



E - Newsletter

Messages from the Guidance Department

Monday, February 12, 2018

First semester final marks have been forwarded to the Ontario College system and the Ontario University system this past Friday. King City applicants are encouraged to review their applications online to ensure that their first semester final marks are now part of their application. See Guidance if there are any issues.



Course Selection for the 2018-2019 school year are due to Home-room Teachers by **Friday, February 23**. All students planning to return to King City for next year are required to submit their course choices through Career Cruising's Course Planner by February 23. The computer lab in Room 110 will be open during the lunch hour on Tuesday through to Friday. Guidance will also be available for assistance. The selections made by students are the basis for the timetable for the 2018-2019 school year, so students should carefully consider which courses they wish to select.

Contact Us

Phone **905.833.5332**

Extensions
Reception 150
Attendance 176
Guidance 106
Busing 152

king.city.ss@yrdsb.ca

A Message from York Region Public Health

Many viruses are active at this time of year in the community, including enteric viruses (like norovirus) and respiratory viruses (like influenza, commonly known as the flu.) Preventative measures can help reduce the spread of illness in the community.

Norovirus

The most common symptoms of norovirus illness are nausea, vomiting, diarrhea, and stomach cramps. The illness often begins suddenly, about 24 to 48 hours after exposure, and the infected person may become very sick with frequent vomiting and/or diarrhea. In general, children experience more vomiting than adults.

To lower the spread of norovirus within our communities:

- Anyone experiencing symptoms should continue to stay home for at least 48 hours after symptoms stop
- Thoroughly wash hands with soap and water, especially after using the toilet or changing diapers and before preparing, handling and eating food
- Remove and wash clothes and linens that may be contaminated with vomit or feces
- Keep sick individuals out of areas where food is being handled or prepared
- Anyone who is sick should not handle or prepare food for at least 48 hours after symptoms stop
- Take precautions to protect yourself when cleaning up vomit and diarrhea, refer to: [Information for Parents](#)

Influenza

Norovirus is not related to influenza, or "the flu". The flu is a respiratory illness caused by the influenza virus which commonly starts circulating during the late fall and continues into spring.

Symptoms of the flu may include:

- sudden onset of headache
- fever
- chills
- loss of appetite
- cough
- muscle aches
- sore throat
- fatigue
- runny nose

Nausea, vomiting and diarrhea may also occur in children. Most people recover from the flu within a week to 10 days. People aged 65 years or older, pregnant women and individuals with chronic health conditions may be at greater risk of becoming ill and developing severe health problems such as pneumonia.

Young children and influenza

Children under five years of age, especially those younger than two years of age, are at high risk of flu-related complications. These complications include pneumonia, encephalopathy (inflammation of the brain), ear infections, sinus infections and worsening of medical problems like asthma or heart disease. In rare cases, flu complications can lead to death.

How to protect against the flu

1. Get vaccinated – The flu vaccine is the best way to protect against flu. Studies show the flu vaccine can prevent 70 to 90 per cent of illness in healthy adults and children. York Region Public Health recommends everyone six months and older get the flu shot. It's not too late to get vaccinated.

Flu shots are available at:

- Physicians' offices, for people six months of age and older
- Pharmacies, for people five years of age and older
- York Region Public Health clinics, for people three years of age and older

Visit ontario.ca/flu to find where you can get the flu shot. For more information about flu vaccines contact York Region Health Connection at 1-800-361-5653.

2. How can you reduce the chances of getting the flu?

- Keep sick children home from school or child care
- Wash your hands often and thoroughly with soap and warm water. If soap and water are unavailable, use an alcohol-based hand sanitizer. Choose an alcohol-based hand sanitizer that contains between 60% and 90% alcohol
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately
- Avoid touching your eyes, nose and mouth
- Avoid people who are ill and stay home when you are sick
- Keep common surfaces and items clean and disinfected. To learn more about preventing spread of illness in school and home, visit york.ca/infectionprevention

How does the flu spread?

The flu spreads through the air from coughing and sneezing. It also spreads through direct contact with surfaces, door knobs, unwashed hands, or objects such as toys and eating utensils that have been contaminated by the influenza virus.

A person with flu may be able to infect other people one day before symptoms develop and up to seven days after becoming sick. For more information, visit york.ca/flu

Maple's Closet

Maple High School Presents

Maple's Closet

The Diva and GQ Balls

Maple High School is proud to present the 12th annual Maple's Closet Diva and GQ Balls. Maple's Closet has helped provide graduation attire to over 550 grade 8 and 12 students. Our objective is to provide a graduation dress, suit and accessories to every female or male York Region student in need.

If you would like to make a referral of a York Region student to Maple's Closet, please complete each section of the referral form found at <https://goo.gl/forms/NCJ5AXekFN36sLr62> by **Friday, March 23, 2018**. If you would like further information, contact Maria Luongo-Cassar at Maple High School (905-417-9444) or at maria.luongo-cassar@yrdsb.ca.

If you would like to make a donation, please contact Maple High School. Donations (dresses, suits, and accessories) would be appreciated by **Wednesday, March 28th, 2018**.

Maple's Closet – Diva and GQ Balls

Female students referred to Maple's Closet are invited to attend the Diva Ball event, which will be held on **Tuesday, April 17th, 2018**, from 9:00 am – 11:30 am at Maple High School. Males referred will be invited to the GQ Ball on **Thursday, April 19th, 2018**, from 9:00 am – 11:30 am.

The students will enjoy a variety of activities and refreshments as they choose formal attire and accessories for graduation/prom night. Students will be able to participate in activities such as etiquette, make-up application, jewelry making, hairstyling, tying a tie, etc., provided by the Maple High School community.



New CommTech Lab & Fund Scrip



Help support the purchase of computers and related equipment for our new Communications Technology lab. Click on the [FundScrip logo](#) to access the 'Support a Group' page.

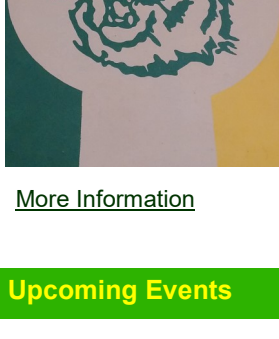
Code: **UQ4566**

Purchase gift cards and a percentage is directed to KCSS.

Please encourage others in our school community to assist in this *no cost* fundraising initiative.

Thank you for your ongoing support!

School Council Dates 2017- 2018



- ◆ February 21
- ◆ April 18
- ◆ May 16
- ◆ June 13

All parents are welcome to School Council meetings. Our council vision is to enhance the learning experience of every child at King City SS. Our school is even better when parents, guardians and the community are involved.

Meetings are held at 7:00 PM in the library.

School council elections will be held during the first meeting.

Upcoming Events

February	15	Photo Day (New Registrants)
	19	Family Day (No Classes)
	20	After School Literacy Begins
	21	Chris Vollum <i>Social Media Fitness</i>
	21	School Council
	23	2018-19 Course Selections Due
	27	Pascal, Cayley, Fermat Math Contests
March	9	Interim Reports
	12-16	Mid-Winter Break
	22	Parent Interview Night
	22	Art Show
	22	Post-Secondary Planning Seminar



[School Website](#) (featuring school calendar)