

# CVMS NEWS

Expect Academic Excellence; Let Education help you Soar

## Events

### February 1

8th Grade Dance Planning Meeting,  
CVMS Cafeteria, 6:00 pm

### February 2

Father-Daughter Dance, The  
Colonnade, Ringgold, 6:00-9:00  
pm, \$5

### February 5

FFA Week Begins, wear blue and  
gold or FFA shirt

### February 6

FFA 50's Day

### February 7

- Baseball Tryouts, 3:30-5:30 pm
- FFA Cowboy/Cowgirl Day

### February 8

- Golf Tryouts, 3:30-5:30 pm
- FFA Hat Day, \$1 donation goes to St. Jude's
- Valentine's in the Valley, dinner and band concert, Church of the Nazarene, 6:00 pm, \$10 per person or \$30 for four people

### February 9

- 8th Graders vs. Faculty Basketball Game
- FFA wear favorite team's shirt
- Georgia Civil War Commission Art Contest Deadline
- Golf Tryouts, 3:30-5:30 pm
- Valentine's Dance, CVMS, 6:00-8:00 pm, \$8 admission, includes one photo, concessions will be available

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## Spelling Bee Winners

Rayla Haag won the CVMS Spelling Bee after 18 rounds with the word, "variegated". Katey Llewellyn earned second place and Matthew Yaeger will be the alternate at the Walker County Spelling Bee on February 2. Thank you to Mrs. Mason for organizing our Spelling Bee, Mrs. Carstens for pronouncing the words, and Mrs. Price for helping judge. Also, thanks to Floyd Distributing for their generous snack donation.

## Progress Reports and Report Cards

Walker County Schools no longer send home printed progress reports and report cards. Instead, parents and students use Power School (<https://walkerschools.powerschool.com/>). If you need your students Power School log in information, please email [natalieunderwood@walkerschools.org](mailto:natalieunderwood@walkerschools.org) or call the office (706-820-0735).

## Events (continued)

### February 12

- Soccer - Boys Try Out, 3:30-5:15 pm
- Track - Girls Try Out, 3:30-5:00 pm

### February 13

- Soccer - Boys Try Out, 3:30-5:15 pm
- Track - Girls Try Out, 3:30-5:00 pm

### February 14

- Soccer - Girls Try Out, 3:30-5:00 pm
- Track - Boys Try Out, 3:30-5:00 pm

### February 15

- Girls STEM Day, Chattanooga
- State, 9:00 am-1:00 pm, free (lunch included)
- Soccer - Girls Try Out, 3:30-5:00 pm
- Track - Boys Try Out, 3:30-5:00 pm

### February 26

8th Graders Tour RHS, 8:30-11:00 am

### February 27

- 8th Grade Parent Meeting, RHS, 6:00 pm
- Baseball @ Saddle Ridge, 5:00 pm

## Scoliosis Screenings

Scoliosis Screenings for 6th and 7th grade will be conducted by Walker County School Nurses and Health Department Tuesday, March 6. Information will be sent home with your student in the upcoming weeks. Parents, if you DO NOT wish to have your child screened, there will be a form you can sign and return to school. Otherwise, your student will be screened.

## Students of the Month

Congratulations and thank you to students of the month. Your actions and attitude make our school a better place! The outstanding students of January are Camby Arthur and Ryson Haag (6th), Addison James, Dixie Locke, Brianne Pierce, Slade Price, Isaac Woodall (7th), Jeb Broome, Ben Doveton, Mitchell Doveton, Carlos Guillen, Treasure Shaker, Colleen Thomas, Jamari Winston (8th), and Jonah Barksdale (Technology).

## Cold Versus Flu Questions & Answers

### *What is the difference between a cold and the flu?*

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

### *How can you tell the difference between a cold and the flu?*

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

### *What are the symptoms of the flu versus the symptoms of a cold?*

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Content source: Centers for Disease Control and Prevention, January 30, 2018

## Note from the School Nurse

Due to the widespread of the flu, please keep your child home if he or she has a temperature of 100 or greater (before giving a fever reducer). Students should be fever-free for 24 hours before returning to school from the flu.