

EAGLE NEWS

NOVEMBER 10, 2009

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EVERYONE'S TALKING ABOUT THE FLU

The following information was gathered from the Centers For Disease Control and Prevention website. If you would like to look at more information, visit www.cdc.gov.

How do I know if I have the flu?

You may have the flu if you have some or all of the following symptoms: Fever, Cough, Sore Throat, Runny or Stuffy Nose, Body Aches, Headache, Chills, Fatigue, Sometimes diarrhea and vomiting.

* Not everyone who has the flu will have a fever

What should I do if I get sick?

You should stay home and avoid other people except to get medical care. Some people should be a little more cautious and seek medical

advice if they have symptoms. Those people are:

children younger than 5, especially younger than 2, people 65 and older, pregnant women, people with chronic illness or any other severe medical condition.

What are the emergency warning signs?

In children:

Fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or interacting, being so irritable that they don't want to be held, flu symptoms that disappear then return with a fever and worse cough, fever with a rash.

In adults:

Difficulty breathing or shortness of breath, pain or pressure in the

chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.

What are some steps to prevent the spread of the flu?

Wash your hands often with soap and water or use an alcohol based hand sanitizer.

Don't share personal items like drinks, eating utensils or food.

Cover your mouth and nose when you cough or sneeze with your elbow, arm or sleeve instead of your hands.

Stay home for **24 hours** after your fever and all flu symptoms are gone without the use of medication.

Keep children home from school when they are sick.

Chorus Concert

The BMS sixth grade chorus will be presenting a concert on November 29th at 6 pm with a reception immediately following. The concert will be held at Dover Baptist Church in Shelby. The Public is invited. For more information see Mrs. Ashley Smith.

IT'S SHOWTIME!

Parents please help us by reviewing these expectations with your child. It is our intent to provide a successful educational experience in our school. The students must accept and adopt responsible behavior for this to occur. Burns Middle School has adopted school-wide expectations based on the Showtime theme. These expectations are as follows:

S – Show respect and responsibility One person talks at a time.

Use appropriate language. Protect materials and equipment.

H – Hands and feet to self Maintain physical space. Keep distance between yourself and other students

O – On time and ready Bring required materials. Move toward your class promptly. Be ready to participate.

W – Will follow directions Stay on task. Listen to all adults. Respond to adult directions. Be cooperative.

SISTERS DO THE RIGHT THING

Victoria and Vanessa Hampton are the October BMS nominees for The Shelby Star's Do The Right Thing Award.

Victoria and Vanessa are in the seventh grade. Victoria is on Team China and Vanessa is on Team Australia. They were nominated by our school social worker, Ms. Theresa Jones.

Ms. Jones supervises students during morning breakfast. She said that Victoria and Vanessa

help her make sure the cafeteria is clean and neat by wiping tables, picking up trash and arranging the tables and chairs after breakfast each morning.

Ms. Jones also noted in her nomination that Victoria and Vanessa have "adopted" another student at breakfast time. The student they have adopted has physical limitations that make it difficult to carry food. Victoria and Vanessa often carry this student's tray. They also make

sure that all the trash and clean up is taken care of after the student finishes eating breakfast. These helpful and caring sisters make sure that every morning is a trouble free time for this student so breakfast is an enjoyable experience.

Thanks ladies for having a positive impact on our school everyday. Your dedication to the service of others is truly outstanding!

MODEL UN SERVICE

The BMS Model United Nations is adopting a U.S. Army platoon stationed in Iraq. The platoon is comprised of twenty men and four women. This will be a year-long service project. The BMS Model UN hopes to provide the military personnel with small gestures of support. They will be sending items to the platoon throughout this school year. The first box has already been sent. If you would

like to contribute items for the next box to be shipped, please contact Mrs. Fischbach.

The following items are being collected:

Greeting Cards (homemade or bought), personal letters (please do not include personal addresses or phone numbers), pictures or postcards from our area, crossword puzzle/word search/

sudoku books, magazines, DVD's or CD's (used in good condition is okay), toiletries, wipes, snack foods, small toys to give to local children (This builds a positive rapport with the local Iraqi people), playing cards, candy (that doesn't melt), gum, fruit snacks, granola bars

Please join the Model UN to help make a difference in the lives of our Troops.

IT'S VOLLEYBALL SEASON!

Come out and support our Lady Eagle Volleyball team at their home matches this season. Coach Smith is looking forward to a really great season.

November 12 vs. King Mtn.

November 18 vs. Crest

November 19 vs. N. Lincoln

December 1 vs. W. Lincoln

December 8 vs. Lincolnnton

December 15 vs. E. Lincoln

December 16 vs. Shelby

The members of the 2009 Volleyball team are:

Amber Williams

Ashlea Houston

Bet Saenz

Brittany McMurry

Caitlyn Butler

Claire Corby

Emily Turner

Hannah Cook

Jasmine King

Katherine Powell

Kayla Childers

Meredith Branch

Morgan Gettys

Tia Page

Valerie Walker

Ecology Club News

The BMS Ecology Club is beginning to form its new group for the 2009-2010 school years. There is a membership fee of \$3.00. The Ecology Club hopes to work on a school-wide recycling program and giving the school grounds a good cleaning.

This spring members may be planting some new flowers and other plants around our campus.

Meetings will be held once a month. If you are interested, see Mrs. Mackall.

Spanish Club News

Spanish Club will meet on the 2nd and 3rd Tuesdays

in November.

Special Thanks to 6th Grader, Sam Greene, for her outstanding shadow box depicting the celebration of the Mexican Holiday, Day of The Dead.

Yearbook Reminder

If you plan to purchase a 2009-2010 yearbook you must do so by mail or online at

www.smart-pay.com.

Forms for mailing in your order can be picked up in the front office.