



DCHS News December Newsletter



Calendar of Events

December

Senior Pictures **15**

HS Holiday **18**

Concert

Final Yearbook **19**
Order

Winter **12/24**
Break **1/4**

January

Cap/Gown **7**

Order

Parent/Teacher **22**
Conferences

Snow **26-**
Week **30**



Principal's Message

Dear DCHS Families,

Enclosed in this mailing is your student's report card. Parent's please take time to review the results with your student and reward successes and discuss areas that need improvement. I believe students can meet the highest of expectations if given the necessary tools to succeed. Thanks for setting high expectations for your children and supporting their teachers as they do the same.

Trimester II has started and to improve upon first Trimester achievements, it will take continued communication at home and between home and school. Please continue to use Parent Portal and teacher web pages to gather as much information as you can about your student's progress.

If you would like to sign-up for Parent Portal, please contact Secretary Bernie Sand at 320-286-4100 ext. 1815. As always, emails, phone calls and personal visits with teachers are encouraged. Please do not wait for conferences in January if you have a question or concern regarding your student's classroom work and behavior. Let's work together to clear things up as soon as possible.

It may be hard to believe, but over the next two months we will be working on scheduling for the



Dean Jennissen

2009-10 school year. Information for students and parents regarding scheduling will happen through mailings and meetings in January and February. As we work on student schedules for the upcoming year, do not hesitate to contact the Guidance Office should you have a question or concern.

I want to wish each family a blessed and safe holiday season. The pace at school and at home tends to quicken as we approach Christmas. I hope that you are successful in making family time top priority over all of the "busyness" that comes with the season.

Sincerely,

Dean Jennissen

Principal

Dean of Student's Message

Steven Schauberger

Congratulations to all students, families and staff on a productive and successful first trimester. Students, families and staff have accomplished so much this year and it is great to see the collaboration and hard work continue to produce results. As second trimester and winter weather begin, please review the following points to ease the transition to a busy time of the year.

If your child will miss school due to absence, illness, for any other reason, please call the high school at (320) 286-4100 ext. 1815/16 before 8:00 a.m. to report your child's absence. Timely communication is vital and we

promise to do the same. DCHS students must sign out (and in upon return) when leaving the building while securing a valid out-of-the-building (blue pass) to do so.

Always send a note to school with your student if they have been absent. We thank you for calling in advance of the absence and a written note in the final step in the documentation process.

If your child drives to and parks at the high school, please remind him/her to drive slowly and carefully. Parking permits are required. Please purchase them in the high



school office. If your child has car problems (starting/on-the-road hazards etc.), please call the high school to report the problems. We understand and we are very concerned for the safety of your child.

Please encourage your student to stay healthy, practice hand-washing and to get enough sleep. Great attendance is a strong factor for success in school, in life and on the job.

Upcoming Test Dates:

DECEMBER -09 -- MCAII/GRAD Reading Re-test (Online)

FEBRUARY 2009

- 3 ---** BST Math Retest
- 4 ---** BST Reading Retest
- 10 --** BST Math Retest (Make-up)
- 11 --** BST Reading Retest (Make-up)

MARCH 2009

- 11-12 ---** TEAE & MN SOLOM Testing (Make-ups through March 27, 2009)
- 30 ---** MTAS Reading, Math, Science Testing Begins
(Make-ups through May 1 or 22, 2009) *
- 31 ---** BST Writing Retest (Seniors Only)

Guidance Office News

Cassie Vogt

Important dates:

Friday, December 12th - All 10th graders will take the PLAN test.

Thursday, January 22, 2009 @ 7:00 pm

Financial Aid Night for Seniors & Parents

2009 ACT Test Dates:

Registration Deadlines

Saturday, February 7, 2009

Jan. 6, 2009

Saturday, April 4, 2009

Feb. 27, 2009

Saturday, June 13, 2009

May 8, 2009

If you have questions for Guidance Counselor, Cassie Vogt, please call 320-286-4100 ext. 1805 or email: cassie.vogt@dc.k12.mn.us

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Office Notes:

We receive many messages to give to the students during the daytime. We attempt not to interrupt class time. If not an emergency—messages will be delivered during the student break times at 9:20 or 1:45.

Just a reminder....

Please update your contact information or confirm what is already on file if you haven't done so this year, or anytime you change phone numbers. It is very important that the information we have on file is current in case of an emergency or if your child is ill. Forms are available in the office or online @ <http://www.dc.k12.mn.us/HSchool/Teachers/Ofallon/index.htm>

Thank you!

Mondays and Wednesdays

7:40 a.m. — 8:00 a.m.

3:10 p.m.—3:30 p.m.

Location: HS Commons—please sign in at the cash register when visiting during these hours.

Thurs., Dec. 4—Girls BB 6:30-7:30

Thurs., Dec. 18—Holiday Concert 6:30-7:30

Thurs., Jan. 8—Wrestling Meet 6:30-7:30

Thurs., Jan. 22—Parent/Teacher Conf. 4-7:00

Tues., Feb. 17 — Boys BB 6:30-7:30



The name's
Norovirus gastroenteritis, okay?
Stop calling me "stomach flu" or
I'm gonna puke!!

The ailment formerly known
as winter vomiting disease...
**'Stomach flu' really isn't
influenza at all**
(adapted from Milica
Mitterhauser, MD, PhD, MPH)

If it seems you've been hearing "flu" uttered a lot lately, you're right. There are a lot of people complaining about "stomach flu" symptoms. Odds are most of them didn't have a flu bug at all.

In most cases, the "stomach flu" sufferers have *Norovirus* gastroenteritis -- an infection of the stomach and intestines that, years ago, was known as "winter vomiting disease." More recently its popular (but incorrect) label has been "stomach flu." The fact is there's no such thing as "stomach flu." *Norovirus* isn't an *Influenza* virus.

About *Norovirus*

Norovirus (Norwalk-like virus) is fairly common and the main cause of gastroenteritis. The illness has acute onset of nausea, vomiting, abdominal cramps and diarrhea generally one to two days after exposure. Vomiting is more common in children. Patients usually recover on their own in one to two days without serious or long-term health effects.

Ill individuals should be kept away from childcare settings, schools, food preparation facilities, hospitals, swimming pools and beaches while symptoms of vomiting, diarrhea, and fever are present. Those recovering from *Norovirus* gastroenteritis remain contagious for four to six days after recovery.

People most commonly transmit the disease when, after using the bathroom, they don't properly wash their hands and then spread it when they touch others or surfaces subsequently touched by others. Food contamination by an infectious food handler (this could be at home) is a frequent cause of food-borne *Norovirus* gastroenteritis outbreaks. Even limited food contamination can produce illness. Person-to-person spread is difficult to stop – as evidenced by the well-publicized outbreaks on cruise ships this past year.

The best ways to prevent the spread of *Norovirus* infection include:

- Washing hands frequently and thoroughly with soap and running water
- Cleaning and disinfecting surfaces
- Keeping contagious individuals away from others.

About *Influenza*

As for the flu... it *is* caused by varied strains of the *Influenza* (flu) virus. Flu vaccine can prevent flu, but only those strains included in the year's vaccine and, even then, not in all cases. As a result, even people who had a flu shot can contract this or other strains of the disease. This isn't unusual. Every year, people become ill from strains of flu not covered by that year's flu shot.

Even so, flu shots remain one of the best ways to reduce your chances of getting infected by an influenza virus. This is especially true for the very young and old and other vulnerable populations.

Shots aside, *hand washing* remains the best and simplest way for all of us to avoid falling ill from *Influenza*, *Norovirus* and countless other disease organisms.

So...when did you last wash your hands?