

North Hills Express

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Special points of interest:

- Ways to prevent the spread of flu
- North Hills Happenings
- Drop Off and Pick Up Details

Inside this issue:

- From My Heart— Mr. Robinson 2
- Parent—Student Opportunities 2
- PTF Corner 2
- Before and After School Cars 3
- Get to know our Staff 3
- Homework Helps 3

Ways to help prevent the spread of flu

Wash Your Hands the Right Way

Washing your hands is simple and it's the best way to prevent infection and illness. Teach your children to wash their hands the right way! When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty. If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply hand rub to the palm of one hand.
 - Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

Stay Home if Sick

If your child is sick, keep him/her home, providing plenty of rest and fluids. It is best if your child is in a separate room, so as not to spread the flu to other household members. If your child has no chronic illnesses, it is likely that s/he will get better without needing to see a doctor; however, watch for warning signs that your child may be getting very sick. These include: fast breathing or trouble breathing; bluish or gray skin color; not drinking enough fluids; not urinating or no tears when crying; severe or persistent vomiting; pain or pressure in the chest or abdomen; confusion or improvement followed by a return of fever and worse cough. Keep your child home until s/he has had no fever for 24 hours without using anti-fever medicines.

Cover Coughs and Sneezes

H1N1 spreads from person to person in the same way as seasonal flu: through coughing or sneezing by people with influenza. The influenza virus is put into the air and inhaled by those nearby or picked up from surfaces where the virus might have landed. Teach children to cover their nose and mouth with a tissue when they cough or sneeze. Make sure they throw the tissue in the trash after they've used it and wash their hands the right way. If tissue is not available, teach children the "Dracula cough." Children should simply cough or sneeze into their inner elbow or upper arm in the same way that Count Dracula hides his face!



North Hills Christian School a Ministry of North Hills Baptist

North Hills Happenings

We will try to post upcoming activities in this area to help keep parents informed of what is happening at NHCS this year.

- Sept. 30—Elementary and Secondary Chapels
- Sept.30—PTF fundraiser finishes today
- Oct. 9—Dress for Missions
- Oct. 14—Picture Retakes
- Oct. 29-30—No School

Reminder to Parents to check your student's belongings to make sure they are labeled so that if lost they can be returned to the rightful owner. Also make sure that students come to school in uniform.

From My Heart– Mr. Robinson’s musings



At the end of October, North Hills will be closed on the 29th and 30th so that staff may attend the Association of Christian Schools International Teachers Convention in Sacramento, CA. The teachers will be able to choose from 80+ seminars on Thursday, and over 130+ seminars on Friday. This convention allows our teachers to glean many new ideas and insights to the trends in Christian Education, and to interact with teachers and staff from other Christian schools. The teachers have opportunities to view and purchase items for their classrooms from various

vendors who will have displays set up in the convention hall. Each year at this convention there are over 2000 delegates present from schools all over Northern California, and the seminar leaders are from Christian Schools from California and other parts of the United States.

Association of Christian Schools International is one of the accrediting agencies that recognizes North Hills Christian. This organization has schools that they recognize all around the world. Northern California is divided into six districts, of which North Hills

is part of District Five. At the administrators meeting on September 23rd, Mr. Robinson was appointed as the District Representative for the next two years. Mr. Robinson has served in this capacity previously when he was principal at Paradise Christian School in Paradise, California. He served from 1989 to 1993 as district representative for District Three. This is another opportunity to get North Hills Christian School’s name out to other schools and individuals to inform them of the programs that we have to offer. Please pray for Mr. Robinson.

Parent and Student Opportunities

“The safety of our students is very important to all of us...”

We want to remind parents that when you come on campus and would like to visit or assist in the classroom that you check in at the office and get a visitor’s badge. This way our staff are aware that you belong on campus. The safety of our students is very important to all of us and we desire to have a safe and secure campus.

Just so parents know, we do

need drivers from time to time for field trips for both Elementary and Secondary grades. If you are available and have proper insurance coverage, please let the school office know so we can call you when a need arises.

Parents who help out make planning trips easier for everyone involved.

We could use some assistance during our Elementary lunch time and if you are available to come and volunteer one day a week to help teachers this would be greatly appreciated. You may contact the school office to have your name put on a list of volunteers to assist at lunch. Teachers will gladly welcome the help, and you will have opportunity to help us.

PTF Corner

We would like to use this space to make you aware of things that North Hills Parent Teacher Fellowship have been doing to assist in making our school better. We will try to keep you posted on upcoming opportunities for your help in the projects that have been planned. We will encourage

each of you to mark your calendar for the first Monday of each month at 7 p.m. and attend the PTF meeting in Room B202. Come be a part of this very energetic group of parents who have a desire to see North Hills Christian School grow.

The PTF have two areas that they would like to make parents aware of how they can help. First, they are looking for parents who can help promote the SCRIP program before and after school. Second they are going to be collecting box tops to acquire items for the school. (More details to follow)



Before and After School Cars

Mr. Robinson has been covering before school drop off duty for Elementary students and has observed the following. **Parents need to make sure that their student is already at school by 8:25 so that the teachers can escort their class and be in the classroom at 8:30.** We have been having a lot of cars not even arriving until after 8:30 which creates traffic jams when students are being escorted to their classes. Please help us by dropping your student off no later than 8:20 so that attendance may be taken and the students may be on their way to class by then. Please be careful when coming

on campus, especially when the sun is low in the sky, as we had one parent who accidentally struck Mr. Carcamo while he was standing by the walkway.

After school pick up of Elementary and Secondary Students.

Parents you can help make the afternoon pick up run smoothly by following a couple simple suggestions. First, please stay in your vehicle if you are in the traffic line. If you want to park and get your student, please park parallel to the wall, so as to not impede the flow of traffic. Please do not ask your student to cross in front of traffic.

For Secondary students

we need parents to stay in line and move up as other children have been picked up. If you seem to sit for long periods of time, you might try coming a few minutes later so that you do not have to sit and wait.

Reminder that students not picked up 20 minutes after dismissal time will be taken to extended care.

We can make this work if we all work toward the same goal of protecting our students and also keeping the traffic pattern flowing in a decent and orderly manner. **We can all do our part to make a difference.**



Get to know our staff

We will try to highlight different members of our North Hills staff from time to time to help you get to know who is working with your student. We will try to share some interesting items from their lives to enlighten you as to how they got into education and specifically how they came to North Hills Christian School.

This weeks staff member is **Cathy Riley** who teaches our Secondary Bible and Social Studies classes. Miss Riley grew up in Fairfield, CA where she attended Fairfield High School. She also received her Master of Arts degree in Education from Simpson. Her first year teaching was spent at Dalat International School in Penang, Malaysia. Dalat is a Pre-K through 12th grade school and she taught Social Studies to 9th --12th grade. This was an amazing experience, living outside the country and experiencing a new culture. God was truly seen in everything. Malaysia

is a Muslim country but Christians are given the freedom to worship according to their beliefs. Malaysia was a truly life-changing experience for her because during that year she was able to grow closer to God and realize the direction He was leading. After her year at Dalat, she moved back to the United States and began working at a college in Florida as the activities director. Miss Riley is excited to be working at North Hills teaching Social Studies and Bible and helping our juniors and seniors as they prepare for college.

“... Grew up in Fairfield, CA... taught in Penang, Malaysia....”

Student Homework Helps

Many parents contact me from time to time telling me that they have a hard time getting their child to do their homework. I try to share a few insights that have worked for me over the years, and I will share some of them with you. First, have a set routine and time to do homework. When

students first get home, allow them an opportunity to “unwind”, and have a snack. Next, have the student tackle the subject that they struggle most with first. This will help them get the tough things done first. Next, have them then finish up by doing the subjects they are comfortable with, and

will need little or no help from you. Lastly, have them keep the completed assignments in a folder or binder marked “homework” so it will be easier to find when it is time to turn it in to the appropriate teacher. You can always check the homework to make sure it is complete and ready to be filed.

