

City Academy

WEEKLY NEWSLETTER SEPTEMBER 30, 2009

SCHOOL MEAL ACCOUNT

Please note that you are able to check on your student's lunch account when you log in to check their grades and attendance in SIS. In order to save time and stamps, I will no longer be sending lunch billing by mail or email. If your student owes lunch money, they will not be permitted to order school lunch until their account is current.

If you do not have a computer at home, your student may look up their own lunch account by logging in at school. OR, feel free to call me if you want to know your balance at any time. 801-596-8489

Thanks!
Sara

SCHEDULE CHANGE NOTICES

There is no school on Thursday and Friday, October 1 and October 2 due to UEN Conference and teacher professional development.

Wednesday, October 14 is a late start schedule. Some 10th and most 11th graders will be taking the PSAT on this date at 8:05.

All other students arrive no earlier than 9:45 for a 10:00 start to classes.

Thanks to those of you who made it out for Parent-Student-Teacher conferences. This is a valuable opportunity to discuss individual student progress and goals. The next set of conferences will be taking place in December.

PROUD OF OUR EXAM SCORES!

The results are now in for state testing and Cambridge International Exams from last spring. We have a lot to be proud about.

- As a school, we made Adequate Yearly Progress (AYP) again this year under the No Child Left Behind guidelines!!
- On Utah Criterion Referenced Tests (CRTs) last spring, the percentage of City Academy students who demonstrated proficiency was **higher than the state average for every one of our English and science classes!!**
- **100%** of our International General Certificate for Secondary Education (IGCSE) math students passed their Cambridge exams!!

We are proud of the learning progress our students are making. We are proud that our school is meeting AYP standards and has very qualified teachers working with your students. A copy of our federal No Child Left Behind (NCLB) Adequate Yearly Progress (AYP) report is available from Sonia or by going to the Utah State Office of Education (USOE) website.

<http://u-pass.schools.utah.gov/u-passweb/UpassServlet>

If you have any questions about any of this please contact Sonia at 801-596-8489.

IMPORTANT DATES

OCT. 1-2
No School- Teacher
Professional
Development Days

OCT. 10
Making Strides
Against Breast
Cancer Walk

OCT. 14
Late Start-
PSAT and NMST
Testing



City Academy Walks to Fight Breast Cancer

City Academy will be represented by at least two participants in the Making Strides Against Breast Cancer Walk on Saturday October 10. Scott has created a City Academy team online, and Deanna has also signed up to walk as a member of the team. This 4K event unites people of all ages with a common goal to fight breast cancer and save lives. The Wellness Committee would like to encourage any members of our community to take part in this event. Paste the link below into your web browser to donate, walk, or to get more information about breast cancer and the American Cancer Society. By the way, Scott and Deanna are in a friendly little competition to see who can raise the most money for the cause. The Wellness Committee would love for you to donate on behalf of Scott ... but whomever you choose to donate on behalf of, it will make a difference in fighting breast cancer and saving lives.

Go to:

<http://main.acsevents.org/site/TR/MakingStridesAgainstBreastCancer/MSABCFY10>

and follow the links/tabs to donate, join the walk, or to get more information.



BRINGING VALUABLES TO SCHOOL

Students should report lost or missing items to Sara. Most frequently reported are cell phones and iPods, each expensive electronic devices. While these items are usually found and returned within a day, it is very troublesome for parents to replace permanently lost or stolen electronics.

When sending your student to school with these devices, please consider how easy it is to drop or misplace small electronics, and how quickly they might be stolen if left unattended. City Academy cannot be responsible for lost or stolen items, though we do follow up on any accusations of theft. Because these items are not to be used during class time, City Academy recommends that students store valuables in their lockers during the school day, or leave them at home! Please use your best judgment when allowing your student to carry expensive accessories.

Preventing Illness

We want our students to stay as healthy as possible. This year, as we enter flu season, please take a moment to review hand-washing with your children. Most people know that frequent hand-washing reduces the spread of disease, but are you washing your hands long enough to actually kill germs? Please review the attached flyer for the Center for Disease Control on ways you can help stop the spread of flu (and strep throat, colds, and other germs too!).

Please keep your student home when they are exhibiting signs of illness such as fever, sore throat, coughing, body aches. Send them back to school only once they are feeling well!

Remember to check teacher webpages to stay on top of school work during absences! (<http://www.cityacademyslc.org/facultyStaff.htm>)

FACT SHEET

Stopping Germs at Home, Work and School

How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

In a nutshell: take care to

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Cover your mouth and nose Clean your hands often Remind your children to practice healthy habits, too

Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

The "Happy Birthday" song helps keep your hands clean?

Not exactly. Yet we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

Alcohol-based hand wipes and gel sanitizers work too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.*

* Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: [Handwashing](#). **Germs and Children** Remind children to practice healthy habits too, because germs spread, especially at school.

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Stopping Germs at Home, Work and School

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The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools. Influenza is not the only respiratory infection of concern in schools -- nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.

School administrators, teachers and staff: See [Preventing the Spread of Influenza \(the Flu\) in Schools](#) for CDC interim guidance.

More Facts, Figures, and How-Tos

CDC and its partner agencies and organizations offer a great deal of information about handwashing and other things you can do to stop the germs that cause flu, the common cold, and other illnesses. See [Other Resources](#) and [Posters](#) on this [Stop the Spread of Germs](#) site for a select listing of Web sites, materials, and contact information.

Source: Am J Infect Control 2000;28:340-6.

For more information, visit www.cdc.gov/flu, or call the CDC Flu Information Line at (800) CDC-INFO.

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Stop the Spread of Germs in Schools Fast Facts

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)
- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.