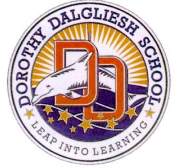


Principal:  
Mrs. Shuttleworth  
Phone: 403.732.5636  
Fax: 403.732.4226

# Dorothy Dalgliesh News

[www.dorothydalgliesh.ca](http://www.dorothydalgliesh.ca)



Oct. 3, 11

## Dorothy Dalgliesh School Vision Statement

Where teamwork and a positive attitude create a safe and caring environment where fun, love of learning and understanding prevail.



### Word of the Month

### **Courage**

#### Dates for your Calendar!

- Oct. 3 Mini-volleyball begins for Gr. 5 and 6 - 3:30 - 4:45 p.m.
- Oct. 5 Preschool Milk and Cookies  
Mini-volleyball 3:30 - 4:45
- Oct. 6 Picture Day!  
Milk and Cookies for K - 6
- Oct. 10 Thanksgiving NO SCHOOL
- Oct. 11 PD Day for teachers  
NO SCHOOL for students
- Oct. 12 Mini-volleyball 3:30 - 4:45
- Oct. 13 Hot Lunch
- Oct. 14 Student of the Week Assembly
- Oct. 17 Book Fair  
Mini-volleyball 3:30 - 4:45
- Oct. 18 Book Fair  
Home and School Meeting 3:30
- Oct. 19 Mini-volleyball 3:30 - 4:45
- Oct. 21 Kindergarten attend today
- Oct. 24 Mini-volleyball 3:30 - 4:45
- Oct. 26 Mini-volleyball 3:30 - 4:45
- Oct. 27 Hot Lunch - Boston Pizza
- Oct. 28 SPLASH Assembly - wear **orange** and black!
- Oct. 31 Halloween - Dress-up day  
Mini-volleyball 3:30 - 4:45

### **Message from our Principal:**

It is hard to believe that the first month of school is over. Students seem to be settling in to new routines and expectations. We had a very busy month. We started off this month with a School Assembly. With short notice the Grade 6 students came together and were able to lead this assembly. We introduced teachers, shared a book that reminded us about the importance of being a good citizen and that all students have special qualities. We also reviewed School expectation when out on the playground.

We were all able to come together at Meet the Teacher Night. It was great to see so many families come to this event. Thank you!

Our Grade 6 Leadership Program is up and running, students are involved in doing morning announcements, answering the phone, and Patrolling the crosswalk before and after school.

Our Friday assembly needed to be changed to the 23<sup>rd</sup> due to the Walk -A-Thon being held on the 30<sup>th</sup>. The Grade 6's led this assembly as well and did a fantastic job. It was wonderful to hear the thoughtful comments from the teachers for each of the Student of the Month recipients. We were also lucky to have Cst. M. DA PONTE join us, as well. We appreciate her taking time to drop by the school.

This year our first assembly of each month will be run by a class in K - Gr 5. These students will be responsible for leading the assembly. Teachers will notify you when their class is doing the assembly and it will be in the newsletter.

We were very fortunate to have had the opportunity to be apart the of the Seed Survivor Mobile display. Seed Survivor is a curriculum-based program that teaches elementary children about plants and how to grow them. Students explored multi-media and virtual reality games, sun-flower seed planting station, talking walls and much more. Students spent half of the time outside the trailer in a guided plant nutrient lesson and half the presentation inside the trailer playing at each station. This was a great experience for all.

I would like to thank Home and School for arranging Mr. Fish to be at our school the morning of the Walk- A - Thon. He was FANTASTIC! It was great how he related all his magic tricks to science. The students and staff would also like to say thanks for organizing our lunch after the Walk-A-Thon.

Mrs. Shuttleworth



## Professional Development

Mrs. Jane Boras and Miss Mohrmann are part of a Grade 1 collaboration group in Vulcan focusing on Reading Skills.

Mrs. Maxwell will be meeting with a collaboration group in Vulcan (teachers from Lethbridge and Calgary areas), and we are discussing Art techniques that meet the curriculum, and how best to assess Art projects! It will be a lot of work, but I look forward to the sharing of skills-based ideas!

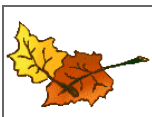
Mrs. Gurr is collaborating with other Grade 4 teachers in Palliser to produce novel study units on books that focus on actual facts about Southern Alberta. One of the books is about the Frank Slide and the other is about mining in Lethbridge.

Mr. Van Dyk and Miss Mohrmann attended the Beginning Teacher's Conference in Edmonton held on the 29, 30 and 31 of September.

# Class News

**Preschool** - Just a reminder that picture day is on Thursday, Oct. 6.

Mrs. Collier



**Kindergarten** - : Our themes for October are Fall, farm, and fire safety.

In **Social** we are starting the unit "How I am Unique?"

In **Science** we are exploring colors and the changes that continue to happen with the new season. We are answering the question "How do we know that it is Fall?"

In **Math** we are working on sorting, and identifying a sorting rule.

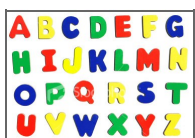
In **Language Arts** the children are working with their names and will be starting some alphabet activities.

In **Gym** our class has been working on finding their own space and playing the game 'Red light, Green light'. We will be starting to use the bean bags in the next few weeks to work on some tossing and catching skills. We will also be playing 'Farmer in the Dell'.

Kindergarten Friday: October 21. Remember we get out at 2:09 on Fridays.

Mrs. Grandmont

**Grade 1A** - Our Grade one class is off to an excellent start this year. Thank you parents for following through with the home reading program with your child and practicing spelling words.



We have worked our way through 21 alphabet letter sounds and actions. Please ask your child to demonstrate the action and sound that go with each letter you call out.

Decodable words can be sounded out. Sight words such as "the" and "saw" cannot be sounded out but must be memorized. Please reinforce this concept

with your child. The word box page sent home on Mondays are the spelling words (word wall words) and concept for the week. Children also record their spelling words in their agendas.

In mathematics, children have recently finished a patterning unit and are moving into subitizing which is the ability to 'see' a small amount of objects and know how many there are without counting. Subitizing is what tells you what number you roll on a six sided dice - most adults no longer have to count the pips after playing board games for a while.



The children are also learning to count forwards and backwards from our number of the day using their little fingers. When students count past 10 they put that group of ten into their "tummies" to be pulled out when counting backwards.

Children are finishing a Science Unit on Colour and recently worked through Fall activities.



We will begin a Social Studies Unit called "Belonging in My World". In it, we will learn about belonging to different groups, the value of being part of a group, rights and responsibilities and mapping. If your child can bring items to school that represents a group to which he/she belongs, please stay tuned for a note in the agenda. Items could include dance apparel, sports or club uniforms, symbols or clothes representing a family heritage or other interests.

- ♥ Thank you to Mrs. Jody Bezooyen for volunteering in the classroom every Thursday afternoon.
- ♥ Thank you to Mrs. Adrian Postma for administering the home reading program for 24 grade one students.
- ♥ Thank you to Mrs. Sandra Fremstad and Mrs. Jody Bezooyen for helping with our science dye experiments.
- ♥ Thank you to Mrs. Pittman, Mrs. Koster and Mrs.

Ragan for wonderful in-class support of student learning.

- ♥ Thank you to all parents who came out for the Walk-A-Thon on September 30, 2011.

Mrs. Jane Boras

**Grade 1B** - So far the school year is going really well, with the students working very hard. We are working towards getting the entire grade one class reading through a variety of activities devoted to sound and letter recognition as well as practice with small words.



Students have learned the difference between "sight" words – those words that we have to memorize to read and write,

and "decodable" words that can be sounded out. Spelling words are written into the students agendas every Monday and are practiced throughout the week.

In mathematics, children have recently finished a patterning unit and are moving into subitizing which is the ability to 'see' a small amount of objects and know how many there are without counting. Subitizing is what tells you what number you roll on a six sided dice - most adults no longer have to count the pips after playing board games for a while.

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that represents a group to which he/she belongs, please stay tuned for a note in the agenda. Items could include dance apparel, sports or club uniforms, symbols or clothes representing a family heritage or other interests.

- ♥ Thank you to all the parents and families who try to take the time to read at home with their children. This small amount of time can make a big difference!

Miss Mohrmann

**Grade 2** - Welcome to all the Grade 2 students!

During September we have been busy establishing classroom routines and expectations and all the children are doing a great job remembering them.

In Language Arts we have been completing weekly reading comprehension activities, spelling tests, making words assignments and writing about things that are important to them.

In Math we have been working on patterns and completing daily math problems.

In Social Studies we have been discussing the location of and unique characteristics of Meteghan, Saskatoon and Iqaluit.



Our current unit in science is on magnets and the students are enjoying the "hands on" activities.

In art we have been busy doing projects that have different types of lines in them.

Grade 2 would like to welcome Enya Oldenkamp and Jaedyn Kendall to our school! We are glad to have you here!

- ♥ Thank you to all the parents who have been signing their child's agenda and checking the front pocket. It is greatly appreciated. Also, a special thank you for packing healthy snacks and lunches.

Mrs. Gibson

**Grade 3** - Grade 3 students are on schedule according to the Grade 3 Parent Handbook you received on the first day of school.



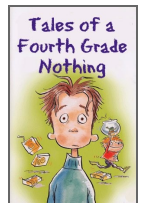
Our Rocks and Minerals unit is going especially well! We're having tons of fun and learning so much!

In our classroom, we have two students that are new to our school! Welcome Silas and Brennan!

Thank you to parents who visited during the Meet the Teacher evening! It was nice to meet the parents who support our children! :)

Mrs. Maxwell

**Grade 4** - In Language Arts we are currently doing a novel study on 'Tales of a Fourth Grade Nothing'. Our next focus will be doing some story writing, with special attention to using the technique of "showing" in our written work.



We have completed our first Math unit on pictographs and bar graphs and will be working on numeration next. In Grade 4 we learn place value to the ten thousands place and students will also be learning about how to read numbers, write them in expanded form as well as word form.

We are pleased to welcome 3 new students to our Grade 4 classroom this year: Julian Barrett, Lowri Summers and Ryan Oldenkamp. We hope they enjoy being at DDS!

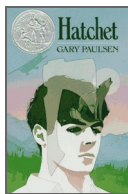
- ♥ Thank you to all of the families who came out for "Meet the Staff" night. We really appreciate the support!
- ♥ A huge thank you to all parents who are helping their children practise spelling words and times

tables each evening. Our goal this year is to memorize all of the times tables to 10, since it truly is a life skill that students will use throughout their lives. Also, the extra practise really helps the Grade 4 students in their daily work!

♥ Thanks to Mrs. West for all that she does to make the Grade 4 classroom run more smoothly.

Mrs. Gurr

**Grade 5** - In Language Arts, the grade 5's have started their first novel study. We are reading 'Hatchet' as a class and will be creating a storyboard as we extend our understanding of figurative speech. Second, the grade 5's are starting to take AR tests and will be setting individual goals in October. Please continue to encourage your child to read at home.



In Math 5, we are studying place value and are pursuing the concept of what periods refer to on a place value chart and what thousands and millions might mean. Please check with your child as to what he/she might be discovering in math.



Reminder: Your child's agenda is a very valuable tool for communicating. Please read and sign your child's agenda each evening. During September grade 5 students received scented stickers for having parent signatures on a daily basis. Thank you for your support in reading and signing the agendas – it is much appreciated.

The Roots of Empathy Program is scheduled to start on October 6. Further information will be sent home as further details are available. We do have a few changes in the delivery of the program this year and we are very grateful that Dorothy Dalgliesh grade 5 students will be able to participate in this program.

The grade 5 students have made some personal commitments to conserve and to preserve our environment. Please ask your son/daughter to share his/her commitment.



Student of the Week recipient for September was Colton Vandenberg. Congratulations is extended to Colton for a fabulous start to grade 5. We appreciate you!

♥ Thank you to Mrs. Nancy Enns and to Mrs. Susan Berg for volunteering to join our grade 5 class for the day. You made a difference – thank you!

Ms. Cooper

**Grade 6** - We are busy working on a few different things.:

Math: Patterns and using letters to solve them.

Social: Discovering what democracy is and why it is important.

Language Arts: Learning to write short stories and turn them into digital stories.



Science: Busy doing experiments learning about air and flight!

Susana Wiebe and Jeremy Gillespie have joined our class this school year. Welcome to Dorothy Dalgliesh!

Mr. Van Dyk



Dorothy Dalgliesh School and PBHS joined together and entered one of our school buses in our Jamboree Day parade this past August. It was a great way to share with the community what a wonderful school we have!



### Mini-Volleyball



Mini-volleyball for grade 5 and 6 students is ready to go! Practices will run every Monday and Wednesday from 3:30 -

4:45 beginning Oct. 3. There will be no practices on Oct. 10 and Nov. 14. The first few weeks will focus on skills and rules and then the students will have the opportunity to play games against each other.

The season will end with a tournament on Wednesday, November 16.



# Student of the Week



## Student of the Week September 23, 2011

- Grade 1A: Zaedyn Postma  
Grade 1B: Tina Fehr  
Grade 2: Tyler Maslen  
Grade 3: Keyln Currie, Sebastian Liska  
Zachary Worthington  
Grade 4: Jeff Cabrera  
Grade 5: Colton Vandenberg  
Grade 6: Jalla Cabrera,  
Gerrie-Mae Salisbury  
Flip: CJ Currie



## Welcome Back!

Constable Michelle Da Ponte visited our first Student of the Week assembly, introducing herself and welcoming everyone back to school. Constable Da Ponte stressed the importance of keeping the rules of the school and keeping safe. She encouraged all the students to be sure to wave to her and to come to her if they ever needed help. We appreciate having the R.C.M.P. visit our school and know that they are there to help keep us safe.



Just a reminder that we are a peanut free school. Thank you for not sending anything to school that contains peanuts.

## Thank you!

- ♥ Thank you to Mrs. Ingram for donating skates to our school. These will come in handy during skating season!
- ♥ Thank you to Mrs. Olsen for once again donating school supplies for our school. We appreciate your continuous generosity.
- ♥ Thank you to the Beckett family for donating boxes of odds and ends to the Grade 1 class and a pair of boys skates.

# Walk-A-Thon

We had a beautiful day for our Walk-A-Thon and Toonie for Terry! Thank you to all the families for donating toonies for the fight against cancer. The Terry Fox t-shirt was won by Tyler Helle.

Congratulations Tyler!

It was wonderful to see all our students take part in the walk. There was a group of students who ran and completed the entire distance of the Walk-A-Thon - all the way down to the river bottom and back!

Thank you to the Home and School for serving the staff and students hamburgers, chips and a drink after the walk. We appreciate all they do!



Mr. Fish was a 'Science fascination' at Dorothy Dalglish School! Mr. Fish held a captive audience of students and staff as he demonstrated 'magical' science experiments drawing students from the crowd to be his assistants. Scientific facts and mysteries were unveiled and students cheered in amazement.

This was a fun learning experience for our students and we would like to thank our Home and School for making this presentation possible!



## School Fees for 2011 - 2012

### Kindergarten

Writing Book	12.50
Technology Fee	<u>12.50</u>
<b>Total</b>	<b>\$25.00</b>

There is also a \$10.00 non-refundable registration fee for Kindergarten due at time of registration.

### Gr. 1 - 6

Agenda	8.00
Levy	8.00
Technology Fee	<u>25.00</u>
<b>Total</b>	<b>\$41.00</b>

We are pleased to pass on a savings to you as we have again ordered from a less expensive agenda supplier. The expense for the agendas comes directly out of our school budget and as each child receives one, it is important that we do collect these fees.

### Seed Survivor Mobile School visits our school!

We were very fortunate to have this curriculum-based program visit our school for the day and teach each classroom about plants and how to grow them.



The Agrium Seed Survivor truck and trailer unit is equipped with interactive stations inside, along with a big screen learning centre with a presenter on the outside. Each classroom spent one full hour learning and discovering fascinating facts about plants and got to plant their very own sunflower seed!



Parents please note! If your child will not be going home on the bus, please send a note to let the teacher know. Children are sometimes confused about whether they are to go on the bus or not. **If no note is received from parents, we automatically send children home on the bus.** Also, if parents (town or bus) have a change of plans during the day, please let the school know as early in the day as possible. We sometimes receive calls too late in the afternoon to catch students before they leave. This puts children at risk unnecessarily.

Students walking to school are reminded to use the crosswalks and sidewalks at all times. At the north entrance to the school there is a crosswalk and at the south entrance there is a painted walk way for the students safety.

# SCIENTISTS IN SCHOOL

## Invites you to our free FAMILY SCIENCE EVENING

Have fun celebrating this innovative, hands-on classroom science program!

Wednesday October 5, 2011 from 6:30 - 9:30 p.m.

First Floor Atrium, Cousins Science Centre, Lethbridge College  
3000 College Drive South, Lethbridge

Free parking in Lot A or B (East side of Cousins Science Centre)  
If entering from College Drive, turn left (east), before main entrance.

For more information, please visit [www.scientistsinschool.ca](http://www.scientistsinschool.ca) or telephone 403-394-9804

Thanks to our supporters who have helped bring this program to Lethbridge.



With support from



RBC Foundation



Please "sign in" at the office when you come to the school as a parent volunteer.

Students must be signed "in and out" at the office when coming late or leaving early.

Because we have lockdown and fire drill practices, the office needs to know who is in our school at any given time. We appreciate your cooperation in checking in at the office when you visit the school and signing in if you are going to be remaining at the school for any given time. Thank you for helping us maintain a safe and caring school.

If a student is late for school they will be asked to stop at the office to obtain a "late slip" before going to class. This informs the office and the classroom teacher that the child is safely at school.

#### Arrival At School

Please remember that supervision of students begins at 8:25 a.m. Please insure that your child(ren) do not arrive at school earlier than 8:25 a.m. However, if there are circumstances where you may have to drop your child off early, they may wait on the benches inside the entrance until there is a teacher on supervision. If you are aware of this in advance, please let your child's teacher know so arrangements can be made. The only exception to this is the School Safety Patrol students who need to be in place by 8:25 a.m.

#### Absence from School

If your child is going to be absent from school we would appreciate it if you would call the school after 8:00

#### Bell Schedule

Doors Open	8:30 a.m.
Opening Bell	8:38 a.m.
Morning Recess	10:05 a.m.
Recall Bell	10:18 a.m.
Lunch Bell	11:43 a.m.
Recall Bell	12:22 p.m.
Afternoon Recess	1:45 p.m.
Recall Bell	1:58 p.m.
Bus Dismissal	3:19 p.m.
Town Dismissal	3:21 p.m.

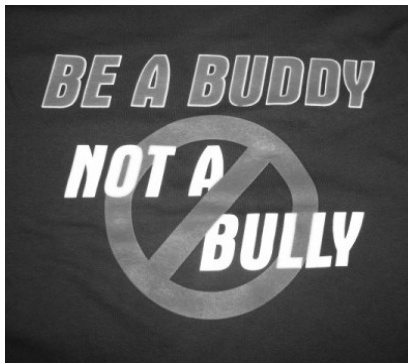
**FRIDAY EARLY DISMISSAL 2:12 p.m.**

#### Bicycle Safety



To go along with our Safe and Caring atmosphere here at Dorothy Dalglish School, we will be expecting that all students wear a helmet if they are riding their bikes to school. If a student rides their bicycle to school without a helmet, they will not be allowed to ride it home. I will contact these parents to either bring a helmet to school, pick up their child at the end of the day or have their child walk home. Wearing a helmet while riding a bicycle is the law and it is put in place for the safety of all children. If you have any questions about this new initiative please call me at the school.

Thank you in advance for your help keeping the children of Dorothy Dalglish School safe.



## Be A Buddy, Not A Bully

Each month there will be a write-up in the newsletter about bullying. These write-ups will include definitions of different terms related to bullying (teasing, taunting, bystander, etc.). They will also include other topics related to bullying such as what to do if you are being bullied and what I, as Principal, will do to help a victim.

This month I would like to define bullying and give some examples of what it may or may not look like.

The official definition of bullying is: ***“Bullying can be defined as repeated harassment and attacks on others that cause distress to the victim, not only at the time of the incident but in the future, due to the threat of further harassment.”*** There are three parts to bullying that I stress to the students at Dorothy Dalglish School and two of these parts must be present to make the incident an act of bullying. The 3 important parts of the above definition are:

There must be a form of harassment or an attack (simply put, someone has been harmed physically or emotionally).

This harassment or attack must be repeated or,

There is a threat of this harassment or attack happening again in the future.

The following examples will help illustrate the above definition:

***Example 1:*** Darryl was on his way to the cafeteria we met up with Stu. Stu told Darryl that if he wanted to avoid getting beat up that he bring \$2.00 every day and give it to Stu. Afraid that he would be beat-up, Darryl brought Stu money the next day and for the rest of the week. The following Monday, Darryl went to his teacher and told about Stu’s arrangement. *Is this bullying?*

This would be bullying because Darryl was harassed one day and there is the threat of being attacked on future days.

***Example 2:*** Susie was wearing her new dress to school on Tuesday. When she walked into the classroom everyone noticed and said nice things to her about her dress. Outside at recess, Julie came up to Susie and told her she did not like her dress and said that it looked ugly. Susie went home that day and told her father what had happened. Her father called the school and told Susie’s teacher that Julie was bullying his daughter. *Is this bullying?*

This would not be considered bullying. Even though Susie was hurt emotionally, there is nothing to say that this has been repeated or will be repeated. This was a poor choice by Julie and should be treated as that.

# Counsellor's Corner

## What is so Important about Feelings?

If you are like most parents, you sometimes worry about how your young child will handle the whole process of growing up. You may wonder if there is anything you can do now that will help your child make safe choices as a teenager. The answer is - yes. Listen to your child, and encourage him or her to talk about feelings. Young children let you know exactly how they feel without even thinking about it. Part of growing up is learning how to manage feelings - especially uncomfortable ones such as anger, disappointment, jealousy or sadness. Before they reach school age, many children have learned to hide their true feelings. They need to know that home is a safe place to process their feelings and learn healthy ways to express themselves. Children pick up signals from their parents and other adults that there are certain things they should not talk about and certain feelings they should keep to themselves.

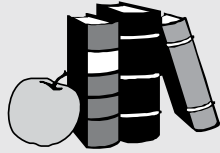
As adults we are not always comfortable talking to our children about feelings especially feelings of fear, insecurity, anger and loneliness. We may respond with words that aren't very helpful such as, "You shouldn't feel that way", or "There is no reason for you to feel that way." By the time children reach the teen years they may have learned that we don't really want to hear about their feelings. They may become guarded and withdrawn and willing to confide in their friends but not in their parents or caregivers. They may feel isolated and believe that their peers are the only ones who really understand them. When you take the time to listen without judgment you are encouraging your child to express feelings and are building a trusting relationship that will help in years to come.

Many people in our society have bought into the "Happy Face" myth and believe that being positive and cheerful is good and feelings like sadness or anger are bad. How should you respond when your child talks about feelings or makes statements such as, "I hate school!?" First of all try to really listen and don't try to talk your child out of what he/she is feeling. Allow for some venting and let him do most of the talking. "What is it you hate about school?" is a more helpful response than, "You don't hate school - you just told me yesterday that you loved school." Listen to your child and let him know you believe in him and know he is doing his best.

Remember that you cannot solve every problem in your child's life. Parents want to fix things for their children and make them happy. But in most cases there are no quick fixes or simple answers. Be there to be a sounding board, cheerleader and patient listener. Have faith that your child can learn the skills to solve his/her own problems by listening and loving unconditionally.

Taken from, "Teaching your children to talk about their feelings" by AADAC

Submitted by: Danielle Olivieri, Family School Liaison Counsellor, 403-308-5065.



## VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;  
if your child loses their place while reading,  
avoids close work,  
holds reading material closer than normal,  
tends to rub their eyes,  
has headaches,  
turns or tilts their head to use one eye only,  
omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

## SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
  - whole grain crackers and cheese
  - red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAILm>.

## INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)



## What is Influenza?

Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our “flu season.”

Symptoms appear quickly: fever, chills, aches, cough and fatigue.

Complications can include pneumonia, bronchitis, and croup.

Influenza is highly contagious and spreads through coughing, sneezing and talking.

Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.

Many people confuse the symptoms of influenza with those of a cold or gastroenteritis (“stomach flu”) but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
<b>Fever</b>	Usually high	Sometimes	Rare
<b>Chills, aches, pain</b>	Frequent	Slight	Common
<b>Loss of Appetite</b>	Sometimes	Sometimes	Common
<b>Cough</b>	Usual	Sometimes	Rare
<b>Sore throat</b>	Sometimes	Sometimes	Rare
<b>Sniffles or sneezes</b>	Sometimes	Common	Rare
<b>Involves whole body</b>	Often	Never	Stomach / bowel only
<b>Symptoms appear quickly</b>	Always	More gradual	Fairly quickly
<b>Extreme tiredness</b>	Common	Rare	Sometimes
<b>Complications</b>	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

## How to Prevent Influenza

Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).

Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.

The vaccine takes approximately two weeks to become effective and lasts for four to six months.

Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.

Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.

Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

**Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations**

**or go to the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.**