

# WILLIAM S. COHEN SCHOOL NEWSLETTER DECEMBER 2009



## Cancellation of After School Activities

During the winter months, it may become necessary to cancel after school activities due to inclement weather conditions. Whenever the weather forecast calls for deteriorating conditions, parents should expect that after school activities will be cancelled. You should listen to the three local television stations or the following radio stations for confirmation; WABI 9.10 AM; WKSQ 94.5 FM; or Q106.5 FM. Parents may also go to the Cohen page on bangor-schools.net for updates.

When severe conditions are present, the decision to cancel will be made by 11 a.m. If uncertain conditions are present, the decision may be postponed until 1 p.m.

## FITNESS REPORTS

In physical education classes this fall, all students have been participating in physical fitness testing. The series of five tests are endorsed by the President's Council on Physical Fitness. Students were tested in the mile run, curl-ups, pull-ups, shuttle run, and the sit and reach. Each student received a report of their results and comparisons with other students their age, based on national norms. These reports were sent home with report cards to share with parents. Please contact Ms. Richards or Mr. Clark if you have questions or did not receive this report.



## Lost Items

Please remind your children to check in the main office or the Lost & Found for any clothing or lost items. We seem to be accumulating many items. Thank you.



## Student Cell Phone Use at Cohen



Cohen students are welcome to bring cell phones to school, but they must be turned off and stored in their lockers between 8:10 a.m. and 2:30 p.m.

Students who have cell phones in their possession, or who use cell phones during regular school hours, face progressive disciplinary actions. For the first offense the student loses the phone for the day and the parents are notified. The student may retrieve the cell phone at 2:30 p.m. If there is a second offense, the student will lose his or her privilege to have a cell phone at school for one month. For a third offense the student will lose his or her privilege to have a cell phone at school for the rest of the school year.



## MARK YOUR CALENDAR

December Break      December 24th—January 3rd

Martin Luther King Day      January 18th

2nd Quarter Ends      January 22rd

## BOOK FAIR

Books Books and More Books...It's the fifth annual Cohen Library Book Fair! Books and calendars are supplied by a local vendor and will include books for the entire family. Board-books, cookbooks, calendars and more are offered at a 25% discount! Books are wonderful gifts for any gift giving occasion. Profits from this year's fair will go towards purchasing new books for the library. Volunteers are needed to make the fair the best ever. Call or email Mrs. Soucie in the library if you have 2 hours to spare. Fair hours will be:

**WEDNESDAY, DECEMBER 8TH — 8:00 AM — 8:00 PM**

**THURSDAY, DECEMBER 9TH—8:00 AM—8:00 PM**

**FRIDAY, DECEMBER 10TH—8:00 AM — NOON**



To volunteer call Mrs. Soucie @ 941-6230 (ask for library) or email her at [psoucie@bangorschools.net](mailto:psoucie@bangorschools.net). We will need volunteers for publicity, set up, cashiering, helping students find books and for packing up the leftovers.



## NURSE'S NOTES: Jackie Ireland, RN



What is lice? What do they look like? How are they spread?

The following information on lice is provided so individuals have a better understanding of lice and what it is. Lice are tiny, white insects that may live on the skin, hair, or clothing. They feed by biting the skin and sucking blood. Lice are common in children who go to school or daycare. The spread of lice occurs with close contact with an infested person on his or her clothing, hats, bedding, towels, brushes or combs.

Life Cycle of Head Lice:

Day 0—An adult female head louse lays an egg called a nit on a human hair shaft.

Day 6 to 7—A baby louse called a “nymph” hatches from the nit.

Day 8 to 9—The nymph sheds its outer shell or molts, 2 days after hatching.

Day 11 to 12—The nymph molts again, 5 days after hatching.

Day 16 to 17—The nymph molts a third time and is now an adult louse capable of reproducing.

Day 17 to 19—The female louse lays the first nit 1 to 2 days after mating.

Day 19 to 32—The female louse lays approximately 4 to 8 nits each day for the next 16 days.

Day 33 to 35—The louse dies after a lifespan of 33 to 35 days.

Symptoms: Severe nighttime itching that does not go away after a few days.

Treatment for head lice include olive oil treatment and nonprescription medicine such as NIX or RID. Other prescription treatments are available by contacting your physician, especially when individuals have failed first line treatments. (Following instructions carefully and aggressively.) After treating the hair, it is necessary to inspect and comb hair in small sections for any nits. It is necessary to remove all lice eggs called “nits” from the hair shaft. Lice are usually most prevalent behind the ears, the nape of the neck and the back top of the head.

It is very important to wash bedding, towels, pillows, clothing, and vacuum upholstered furniture and carpeting, to get rid of lice in your home and to avoid reinfestation. It is recommended that stuffed animals and fabric items of that sort be placed in large trash bags and tied off for 2 weeks.

The Bangor School Department has a “No Nits” policy which means that students may not attend school unless they are nit free.



### District Five Junior High Honors Festival

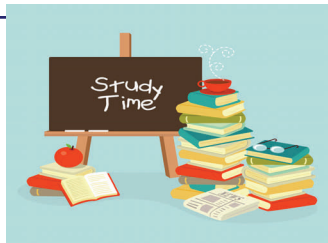
Congratulations to the three choral students selected to the District Five Junior High Honors Festival.

### Bangor Middle Schools Holiday Concert



This year's concert will be on December 22nd at 7:00 p.m. at Peakes Auditorium. Participants are asked to dress in black and white. Students should arrive at 6:30 p.m. A reception will follow the concert.

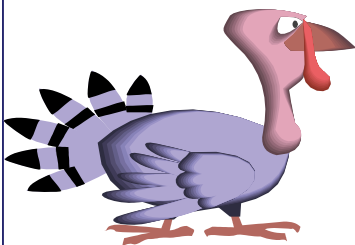
Admission is free and all are welcome!



### After-School Library

The library will be open after school from 2:45 p.m.—4:00 p.m. Monday through Friday. Students come to the library on their own initiative to read, find books, study, do homework or do research. The library is a quiet alternative to the Activity Room.

### STUDENT COUNCIL NEWS



After decorating boxes, the student council collected nonperishable food items for Thanksgiving. Students were asked to bring in what they could to support needy families in our area. The food drive took place from November 9-20. Items collected included canned vegetables, cranberry sauce, gravy, pie filling, boxes of pie crust, canned fruit and juice. The student council donated the turkeys, dinner rolls and potatoes.

### DANCE—DANCE—DANCE—DANCE—DANCE—DANCE—DANCE—DANCE—DANCE

The first dance will be held on **DECEMBER 18TH** from 6:00—8:00 p.m. Admission is \$3.00. Food and drinks will be sold.



### COHEN BOOSTERS



The Cohen Boosters would like to introduce a new line of WSCS Sportswear. A variety of sweatshirts, sweatpants, tee shirts, shorts and LOTS more! You are welcome to see these items on display at the book fair, December 8 thru December 10, in the Cohen library. Items will also be on display at the home basketball games. We will have order forms with prices available. Take pride in our school and show our WSCS SPIRIT.

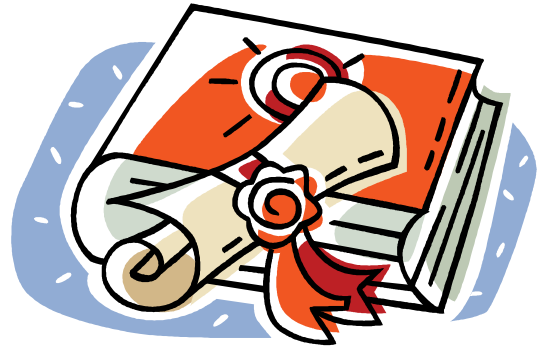


Any questions you can call Kim Willette @ 990-5967.



## YEARBOOK

**YEARBOOKS ON SALE NOW.** If you or your child wish to purchase a yearbook, please fill out the order form below and send to school. The price is \$20.00. Make all checks payable to the William S. Cohen School. The deadline for ordering yearbooks is December 22, 2009.



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### YEARBOOK ORDER FORM

Student Name: \_\_\_\_\_ Homeroom \_\_\_\_\_

\$20.00      Cash \_\_\_\_\_      Check \_\_\_\_\_      Date Purchased \_\_\_\_\_

RETURN THIS SLIP WITH YOUR MONEY TO MRS. SOUCIE IN THE LIBRARY.

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### YEARBOOK PATRON

Please consider being a patron. Fill out the form below and send to Mrs. Soucie in the library. Checks should be made payable to the William S. Cohen School.

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### YEARBOOK PATRON FORM

\_\_\_\_\_ A basic patron \$20

Please print our/my name as follows in the Cohen yearbook.

