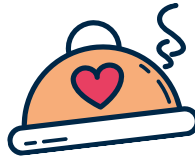


MON	TUE	WED	THU	FRI
03 Day 2	04 Day 1	05 Day 2	06 Day 1	07 Day 2



### DATES TO REMEMBER

- FEB. 6 • INFORMAL LEARNING UPDATES #2 PUBLISHED
- FEB. 14 • PRO-D DAY (STUDENTS NOT IN ATTENDANCE)
- FEB. 17 • FAMILY DAY (SCHOOL CLOSED)
- FEB. 18 • COLLABORATION DAY (ALTERNATIVE SCHEDULE)
- FEB. 28 • SCHOLARSHIP APPLICATIONS DUE



## CAFETERIA MENU

- Chilli & Garlic Toast • Monday
- Cheese Burger & Fries • Tuesday
- Spaghetti & Meat Sauce • Wednesday
- Bacon Cheese Burger & Fries • Thursday
- Sweet & Source Rice Bowl • Friday

As we are still in the respiratory illness season, cold and influenza (flu), we want to take a moment to send some reminders regarding what to do if you aren't feeling well.

**We ask all students to stay home and away from others until your symptoms resolve, your fever is gone (without the use of medicines that reduce fever, like Tylenol) and you feel well enough to participate in daily activities.**

However, it is still important for people with symptoms to stay home to reduce any potential spread of illness until their symptoms have resolved, and they are able to participate in their usual activities.

Flu Symptom

Cold Symptoms

Flu symptoms are usually much worse than a cold. The flu usually comes on suddenly and lasts longer.

Symptoms may include:

- Fever.
- Cough.
- Shaking chills.
- Body aches.
- Headache.
- Feeling very tired.

The symptoms usually are the worst for the first 3 or 4 days. In most healthy people, the flu will go away in 7 to 10 days. But it can take 1 to 2 weeks to get completely better.

Cold symptoms usually come on over the course of a couple of days.

Symptoms may include:

- Runny nose and sneezing.
- Red eyes.
- Sore throat and cough.
- Headache.
- Body aches.
- 

Colds usually last 1 to 2 weeks. As the cold gets worse, your nose may get stuffy with thicker mucus.

You can catch a cold at any time of year, but they are more common in late winter and early spring.

**Thank you for helping to keep our MacNeill Community healthy and safe!**