



News & Notes

Vol. 13 Issue 7

October 8, 2009

Calendar of Events

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| Homecoming Week | Oct. 12 th – Oct. 17 th |
| HS Lip Sync 6:30 PM | Oct 14 th |
| Tailgate Party – FB Game | Oct. 16 th |
| Homecoming Dance No tickets at the door | Oct. 17 th |
| HS Fall Recital | Oct. 18 th |
| Endowment Dinner w/ Mike Ditka | Nov. 17 th |

MS Lacrosse Tryouts

Faith MS boys lacrosse will be holding tryouts for the spring 2010 season. All MS boys are welcomed. No lacrosse experience is needed.

When: Monday, Nov. 9th

Time: 5:30 – 7:00

Where: Football Field

The tryouts begin on Nov. 9th and will run through December giving athletes and their parents time to decide on a commitment to the lacrosse program.

More information:

www.Crusaderlax.com

What's your "Faith" story?

Faith is tweaking its marketing message and Mr. Dunning need some testimonials from parents/guardians about their Faith experience.

One way to help is to send him an email with answers to the following: "Faith was the right choice for my student because....."; or "The best thing about Faith is....."; or if you have a story about how the Faith experience has impacted your family, please share! Email your responses to Dunningk@faithlutheranlv.org or respond via his blog *Faithnotes* which you can access through the school's website.

Scholarship Endowment Gala

Tuesday, November 17th
*Spend the evening with Pro
Football Hall of Famer
Mike Ditka*

Red Rock Casino Resort and Spa

Watch the mail for your invitation!

Homecoming Week Events

Monday, Oct. 12 – Chapel Day, Uniforms only

Tuesday, Oct. 13 – African Safari Day

MS Lip Sync Contest

Wednesday – Oct. 14 – American Day

HS Lip Sync Contest

Thursday, Oct. 15 – Caribbean Day

Friday, Oct. 16 – Spirit Day, Maroon & Gold, Jeans OK
Homecoming Game

Saturday, Oct. 17 – Homecoming Dance

See complete list of dress rules and events below!

Fall Music Recital Series



Chapel Performing Arts Center

Sunday, October 18

HS Choir, Handbells, & Vocal Ensemble

4:00 pm

Sunday, October 25

Wind Ensemble, Jazz Band & String Ensemble

4:00 pm

Trip to Italy, Easter 2010

The trip to Italy during Easter of 2010 is currently at capacity. If you were still thinking about going, check with Mrs. Worl before November 1st in the event one of the group members has to drop. Be advised that the price has gone up slightly.

Homecoming Activities

“Around the World”

- 10/15 **Caribbean/Pacific Islander Day**
- 10/16 **Spirit Day**
Assembly @ 2:15
Tailgate Party @ 5:00-7:00
Football Game @ 7:00
Homecoming Court Introduced @ halftime
Homecoming King and Queen announced @ halftime
- 10/17 **Homecoming Dance**
“A Night Around the World”
7:30-10:00 in the Student Center

Flu Update at Faith

We are now up to ten confirmed cases of H1N1 flu. The good news is that this wave of illnesses seems to have ended. Yesterday was very much a normal day (less than 3% absenteeism). We have added two hand sanitizers in the cafeteria so students can go germ-free into their lunch times. Thanks to Mrs. Bonnie Helms for passing on this chart that can be helpful in doing so home diagnosis.

Know the Difference between Cold and H1N1 Flu Symptoms

COLD

H1N1 FLU

Fever

Fever is rare with a cold.

Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.

Coughing

A hacking, productive (mucus-producing) cough is often present with a cold.

A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).

Aches

Slight body aches and pains can be part of a cold.

Severe aches and pains are common with the flu.

Stuffy Nose

Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.

Stuffy nose is not commonly present with the flu.

Chills

Chills are uncommon with a cold.

60% of people who have the flu experience chills.

Tiredness

Tiredness is fairly mild with a cold.

Tiredness is moderate to severe with the flu.

Sneezing

Sneezing is commonly present with a cold.

Sneezing is not common with the flu.

Sudden Symptoms

Cold symptoms tend to develop over a few days.

The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.

Headache

A headache is fairly uncommon with a cold.

A headache is very common with the flu, present in 80% of flu cases.

Sore Throat

Sore throat is commonly present with a cold.

Sore throat is not commonly present with the flu.

Chest Discomfort

Chest discomfort is mild to moderate with a cold.

Chest discomfort is often severe with the flu.

*****The only way to stop the spread of the epidemic is to spread the awareness.**