

Omaha Christian Academy

News & Notes

October 30, 2009

H1N1 Update

Small vaccine shipments have arrived and Douglas County has given priority to high risk groups. A vaccine delivery plan is in place for public and private schools, but these plans are tentative and subject to change. Such delivery information will be relayed via various media outlets at a later date. The vaccination is not mandatory but is encouraged by the CDC for individuals under 25 years of age. No fee will be charged for the vaccinations given through Douglas County Health Department. The vaccination is not mandatory.

Currently, OCA has had no confirmed H1N1 illnesses among our students; however, some physicians have diagnosed students with H1N1 symptoms. OCA will accommodate Douglas County's delivery plan in order to provide vaccinations for students, and requires a signed consent form from parents prior to receiving vaccination.

The Vaccination Information Sheet is provided for you. Please feel free to call me with any questions or concerns regarding the H1N1 vaccination.

The best course is to be proactive with actions to stay healthy;

- Wash your hands often with soap and water or alcohol based hand rub
- Rest
- Stay hydrated, proper diet
- Cover your nose and mouth with tissue with cough or sneeze
- Stay home when sick (24 hours after fever is gone)

Linda Gingrich, RN
School Nurse

**OCA is pleased to announce that
Linda Gingrich is our new volunteer part-time school nurse.**

Friday, November 6 students will be dismissed at 12:30 pm

The afternoon will be used for Teacher-In-service so the faculty may begin to work on ACSI Accreditation. More information about accreditation will be in next week's *News & Notes*.

Lunch will be served to preschool, elementary and middle school students, however high school students will not be eating lunch at school.

After school childcare will be available beginning at 12:30 pm. Please email Tammi Colegrove at tcolegrove@ocamail.org if your child will be going to after school childcare.

School Calendar	
Oct. 30	HS Band Clinic @ Grace U. - 1:49 pm
Oct. 30	HS Band Festival @ Grace U. - 7:00 pm
Oct. 31	Quiz Bowl @ Ralston HS - 9:00 am
Nov. 2	VB Sub-Districts @ David City - OCA vs East Butler @ 5:00 pm
Nov. 3	VB Sub-Districts @ David City
Nov. 3	7th Grade to Omaha World Herald & First National Bank - 9:30 am
Nov. 4	Physics to Dr. Curry's @ 9:00 am
Nov. 6	1/2 Day of School - Students dismissed at 12:30 pm
Nov. 6	MS Field Trip to Opera Omaha - 9:15 - 11:15 am
Nov. 8	HS Band @ Temple Baptist Church - 6:00 pm
Nov. 13	Harvest Party - Kdg., 1st, 2nd & 3rd Grade - 2:00 pm
Nov. 14	Quiz Bowl @ Bryan HS - 9:00 am
Nov. 17	NFC Vocal Clinic @ NE Lutheran - 2:00
Nov. 17	NFC Vocal Concert @ NE Lutheran - 7:00 pm
Nov. 19	One Act Play @ OCA Cafeteria - 7:00 pm
Nov. 20	MS Ice Skating Party @ Tranquility Ice Rink - 2:00-4:00 pm
Nov. 20	One Act Play @ OCA Cafeteria - 7:00 pm
Nov. 23	NFC One Act Play @ Cedar Bluffs
Nov. 26-27	No School Thanksgiving Break
Dec. 3	JV B/V G&B BB vs College View - 4:45/6:15/8:00 pm - Location TBA
Dec. 4	V G&B BB @ Bancroft-Rosalie - 6:15/8:00 pm
Dec. 7	Board Meeting - 6:30 pm
Dec. 8	Elementary Christmas Concert - 6:30



Don't Forget...
Turn your clocks back one hour on Saturday night.



**OCA YOUTH SPORTS
 BASKETBALL SIGN-UPS
 K-6TH Grade**



Season: 1/9/10 to 2/28/10

Registration: 10/30/09 to 11/13/09

Important Change: In order to receive the team rate of \$51.00, OCA must field 4 or more teams per season.

Cost: \$51.00 - OCA Team Rate

Cost: \$72.00 - West YMCA Non-member Rate

Cost: \$41.00 - YMCA Members - Register & pay at West YMCA

Parents may register their students at school on Monday & Tuesday, November 2nd & 3rd or parents may mail the registration and fee. Mailed registrations must be postmarked 10/30/09-11/13/09.

- Make checks payable to: Youth Sports
- Checks will be deposited no sooner than Saturday, November 14, 2009
- Mail registration form & check to:
 Youth Sports, c/o Joyce West, 6813 N. 102nd Circle, Omaha, NE 68122
- OCA families receive first priority, but neighbors, friends, etc. are welcome to register.
- Consider being a coach; Each OCA team needs a coach
- If an OCA team cannot be fielded your check will be shredded (unless you send a self-addressed stamped envelope with your Registration Form.

Parents talk to the other parents in your child's class and encourage them to sign-up!

Old Chicago "PizzaPalz" For Sale By High School Band Members!

High School Band students are now selling Old Chicago coupons for pizza, called PizzaPalz. Each coupon sells for \$11.00, and is good for one large pizza, maximum value of \$22.00. Please see a band student, or call the office for this great value. Proceeds will help fund next year's HS band tour.



Foreign Exchange Student Program

In order to promote global awareness in our families and classrooms, we would like to bring exchange students for 2010. The students will be in the 3rd through 7th grade and attend school from January to December 2010 (spring and fall semester). We are looking for host families who would like to experience an exciting cultural exchange and broaden perspectives on the world. It will be a great educational experience for all the people involved, and it will be a lot of fun! The students, who are carefully selected, come to your home hoping to learn and experience American culture, language and values. Please call the school office or KoAm Education Alliance's area coordinator, Mison Cowell at 991-4616 or 301-5257 for more information. You can also learn more about KoAm and what they do at KoAm's website: www.koameduall.org.

CHECK THIS OUT! ✓

Log on to Sycamore Education. On the home page you will find a link called "Maps to Athletic Events". On the right hand side of the page under the blue "Featured" banner click on "Links." Follow the link to Google Maps where you will find a map to the location of OCA athletic events. You can even personalize the directions from your location! [Please keep this link within the OCA family since it discloses the locations of many schools and could potentially be a security risk.]

Congratulations!

Congratulations to Brooklyn Hayes. She won the Yearbook drawing for the \$50.00 cash prize.



"Oh, give thanks to the Lord, for He is good! For His mercy endures forever".

Psalm 136:1

OMAHA CHRISTIAN ACADEMY

10244 Wiesman Dr.
Omaha, NE 68134

Phone: 402-399-9565
Fax: 402-399-0248

E-mail: ktulsie@ocamail.org
www.omahachristianacademy.org



Excellence in Christ-centered Education

ADOPT-A-STAFF MEMBER

Each year school families adopt OCA faculty and staff members and serve as their “secret family” during the school year. You will receive a “Favorites” list for the staff member that list their favorite snack, gum, beverage, etc. You may surprise them with small gifts and pray for them throughout the year. If you would like to Adopt-a-Staff member please contact Patricia Lempeotis on her cell phone, 941-320-1367.

ATTENTION PARENTS

Photographer Jeffrey Bebee, owner of Flatland Photography has a great website full of photos of OCA students at sporting events, music events and school activities. Go to www.flatlandphoto.com and order your prints today!



School Lunch Menu

	Entree	Sides/Dessert
Nov. 2	HOT— Chicken Philly Sandwich COLD—Deli Sandwich on Whole Wheat Bread	Potato Smiles Grapes Snicker Doodle Cookie
Nov 3	HOT— Hot Dog on a Bun COLD—Fajita Chicken Salad Box	Organic Baby Carrots Peaches Toll House Cookie Bar
Nov 4	HOT— Pancakes & Sausage Links COLD—Cottage Cheese and Fruit	Hashbrown Patty Orange Wedges Blueberry Muffin Bar
Nov. 5	HOT— School Pizza COLD—Chef Salad	Green Beans Fresh Pear Brownie
Nov. 6	HOT— Crispy Tacos COLD—Cottage Cheese and Fruit	Lettuce & Cheese Cup Corn Applesauce Cinnamon Crisps

Students may choose yogurt & cheese stick as a main dish alternative.

Milk will be served with all meals.

Cost: \$2.60(Pre-K-5); \$2.75 (5-12); \$1.00 Extra Entrees

This institution is an equal opportunity provider.

Cub Scout Corner

Come to Boy Scout Pack Meeting Monday, November 2, 6:30-7:30 pm. Bring popcorn order forms and unsold popcorn.

Tigers and Webelos meet 2nd & 4th Mondays immediately after school.

Bears meet Thursdays immediately after school.

OCA/West YMCA Winter Youth Sports

K – 6 Basketball

Registration Form

Season: January 9, 2010 – February 28, 2010

REGISTRATION: Sign-up at school on Monday or Tuesday, November 2nd & 3rd in the cafeteria from 3:00-4:00 pm or Mail your registration Post Marked: October 30th to November 13th No Late Registrations Accepted Send Completed and Signed Forms to: Youth Sports, c/o Joyce West, 6813 N. 102nd Ave. Cir. Omaha, NE 68122

IMPORTANT CHANGE: In order to receive the team rate of \$51.00, OCA must field 4 teams per season. This will take parent involvement, please talk to your child about Basketball sign-ups.

PRACTICES: You will be contacted about practices the week before games begin. Practices will be at various Public schools around town. Before the season starts the Y allows 2 practices a week. After the season starts only one practice is allowed to be held per week. Team coaches will pick the night and time for practices at the coaches meeting through a lottery system.

MISC INFO: Teams are formed by current grade level of each child. Boys K-6th grade teams will play on Saturdays. All OCA teams K-6 will be co-ed playing against boy teams on Saturdays. Unless girls' team only (1-6) is requested on registration form and marked Yes to YMCA team. Girls' teams that are playing on a YMCA team will play their games on Sundays.

WEST YMCA INFO: The YMCA will provide game balls. K: mini ball, 7' basket; 1 & 2: junior ball, 8' basket; 3 & 4: Women's ball, 9' basket; 5 & 6: women's ball, 10' basket. Everyone will play at least one half of every game, there will be an emphasis of participation, teamwork, and fair play. At the YMCA and the Youth Sports programs, winning is not emphasized at the recreational level. You must provide your players own medical insurance and personal equipment as needed. Basketball shoes required.

COACHES: There must be a volunteer coach for every OCA team! Sports specific knowledge is helpful to be a coach, but not mandatory. Enjoying children, wanting to teach, and being a positive role model is the most important qualifications. Each coach must be able to hold practices once a week. If there is not an OCA team coach and you want your player to be on a Y team; you must mark Yes to YMCA.

SHIRTS: All Basketball players must have a number on their shirt. If you have a navy and gold shirt with a number on it, you're all set. If not, you will need to purchase an OCA shirt. This shirt will be worn for all OCA team sports through Youth Sports. Shirts will be delivered the week games begin. Youth Sizes: YS 6-8, YM 10-12, YLG 14-16 Adult Sizes: AS, AM, AL, AXL If your child is on a Y team, you must acquire a Y shirt through the West YMCA.

No one may sign up more than 2 kids that are not their own. Registration is on a first come, first serve basis. OCA families will always have priority. If we can not put your child on a team matching your requirements, your check will be shredded; unless a self-addressed stamped envelope is enclosed with your registration form. Help form OCA teams – Sign-Up Early!

OCA Youth Sports Winter Registration Form

Child's Name (one per form please) _____

Address: _____ Zip: _____ HM #: _____ Cell #: _____

Email Address: _____ Interested in Coaching or Assistant Coaching? _____

Your child will only be moved up a grade, if specified "Yes" on registration: default is NO.

(current) Birth date SEX GRADE Move Up a Grade? Shirt \$9.00? Girls Team Only? / / M F Yes or No Size: Y or A Yes

If your child wants to play on a Y team: YMCA Members (\$41) & Non-Members (\$72) need to register in person at the West YMCA.

Table with 4 columns: Description, Amount, Currency, Total. Rows include OCA TEAM - Basketball Fee (\$51.00), OCA Team - Shirt Fee (\$9.00), and Total.

I have read and understand the above and give my permission for my child to participate:

Date: _____ Parent Signature: _____ Parent Name(s): _____

Any questions? Do not call the school! Call Joyce West, Youth Sports Committee Co-coordinator at 659-0492 or Email: joycewest@workware.com. Watch "News & Notes" for updates!

Magazine Sale Update



There is still some finalizing and actually orders are still coming in!! Right now it looks like there will be **over \$5000 profit for OCA!** Plus 35 magazines were purchased or renewed for the OCA library! (Over 680 items purchased for over \$14,000.)

Some people may still have some orders at home that they did not bring in yet, or that were ordered them on the internet. You may still order on the internet (year round) or bring your orders in if already filled out (by 11/6). Rewards, such as tickets for the Prize Store, cannot be given, but OCA will still earn the 40% from the sale.

A big thank you to Diane Jay, Connie Henkenius, Amy Schmidt, Joyce James, Jena Cuozzo, Margie Thierstein, and Carolee Randall for their help in tabulating, preparing the library magazine information, and running the Prize Store. Their help (and experience over the years) truly helped this sale to run smoothly.

Here is a list of all the students that qualified for the Limo/Pizza lunch (K-8) and the Cosmic Bowling/Pizza lunch (9-12). To qualify a student needed to sell 14 items or 24 as a family. If you feel that your child qualified and they are not on this list, please contact the school office. A date has not been set yet for these events.

Congratulations !

- 1st Grade, Jacelyn Burggraaf, selling 14 items
- 3rd Grade, John Lim, selling 15 items
- 4th Grade, Macy Myers, selling 19 items
- 5th Grade, Grant Rye, selling 18 items
- 7th Grade, Hannah Lindsey, selling 19 items
- 8th Grade, Christian Cuozzo, selling 14 items
- 8th Grade, Jared Saiz, selling 15 items
- 9th Grade, Josh Roberts, selling 17 items
- 11th Grade, Mike Perry, selling 47 items
- 11th Grade, Brendan Byal, selling 18 items
- 12th Grade, Marissa Lindsey, selling 17 items

Your support during this sale is met with much gratitude and appreciation.



2009 H1N1 INFLUENZA VACCINE

INACTIVATED (the “flu shot”)

WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (also called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

2 How is 2009 H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu is a new flu virus. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent “influenza-like” illnesses caused by other viruses.
- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want to be protected against seasonal flu.*

Inactivated vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

A **live, intranasal** vaccine (the nasal spray vaccine) is also available. It is described in a separate sheet.

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

4 Who should get 2009 H1N1 influenza vaccine and when?

WHO

Groups recommended to receive 2009 H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, these groups should also be vaccinated:

- Healthy 25 through 64 year olds
- Adults 65 years and older

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

5 Some people should not get the vaccine or should wait

You should not get 2009 H1N1 flu vaccine if you have a **severe (life-threatening) allergy to eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

Also tell them if you have ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain Barré Syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine.

Inactivated 2009 H1N1 vaccine may be given at the same time as other vaccines, including seasonal influenza vaccine.

6 What are the risks from 2009 H1N1 influenza vaccine?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The virus in inactivated 2009 H1N1 vaccine has been killed, so you cannot get influenza from the vaccine.

The risks from inactivated 2009 H1N1 vaccine are similar to those from seasonal inactivated flu vaccine:

Mild problems:

- soreness, redness, tenderness, or swelling where the shot was given
- fainting (mainly adolescents)
- headache, muscle aches
- fever
- nausea

If these problems occur, they usually begin soon after the shot and last 1-2 days.

Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, an earlier type of swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS.

7 What if there is a severe reaction?

What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not provide medical advice.

8 Vaccine injury compensation

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at: www.hrsa.gov/countermeasurescomp/default.htm.

9 How can I learn more?

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/h1n1flu or www.cdc.gov/flu
- Visit the web at www.flu.gov



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