



February 2012 Edition



The Thurmanator Thought...

OHS Class Registration Gearing Up

The Olympia Guidance Department is beginning the course registration process for next year's classes. Students will receive information about this process during class meetings and as part of the advisory period.

Parents are encouraged to assist their student during this process. A valuable tool to use is the on-line course manual found under the high school and guidance office information tabs on the district webpage or at http://www.olympia.org/pages/uploaded_files/Course%20Manual%2011-12.pdf.

Another valuable tool is the Olympia Career Cruising website found at <http://www.careercruising.com>. The username for this site is Olympia and the password is careers. We also request that parents sign the class registration form, which notates a parent's participation in the process.

Registration meetings will follow this schedule:

Prospective Seniors: January 31, and February 1

Prospective Juniors: February 7, 8

Prospective Sophomores: February 14, 15

Prospective Freshman (8th Grade) Orientation:

February 28 at 6:00 p.m.

Sincerely,
Lance Thurman, Principal

Important Dates

February

- 8 Early Dismissal
- 13 Board of Education Mtg.
- 14-15 Parent/Teacher Conferences
- 17 No School
- 20 No School President's Day
- 22 Late Start

March

- 9 Report Card Release
- 12 Board of Education Mtg.
- 21 Late Start
- 26-30 Spring Break

April

- 6 No School
- 9 Board of Education Mtg.

May

- 14 Board of Education Mtg.
- 16 Final Exams/Last Day for Seniors
- 17 No School Teacher's Inst. Senior Trip
- 18 Students' Last Day Graduation Practice Report Card Release Baccalaureate
- 20 Graduation Ceremony

Notes from the Nurse...

Cold season has hit. I have seen many students in my office with cold symptoms. Colds usually begin abruptly with a sore throat. That is followed by symptoms such as clear nasal drainage, sneezing, fatigue, and sometimes a low-grade fever (below 101 degrees F). Postnasal drip causes the sore throat and cough that accompany colds. For the first few days of a cold, your nose drips with watery nasal secretions. Later, these secretions may become thicker and darker. Dark mucus with a cold virus does not necessarily mean that you have developed a bacterial infection, so don't beg your doctor for an antibiotic.

A mild cough is a common cold symptom. The cough won't get much worse, but this common cold symptom is likely to last into the second week of your cold. If you suffer with asthma or other lung problem, a cold may make it worse. If you are coughing up dark mucus -- or if you are feeling a lot of distress in the lower parts of your lungs -- you may have a bacterial infection. It's a good idea to touch base with your doctor to find out if you need to be seen.

Usually, there is no fever with common cold symptoms. In fact, fever and more severe symptoms may indicate that you have the flu and not a cold. Common cold symptoms usually start between one and three days after you are infected by a cold virus. They usually last for three to seven days. You may feel congested for a week or more. During the first three days that you have common cold symptoms, you are contagious. This means you can pass the cold virus to those you come in contact with. It is important to wash your hands to decrease the passing of germs. Wash down highly used surfaces like kitchen and bathroom counters, bathroom sink handles, toilet handles, tv remotes, computer keyboards/mouse, door handles and phones with antibacterial wipes.

Treat the symptoms with over the counter medications. Read labels because many cold medications have multiple ingredients. Drink fluids and get plenty of rest.

Call the doctor if:

- Unable to swallow.
- Sore throat for more than five days.
- Earache.
- Stiff neck or sensitivity to bright lights.
- Sore throat with a temperature of 101 degrees F or higher.
- Symptoms worsening after the third day.(May indicate a bacterial infection.)
- Sinus pressure and thick yellow, green mucus for more than a week.(May indicate a sinus infection.)



OLYMPIA SPARTANS OLYMPIA SPARTANS OLYMPIA SPARTANS OLYMPIA SPARTANS

OHS Freshman Orientation

Olympia High School will be hosting an 8th grade orientation night on **Tuesday, February 28, 2012** at 6:00 p.m. in OHS auditorium. This orientation is intended for incoming freshmen students and their parents. OHS counselors, along with OHS principal Lance Thurman, will present the following information:

- Academic Requirements & Expectations
- Career Cruising
- Activities Eligibility
- Academic Resources
- College admissions standards and academic achievement testing

There will be a short question and answer session following the presentation. For additional information, please call the OHS guidance office at 309-379-5911, ext. 9023.

NEW VACCINE LAW **STARTING 2012-2013**



For the 2012-2013 school year, the Tdap vaccine will be required for all students in 6th grade and 9th grade. The reason for this change is that there has been an increase in pertussis (whooping cough). Don't confuse this vaccine with DTaP or Td. ***It will need to be done even if your student has previously had DTaP or the Td booster.***

Tetanus, diphtheria and pertussis can be very serious diseases.

- **TETANUS** (Lockjaw) causes painful muscle spasms and stiffness, usually all over the body. It can lead to tightening of muscles in the head and neck so the victim cannot open his mouth or swallow, or sometimes even breathe. Tetanus kills about 1 out of 5 people who are infected.
- **DIPHTHERIA** can cause a thick membrane to cover the back of the throat. It can lead to breathing problems, paralysis, heart failure, and even death.
- **PERTUSSIS** (Whooping Cough) causes severe coughing spells which can lead to difficulty breathing, vomiting, and disturbed sleep. It can lead to weight loss, incontinence, rib fractures and passing out from violent coughing. Up to 2 in 100 adolescents and 5 in 100 adults with pertussis are hospitalized or have complications, including pneumonia and death.

These three diseases are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts, scratches, or wounds. "DTaP is a vaccine that lets children younger than 7 develop immunity to 3 deadly diseases caused by bacteria: diphtheria, tetanus, and whooping cough (pertussis). Tdap is a booster immunization that offers continued protection from those diseases for adolescents and adults.

Both vaccines contain inactivated forms of the toxin produced by the bacteria that cause the three diseases. Inactivated means the substance no longer produces disease, but does trigger the body to create antibodies that give it immunity against the toxins. DTaP is approved for children under 7. Tdap, which has a reduced dose of the diphtheria and pertussis vaccines, is approved for adolescents starting at the age of 11 or 12 and adults ages 19 to 64.

Immunity wears off over time so the current recommendation is that everyone needs a booster shot for tetanus and diphtheria every 10 years after first being immunized. That booster comes in the form of a vaccine called Td. But since immunity to pertussis also wears off during childhood, a weaker form of the pertussis vaccine has been added to the booster to make the vaccine Tdap. The current recommendation is that one dose of the Tdap vaccine be substituted for one dose of the Td vaccine between the ages of 11 and 64.

Children ages 7 through 10 who aren't fully vaccinated against pertussis, including children never vaccinated or with an unknown vaccination status, should get a single dose of the Tdap vaccine. Teens 13 through 18 who haven't gotten the Tdap vaccine yet should get a dose, followed by a booster of tetanus and diphtheria (Td) every decade." (CDC)

If you have any questions please contact Melissa Pfeffer, Olympia District Nurse, at 379-5911 ext. 9045.