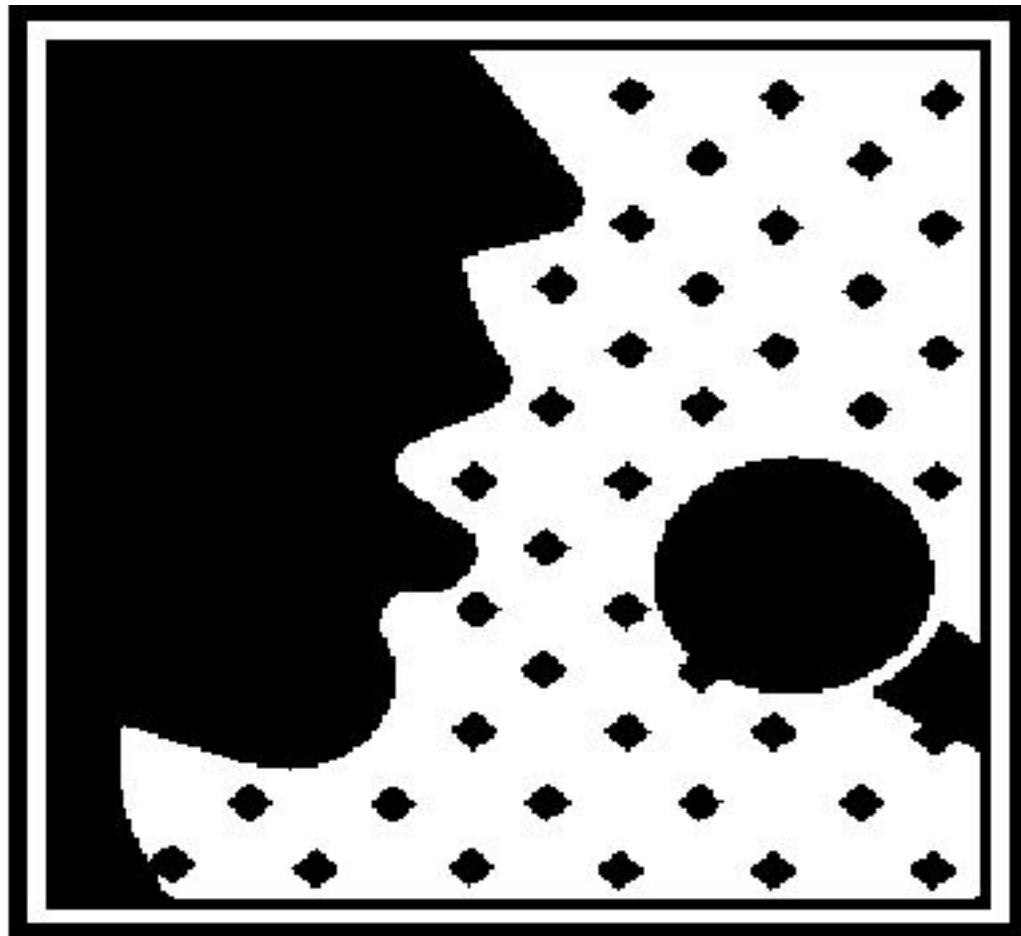
Boys' & Girls' Ages 4-11: sweatshirts, hats, mittens, underwear, socks, logos, transformers remote control vehicles, dolls, arts/crafts kits, Bakugan toys, Pet Shop, Polly Pocket, books

Boys & Girls Ages 12-14: hooded sweatshirts, sports equipment, gloves, hats, CD players/MP3 players, board games, boom boxes, skateboards, make-up kits, socks underwear

Boys & Girls Ages 15-17: hooded sweat shirts, sports equipment, gloves, hats, make-up kits, blankets, radios/alarms, socks, underwear

Monetary donations may be dropped off or mailed to Horizon Bank, 2045 Main St., Ferndale, checks made out to Holiday Giving Store. For more information, contact Mary Lafond, HGS Coordinator at 392-0883 or Alicia Roberts, Ferndale School District Family Community Coordinator, at 383-9692.

Ferndale High's



# 2009 Talent Revue

Thursday, November 12, 2009

Saturday, November 14, 2009

General admission, at the door: \$6.00

Ferndale High

Auditorium

7:00pm

Net proceeds support the "Fine and Performing Arts Scholarship"

Contact: 383-9261

[www.ferndale.wednet.edu/fhs](http://www.ferndale.wednet.edu/fhs)

September 2009

Dear Parent/Guardian:

I hope your school year has gotten off to a happy and healthy start. The focus of this letter is on the "healthy" part. As I am sure you are aware, the H1N1 flu virus and its possible impacts have been highprofile topics in the national news during the past few months. Health professionals, government officials, and educators in Whatcom County have also been working together to plan ways to deal with the flu.

In the Ferndale School District, our number one concern is the health and safety of our students. Therefore, I am writing to share with you the latest information we have about the flu.

During the first two weeks of school, we have seen a small increase in flu-like student illnesses. However, most health care providers and agencies are no longer differentiating between H1N1 and other types of flu, so we don't know exactly which students have what type of flu. Most of the children who had flu over the summer went through 3-5 days of moderate or severe flu symptoms, but following the flu they bounced back and are now doing fine without further complications.

As we stated in our August communication to families, influenza outbreaks typically occur no earlier than mid-December. This year, however, the virus remained active over the summer, and we have been told that we may see school outbreaks this fall. Health officials estimate that as many as 40-50% of our students might contract some type of flu during the next few months, especially since the H1N1 virus appears to be disproportionately affecting children and young adults. At this time, the H1N1 virus does not appear to be causing severe disease in people, with the exception of those with asthma or other underlying health conditions. However, this could change.

We know that the first available vaccines will be delivered to Washington State health agencies in early October, with additional vaccines arriving each week after that. We understand from State health officials that the vaccines will be optional. Families will decide whether their children receive the vaccine.

I want to assure you that we have staff who are monitoring the flu situation throughout the district each day. We also have staff working on the possible issues our school district might face because of the flu, like not enough substitute teachers on a particular day. Finally, we are working closely with the Whatcom County Health Department to make sure we have the best possible resources and expertise.

Here are some of the things you can do:

**Watch your child for flu symptoms, which include the following:**

- |   |                         |
|---|-------------------------|
| 1. Fever (100+ degrees F, 37.8+degrees C) | 5. Body aches           |
| 2. Cough                                  | 6. Headache             |
| 3. Sore throat                            | 7. Feeling tired        |
| 4. Runny or stuffy nose                   | 8. Vomiting or diarrhea |

NOTE: Having one or more of the above symptoms does not necessarily mean a person has H1N1 or even the flu.

**Don't send your child to school if he/she is sick.** If your child is sick at school, he/she will be moved away from other students and supervised in a separate part of the school until you or another emergency contact can pick him/her up. Your child might be asked to wear a mask in school while we wait for you to arrive.

**Make sure your contact information is up-to-date.** If your child becomes seriously ill (with a fever of 104 or higher), we will make every effort to contact you to gain permission to use fever-reducing over-the-counter products such as chewable Tylenol. Because each child can respond differently to things like Tylenol, we will not give these products without approval from you or your health care provider. If your child becomes seriously ill and we are unable to reach you, an emergency contact, or your child's health care provider, we will call 911 to have your child taken to the emergency room at St. Joseph's Hospital.

**Make a family plan.** Think about how you or your emergency contact will be able to pick up a sick child from school as soon as possible after being notified by school staff members. Figure out how you will arrange for you or another responsible adult to care for your ill child for several days if it becomes necessary.

**Keep your child home for 24 hours after he/she no longer has a fever (without using fever-reducing drugs).** This will reduce the number of students who are infected with the H1N1 virus or other illnesses.

**Minimize your child's contact with others during their illness.** Many children -- especially teenagers -- like to socialize with friends at the end of illnesses. They think they're well enough to do "just a little socializing." By keeping them away from others until 24 hours after their fever breaks, you can help reduce the spread of the flu.

**Call your child's school as soon as possible if your child is ill.** If they have flu-like symptoms, tell the secretary something like "My child is home with the flu. She started vomiting last night." Although we don't need a long story, some specific information will help us in our monitoring efforts across the county.

**Have your children wash their hands frequently.** If they are not near a sink, they should use a hand-sanitizer like Purell whenever possible. Our district provides some of these products and materials in school. In this time of high demand, we would welcome donations of hand sanitizer bottles or hand-wipe containers to your child's classroom as well.

**Continue teaching your child the importance of cough/sneeze etiquette.** Health officials recommend using and disposing of a tissue when one is available, or coughing into one's arm or sleeve when there is no tissue.

**Monitor all health information from the school district and the health department.** This is particularly important for parents/guardians of children with significant health needs (diabetes, asthma, cardiac problems, etc.). If your child does have a significant health concern, you might want to consider -- in consultation with your child's physician -- keeping him/her home for a few days during a flu outbreak to minimize his/her risk. For more information about the flu, you can visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO.

We will notify you if there are any major changes to our district's strategy to prevent the spread of

flu. The best place to get information about the Ferndale School District is on our website, although you can also call your child's school.

Our children need their schools and families to work together in the coming months to keep them as healthy as possible. Thank you for working with us on this important issue.

Sincerely,

Linda Quinn, Superintendent  
Ferndale School District

## Our Students Come First!

We will work together to . . .

- achieve success in the basics - a key for the future,
- ensure safe and orderly schools, and
- teach and value hard work and effort.

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