

BANDIT NEWS



Hays School Newsletter

MAY 2023

HAYS SCHOOL MESSAGE FROM PRINCIPAL

It is hard to believe that April is over. This month went by so fast. May is here and hopefully we will get some rain to settle the dust down. It is wonderful to see all the farmers out in the fields seeding. Our next Theme of the Month is "Caring for Mother Earth". We will be preparing our gardens and planting some flowers and vegetables.

We are very proud to announce that Ella Macatuggal and Sara Hamm have made it to the zone playdowns in Girls grade 9 Doubles badminton. Also Trudy Hamm has made it to the Grade 9 Singles in Zones in Lethbridge on Saturday April 29th. So proud of our students at Hays as this is a very hard to get this far from a small school like Hays. Fabulous!!!!

We want to "Celebrate our Mom's" for being the wonderful people they are. We are having a Spring Tea and hope that all ladies from our community can come. All the school children will be inviting a Mom, Grandma, Auntie or Babysitter to come to the Tea. It will be Thursday May 11, 2022 from 2:30 to 3:30. See you then.

Just another note, if parents want to know about the new curriculum Mrs. Nadeau will be available to answer questions at the Spring Tea on Thursday May 11, 2:30-3:30. Wow, our school year is flying by this year. The Grade 9 students will be writing their PAT's for English May 15 in the morning.

Happy Spring Everyone.

Tracey Nadeau
Principal Hays School



HATS ON FOR MENTAL HEALTH

MAY 3

MOTHER'S DAY TEA

MAY 11

School Auction

MAY 8-12

JR HIGH TRACK MEET

MAY 24

HOT LUNCH

MAY 29

Gr 1-6 Track & Field

May 31

Hays School

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Hays, Alberta
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403-725-3755



Jump rope for the Heart and Stroke will be held on June 13, 2023. If you would like to donate please call the school or send money in with your child.



Matthew: What did the digital clock say to its mother?

Jim: What?

Matthew: "Look, Ma! No hands!"

Jackie: What kind of flowers do yellow jacket mothers like?

Billy: What?

Jackie: Bee-gonias



Junior High students traveled to Taber by bus for the Science Olympics on April 27/23. Thank you to the Hays PAA for providing the bus for our students.

Theme of the month:
**Celebrate Spring:
Taking Care of
Mother Earth**

**HOT LUNCH
MAY 29th
THANKYOU
KYLE SZIGLI
THANKYOU MONIQUE HUVENAARS
FOR
APRIL'S FREE HOT LUNCH**

Badminton Divisionals
Trudy- Singles **Won Silver**
Piper- Singles
Rueben-Singles
Ella and Sara-Doubles **Won bronze**
Great job Bandits!



On May 3, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. We encourage all staff and students to wear a hat to school on this day.



"Track Meets"

It is required for all Jr. High Students to participate in the Divisional Track Meet held at DA Ferguson School in Taber on May 24. Students will be taking a bus.

Elementary Track Meet will be held in Vauxhall on May 31. Students will be taking a bus.

April 27, 2023

Hello parents and Community Members:

Hays school is having a small fundraiser for the Grade 9 students. We take them on a small Field Trip and buy the grade 9 students, who are leaving to go to high school, a gift from Hays School..

We require approximately 20 auction items to auction off. I think last year we got \$80.00 for a pan of enchiladas. If any parents have an item that you would like to donate please contact Mrs. Nadeau at the school or send back this form. Items you may choose to donate could include:

Cinnamon buns

Enchiladas

Buns/bread

A toy for kids

A service

A gift card

Student Artwork

You can drop off your donations at the school. If you have food items, they don't need to be dropped off until pick up day on Monday May 15, 2023.

The online Auction will be Monday May 8-May 12. Tell all your friends to bid on items.

The website to bid on : <https://www.32auctions.com/2023180>

Thank You,

Tracey Nadeau
Principal Hays School
403 393-4381



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Hats on for Mental Health Day	4	5 No School	6 Happy Birthday Ms. Sidam
7	8 Auction starts 9:00am	9	10 Assembly	11 Mother's Day Tea 2:30pm	12 No School Auction Ends 5:00pm	13
14 Mother's Day	15 School Spirit Old People Day PAT LA(A) Gr.9	16 Happy Birthday Henry Fehr & Lois den Boer	17 PAT LA Gr.6	18 Ascension Happy Birthday Mrs. Wickenheiser	19 No School	20
21	22 Happy Birthday Mr. Gibson & Ms. Newberry NO SCHOOL Victoria Day	23	24 JH Track & Field Div.	25	26 SCHOOL 12:30PM dismissal	27
28 Pentecost	29 Staff Meeting HOT LUNCH	30 Track & field Zones	31 Track and field Gr 1-6			

Date: April 27, 2023
To: Students and families, teachers and school staff
From: Dr. Vivien Suttorp, Lead Medical Officer of Health, South Zone
RE: Pertussis (Whooping Cough)

A pertussis (Whooping cough) outbreak declared Jan. 26, 2023 is still growing in southern Alberta. More than 144 cases have been identified in communities throughout the South Zone of Alberta Health Services (AHS), including in Lethbridge, Medicine Hat, and smaller communities.

Most cases have been children under 10 years old. So far, five children have been so sick they had to be hospitalized. Newborns and young children are most vulnerable for severe illness and complications.

Cases have been identified at schools and other community locations such as churches and sites where children gather to take lessons. Public Health is unable to identify linkages between most of the recent cases, indicating there is likely more disease circulating in communities that is not being reported.

When someone has pertussis, they are contagious to others for 21 days. As well, the incubation period can be as long as 21 days, making the possibility of spreading the illness much greater. Adults infected with pertussis may have milder symptoms than children but are still infectious.

Pertussis is a bacterial infection and not a virus, which means *early* treatment with appropriate antibiotics can reduce the severity and limit the spread of the illness, as well as shorten the time required to stay at home. People with confirmed pertussis should stay home until five days of treatment with appropriate antibiotics have been completed. If a person does not take antibiotics, the recommendation is to stay home for the full 21 days in order to not spread the disease to others.

AHS is issuing a reminder to all people of the importance of immunization, particularly in small children, to prevent further illness. Pertussis causes severe and prolonged coughing that lasts for weeks. It can impact people of all ages but infants one year and younger are at greatest risk of serious complications, including pneumonia, convulsions, brain damage and death.



All Alberta residents are reminded to ensure they are up to date on their immunizations and to stay home when sick. Individuals uncertain of their child's or their own immunization history can contact their local community health centre or public health office.

The vaccine that covers pertussis is offered in schools (with parental consent) in Grade 9. See [Alberta's Routine Childhood Immunization schedule](#) for more information.

If you suspect you are sick with pertussis, seek *early* medical assessment first by calling your primary care provider or 811 for potential treatment.

Additional information on pertussis and immunizations can be found online at the following links:

- [Whooping Cough \(Pertussis\) \(alberta.ca\)](#)
- [Pertussis \(Whooping Cough\) | AHS Immunization \(immunizealberta.ca\) Immunization and routine immunization schedule | Alberta.ca](#)

How to recognize and deal with anxiety

Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation.

If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event. Anxiety affects the part of the brain that helps control how you communicate. This makes it harder to express yourself creatively or function effectively in relationships.

Overwhelming anxiety that interferes with daily life is not normal. This type of anxiety may be a symptom of generalized anxiety disorder, or it may be a symptom of another problem, such as depression.

Physical symptoms of anxiety include:

- Trembling, twitching, or shaking.
- Feeling of fullness in the throat or chest.
- Breathlessness or rapid heartbeat.
- Light-headedness or dizziness.
- Sweating or cold, clammy hands.
- Feeling jumpy.
- Muscle tension, aches, or soreness.
- Extreme tiredness.
- Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restlessness (not feeling rested when you wake up).

Emotional symptoms of anxiety include:

- Restlessness, irritability, or feeling on edge or keyed up.
- Worrying too much.
- Fearing that something bad is going to happen; feeling doomed.
- Inability to concentrate; feeling like your mind goes blank.

You can help prevent anxiety attacks:

- Avoid caffeine, especially in coffees, teas, colas, energy drinks, and chocolate.
- Do not smoke or use smokeless (spit) tobacco products. Nicotine stimulates many physical and psychological processes, causes your blood vessels to constrict, and makes your heart work harder.
- Exercise during the day. Even a brisk walk around the block may help you stay calm.
- Talk with your doctor about your symptoms of anxiety or panic. A licensed counsellor or other health professional can help you find ways to reduce your symptoms with techniques such as biofeedback, hypnosis, or cognitive-behavioural therapy.