

A Slice of Rye

Volume 5 Issue 1

Rye High School

February 2018

Order On The Court: A Masquerade in Paris Takes Over RHS

By: Felicity Phillips

A jam-packed week for Rye High School students began Monday, January 22, with a Spirit Day of dressing like a tourist and playing Savage Woman as a lunch time activity to kick off the traditional Winter Sports Week!

Throughout the months of December and January, Student Council, under the direction of Mrs. McKinley, worked hard to assemble decorations, posters, the royalty's stage, and collaborate LTA's (lunch time activities). "These students worked very hard to make it a success," stated Mrs. McKinley. Votes were also taken by the senior class to nominate three female royalty candidates and three male royalty candidates, a tradition that started back in 1974. Austin Gookin, Nick Lewis, and Shogo Minamoto were the nominees for King. Tristan Fry, Kylie Baudino, and Donna Archer were the nominees for Queen. While

getting to know these candidates, an assembly was held on Wednesday to introduce the nominated seniors to the student body, who would later vote for one king and one queen to be crowned at the boys' and girls' home basketball game that Thursday evening. "We had a lot of compliments on our assembly, which is very appreciated," said Mrs. McKinley.

As Thursday approached, students continued to participate in daily dress up themes and the LTA's, making it a very memorable week. Adding to the excitement, huge crowds gathered into the Rye High School gym to watch the Thunderbolts battle the Denver School of Science and Technology, known as the Raptors. Though neither the boys' nor the girls' teams won, "the energy in the gym was intense and well worth the watch," Mrs. McKinley admitted. "Everyone was eager to find out who the Winter Sports King and Queen were," she continued.



Pictured above: Tristan Fry and Shogo Minamoto were crowned winter sports king and queen. (Photo by: Kayla McKinley)

As the nominees took the floor, or in this case the gym court, silence swept the bleachers and it was then finally announced that the 2018 Winter Sports King and Queen were, Shogo Minamoto and Tristan Fry. The Winter Sports week ended with a Masquerade Ball on Saturday night. The theme, A Masquerade in Paris, decked out the high school cafeteria. "Winter Sports Week went GREAT!"

Chelsea Wiant Takes Over Kim Adair's Seat

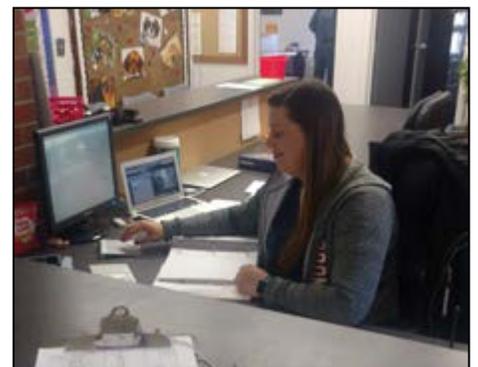
By: Max Cassidy

New secretary and former Rye High graduate, Chelsea Wiant, began working here at Rye High as our secretary a few weeks ago. One question I'm sure everyone has for themselves is who is Mrs. Wiant?

Mrs. Wiant is a lovely wife and a mom to her seven-year-old daughter who will be eight in May. Previously, Mrs. Wiant worked at Parkview orthopedics in Pueblo. She got the job as our secretary when the job opened

up because she wanted a job close to home since she lives in Rye. Mrs. Adair is now working at the administration building in Pueblo. Mrs. Wiant even graduated school here in 2006; she never would she have thought she would be working here as a secretary over a decade later.

Let's all give her a nice warm welcome to our school as she will be the first person you see when you arrive at school and the last person you see as you leave.



Pictured above: Chelsea Wiant working hard at the front desk, making sure everything runs smoothly

TSA Students Prepare to Participate in State Competition for a Second Year

By: Johnny Marquez

Technology Student Association is offered at Rye High School as an extracurricular activity for students interested in engineering, robotics, technology, music, and art. TSA is a well-known student lead organization throughout the U.S.

There are many different types of competitions that one can enter in. You can go to the state and even national competitions in many different areas. TSA has many different schools that participate in it. There are many schools from Colorado that will be at state this year. If you were to win state, you would be able to move onto nationals which is held in Atlanta, Georgia. There will be over a thousand kids that will be there to compete. The Colorado state competition is February 22-24 at the Denver Tech Center Marriott and then the national competition will be held in Atlanta, Georgia which will be held June 22- 26. People participate in TSA because it looks good on applications and resumes. It is good for hands on experiments. It is also good because you can join a team and work on team exercises and get closer to

your fellow peers.

TSA can be very competitive especially at state when people do the same thing as you. Of course, this makes you strive to win because if you win, it is a prestigious award. This year there are 18 students competing at the state competition. Anna Montalbano and Courtney Proctor are participating in the Photographic Technology and the prompt was Technology vs. Nature. Carlos Mabery, Alana Schaak, Molly Wolyn, and Emily Peterson are participating in the silent film. Parker Brown is doing the music production where he has to write his own music for the opening and closing ceremony for state competition. Brady Dickerson, Wyatt Willis, Riley Prichard, and Brock Roman built a catapult out of PVC pipe and they have to test its accuracy by shooting little balls into targets. Emma Romine and Audrey Himmelberg are participating in the rat trap race. Kenin Wing is participating in the CO2 car race. Michael Hiller and Kyle Freeburg are doing a team project that has to do with structural engineering. Josh Garner and Nick Razey are doing the catapult as well, but they are also doing



Pictured above: Wyatt Willis, Riley Prichard, Brady Dickerson, and Brock Roman's catapult that they are working on to participate in state with.

the flight endurance build.

As you can see, TSA is very fun for the Rye students. "It is also a good extracurricular to pick up." You can get good scholarships and it even looks good on resumes. This is Rye High Schools second time participating in TSA. There are only 18 participants from Rye but hopefully the program will grow, and we can get more people to go to state and hopefully nationals as well.

Creating a LINK between Freshmen, Juniors, and Seniors

By: Makele Reed

Starting next year, Karen Hopkins and Kathy Dodge are bringing a new program to Rye High School to bring freshmen, juniors, and seniors closer to each other.

The 29th through the 31st of January, Hopkins and Dodge went to a conference in Colorado Springs to learn about the LINK program. LINK was started by the Boomerang Project organization and is a freshmen orientation program "to create the best possible experience for students so that they are socially and academically successful"



Dodge says. Hopkins said, "I want to help improve the experiences of freshmen at this school and to help seniors with leadership. Research shows that in cultures where people

Pictured above: Seniors, Garrett Larkin, Doug Jones and, Donna Archer, help with the 2017-2018 freshman at freshman orientation. (Photo by: Kacie Anglin)

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Pictured above: Sponsor Mrs. Robles with new inductees, Ella Peters, Molly Wolyn, Gabe Slade, Akash Patel, Emma Romine, Lauren Maroney, Mekele Reed, Cameron Mallo, Emily Peterson, Audrey Himmelberg, and Claire Porter

A New NHS

Along with the 2017-18 inductees, Rye High School's National Honor Society brings in new requirements, and service projects to create a better program all around

By: Kylie Baudino

An elite group of students, known as the National Honor Society, has been busy getting to work at Rye High School. In order to be inducted, students must have at least a 3.6-grade point average, and show

significant fortitude in the four pillars of the society: character, leadership, scholarship, and service. "Being a member is a very prestigious award and is taken in the highest regard by many higher education facilities" said Kylie Baudino, this year's president.

After their most recent induction in November 2017, the organization has not slowed down. Mrs. Dodge, took over as a co-sponsor, along with Ms. Robles this year. "We are a service organization and are trying to become more active in our community," Dodge said when asked

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are connected, there is less tension, anxiety, depression, suicide. Everything is improved," when asked why she wants the LINK program at Rye High School.

Hopkins and Dodge are starting this program with the support of other teachers such as Kayla McKinley, Kacie Anglin, Kim Robles, Kris Lettenmaier, Michelle Mann, and Beth Burns. These teachers have had experience with the LINK project in the past or has wanted the program in Rye High School. Hopkins says that this program will be helpful at Rye High School

because the evidence the program is based off of and in schools with the program there has been no gun violence, and, graduation and attendance has increased. When asked what she hopes will come from the program, Mann said, "students will transition better to high school - grades, attendance and behavior. Students will feel like a part of the high school community and like they belong. Students will feel supported by their peers." There will be an assembly with sophomores and juniors to apply to be leaders for the LINK program. Applications will be due at the

about her goals for the society. The group first aimed at helping their school by making one lunch period a tutoring time for students with two or more F letter grades.

On a broader scale, the society has implemented a recycling project through the Colorado City Metro District. Paper, plastic, cans, and cardboard are being collected from the classrooms and taken to the Metro once a week. Kathy Dodge was asked about this year's members and gave a pleasant response, stating, "this year's members are extremely willing to put in the time. They have been eager to try new things and help other students in our school. These students are big-hearted; a generous group that represents our student body well."

Becoming a member of the NHS not only places inductees into a nationwide elite group of students, but also grants them with a cord at graduation. The society is planning on hosting a couple of spirit days in the Spring of 2018 in order to pay for this year's cords, and encourages everyone to participate and join the fun!

beginning of March. The school will let applicants know the day before spring break if they have been chosen to be leaders. If you are selected to be a leader, there will be a meeting in the afternoon or evening sometime in May to practice leadership skills. Then, at the end of July to beginning of August, there will be mandatory meetings to prepare for the incoming transition day.

If you are interested in helping, listen for the upcoming announcement about the LINK program and get the application turned in on time.

RHS Plan to Pin Em' In Order To Win At Regionals

Wrestlers plan to qualify for State at Regionals this weekend

By: Alexis Rose Cortez

This year the Rye High School wrestling team started out with both experienced and rookie wrestlers. Now as the wrestling season comes to an end, matches get tougher and this is where it counts. Regionals for wrestling was this Friday and Saturday on February 9 and 10 with state right around the corner. Regionals was hosted in Sanford, Colorado with over 300 athletes competing in attempt to qualify for state. Each wrestler will fight their hardest to keep winning in order to move up in the bracket to place.

Colton Sims, being the only senior on the team says, "I'm nervous but since I'm ranked number one, I think I will do good and go to state." If Thunderbolt wrestlers place at Regionals in the top four then they will be competing in Denver, Colorado for a state championship title on the 15 through the 16 of February. Sims has high hopes for his team and believes

they will all do really well at regionals and the majority of them will be moving on to state. A Junior wrestler, Coltin Miller ended the season early due to a concussion but still wishes the best to his team.

The Bolt wrestlers did an amazing job at the Bennet Tournament with the team taking first and four wrestlers placing first, two placing second, two placing third and one placing fifth. Mikey Atencio is Rye's top wrestler. His teammates believe he will become Rye's first state champion. He has been wrestling since he was little, and all his hard work is paying off considering he has placed first or second at every single tournament he has been to this year. Overall, Mikey thinks that Rye High School's rival, John Mall, will be the toughest school they go against at Regionals; but his hardest match will be against Austin Crum, from Holly.

There were five Thunderbolt wrestlers going up against the toughest opponents at Regionals this weekend. With Colton Sims' final season coming to an end he



Pictured above: The Rye High School Wrestling team sitting together in Bennet (Photo by Amanda Atencio)

says, "I'm ready for it to be over, it's a love hate relationship." Mikey Atencio says, "The coaches have made practices more intense now that Regionals is here, and state is coming up."

All of the wrestlers have been working hard to keep their weight down and become mentally prepared. He continues to say, "I think I will take first at Regionals and State, I am pretty confident in my abilities." With all the dedication and passion Thunderbolt Wrestlers have they are sure to show their skills on the mat this weekend.

Four Teams Inducted Into the RHS Wall of Fame

By: Sayer Nielsen

On Saturday, February 3rd, the 1956, 1982, 1991, and 1993 basketball teams were inducted into the Rye High School wall of fame for being the four state championship basketball teams.

The wall of fame in Rye High School is a new addition this year and was inspired by other schools who had their own wall of fame. The wall of fame is starting with inducting state championship teams.

Next year they plan to have criteria to induct individual players.

Jim Hale, who was a player/coach for three of the four teams that were inducted into the Hall of Fame said, "I think this wall is a great way to connect the past and present, honor those teams and individuals and set a goal for other athletes to follow." He also said, "I do feel all state championship teams deserve to be inducted. To be the best in the state takes a tremendous

amount of sacrifice, commitment, dedication, and a willingness to put the team ahead of any individual goals you may have."

Hale won a state title once as a player and during the four years he played they went 80-10. They finally won his senior year. "To finally win the title my senior year was a feeling you can't really describe but you get to share it with your teammates!" He also said, "I felt like

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Boys Thunderbolt Season Around the Rim

By: Tristan Fry

The boys Thunderbolt basketball team has fought hard this season at the 3A level, with a record of 4-13 as of February 6th.

The boys brought home a 54-50 win Tuesday February 6th against the Trinidad Miners. "It's nice to get a win on the road," says Rye High School junior Jansen Hildreth, varsity and junior varsity player. "We will be preparing for our last home game of the season this Friday against La Junta. We're focused more on our defense, they are a good team so it'll be tough, but it always helps to see the community

come out and support us as well as a good student section."

After their last home game on February 9th, they will have one more game on the road before finals.

Hildreth says, "It's hard to stay positive against the teams we are playing because they are bigger schools than us so that makes it a little hard to compete, but I think we have learned how to work more as a team throughout the season."

We hope to see you there supporting and cheering on the boys for their last few games of the season.



Pictured above: Jansen Hildreth going for the shot against DSST (Photo by Sue Baracus)

Just a Ball and a Team

A look inside Girls basketball

By: Jansen Hildreth

Rye High School's girls basketball team has had a rough season by anyone's standards going 1-16 and although some of us would think who cares about this year we can get 'em next year, the girls' basketball team is bringing the same intensity they had at the beginning of the season.

Girls basketball team captain Madison Gookin said, "this season hasn't gone the way we planned it at all, but this team is trying to get out of it what we can. We are trying to finish this season as strong as we can." And that's exactly what

Madison says they are doing, "we are playing the best basketball we've played all year and we hope we can carry that trend into districts." As the team gets closer and closer to the end of their season, Madison hopes that they can leave this year satisfied with how they ended their season, and she believes that they will be, "this team is young, and as our season continues, our team continues to get better and continues to learn."

Although, some people have expressed doubt in such a young basketball team, Madison believes the program will benefit from it in the future. The girls basketball team



Pictured above: Hannah Ambler taking the shot (Photo by Sue Baracus)

has their last home game Friday against La Junta, and they want to end the season with a win at home.

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we also won it for our school and community and all the players who went before us."

Hale also won two state championships as a coach. "As a coach, you

know so many things have to go your way in order to win 3 games at the state tourney. The best feeling is knowing how you helped young men experience something they will value the rest of their lives."

Mr. Beeman designed a great sign to show off the wall of fame. If you haven't checked it out yet, it is located in the hallway that leads to the auxiliary gym. Thank you to Hale and Burns for getting this up.

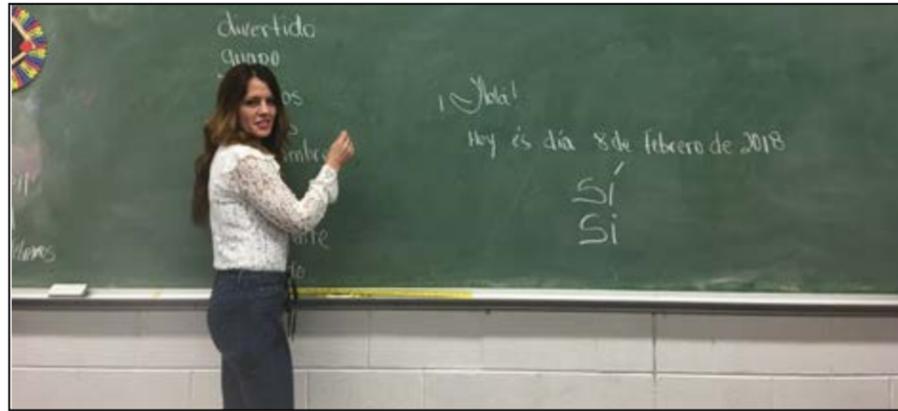
Rye's Cultural Connection: Welcome New Foreign Language Teacher!

By: Asia Moe

Rose Siepman was born in Southern Brazil, and is Rye High School's new foreign language teacher this year. She teaches Portuguese and Spanish while using her own background and experiences to inspire cultural exploration in her students.

Siepman began teaching when she was only 17 years old. Though Siepman's mother was a teacher, she never aspired to follow the same path but was up for the challenge when a Brazilian school needed her. She then moved to Europe at 19 years old to continue her teaching degree. After living in Europe for 6 years, and teaching in Spain, and Portugal, as well as working on the road as artist beside her husband, Siepman later found herself back in Brazil.

In 2014, Siepman moved to Colorado Springs and eventually moved to Rye. "I like the small community, it feels safe," said Siepman.



Pictured above: Siepman teaching in her classroom

"I am aiming to bring awareness and teach about other cultures to the students of Rye," said Ms. Siepman. Ideally, she would like her students to speak fluently, which is challenging to meet with foreign languages. Siepman's goal is to teach students how to respect other cultures and allow them to encounter and understand them. Her vulnerability of not being fully fluent in English, will hopefully inspire students to want to respect and learn about

different cultures.

Isabelle Phillips said, "her classes are very interesting and fun. Portuguese is more challenging than Spanish because of the gendering within the languages words." Overall, her experience makes her want to go to Brazil to see the culture. Isabelle also considers continuing her Portuguese education in college, and hopes that she will be able to become an English teacher in a country and help others.

Blast Off Into Learning - Aerospace Offered at RHS

By: James Kiefer

For the past couple of weeks in Mr. Carter's room at Rye High School, the aerospace class has been personally building and designing their own rockets.

Aerospace is a class at Rye High School taught by Mr. Dean Carter where everyone individually learns the science and technology used to make contraptions such as helicopters, rockets, and airplanes. The students also learn about aircraft design, control, center of gravity, and how the atmosphere changes the way something flies. In this class the students go through sever-

al different simulations and projects to learn these things.

Right now the class is working on learning about rockets. These rockets are first designed by the students on a program made by Nasa that shows how to make them as efficient as possible. When asked about the rockets student Michael Hillier said that his goal was to get his rocket up to 500 feet without it exploding.

Aerospace is one of four different engineering classes taught at the high school. If you want to know more about the class go talk to Mr. Carter.



Pictured above: Cameron Mallo and Jacob Hillier's rockets ready to get launched

29 FFA Members Visit This Years National Western Stock Show

By: Abigail Bennett

On January 17th Ethan Beeman, Dean Carter, and Earlene Jones, loaded up 29 ambitious FFA members into a bus and made their way to Denver. It was once again the annual National Western Stock Show to learn about agriculture.

For the past five years, Ethan Beeman, the agriculture teacher at Rye High School, has courageously brought about 30 of his students to visit the Stock Show at the Denver Colosseum. Every year, the Rye FFA chapter hosts a Rocky Mountain Oyster Fry/ Member Auction Sale. Each member who attends the Stock Show trip is required to auction off eight hours of their labor. The auction pays for the member's trip.

The students left the morning of Wednesday, January 17th. Once they made it to Denver, they went to the Stock Show. They had a few hours to look around and then they went to the rodeo. For many students, the rodeo is the highlight of the trip. This year they went to Buffalo Wild Wings for dinner and then went to the hotel. Most of the students spent a few hours in the pool before going to bed. The next day, they went on their agriculture tour. These tours have



Pictured above: Dean Carter, Ethan Beeman, and 29 FFA members at the National Western Stock Show. (Photo By: Earlene Jones)

changed throughout the years. This year they went to the Denver Aquarium. They spent about an hour at Bass Pro Shop and then headed back to Rye in order to be home at 3:30 on Thursday.

Many of the members have attended this trip multiple times but the experience is always different. When asked how this trip has changed for him throughout the years, senior, Nick Lewis, said, "the things you see at the stock show change and the older I get, the more different I see things." The actual Stock Show rarely changes but members still experience a different trip every year. Sophomore, Paige Fox, said, "the friendships change, because this year

we had new freshmen and we lost seniors last year, so we got closer to this year's seniors and the new freshmen." No one member will ever experience the same trip twice and that's part of what makes this trip so popular.

This trip isn't just for fun; it also has strong educational benefits also. This trip shows students everything agriculture has to offer. It also opens up a new window for friendships. When asked what their biggest personal gain was, Fox, Lewis, and junior, Jessie Hastings, all said meeting and talking to new people. Students are able to meet new people they otherwise would never meet. They also get to interact with other members in their chapter. On this trip, you hang out with people you normally never talk to and can create amazing relationships.

Students are able to gain so much from the Stock Show trip. Many people have said they would recommend this trip to upcoming freshmen because they are able to see agriculture first hand. This trip happens every year and every year Beeman hopes for the same amount of participation and the Rye FFA Chapter have yet to disappoint that hope.



Pictured above: FFA members at the Denver Aquarium (Photo By: Ethan Beeman)

Small Town Baristas: Thunderbrew Open Daily



Pictured above: Myracle Wade, Rebecca Stinson, Mrs. Brandice, and Brenna Myers getting ready to sell coffee.

Rye High school students fundraise money for ESS student's through a small coffee shop located inside of Rye High school

By: Julissa Tapia

An idea turned into action when a couple of local students produced the idea of a coffee shop for their fellow students at Rye. Over the summer of 2017, many of the teachers under Michelle Mann's directions, studied problem-solving skills. The problem of not having a

coffee shop came across to teachers Kim Robles and Karen Hopkins's minds when previous students had discussed the idea of "needing" a coffee shop in our school. Starting off the new year, Robles and Hopkins presented this to a few of the students. They then discussed ways to change this, how they would go about creating the shop, and what they would use the profit for. "ESS Seniors then took over and presented the idea to principal Ms. Mann,

and soon after, the ThunderBrew Café was in operation," said Ms. Robles.

The profit is going towards ESS students, and for our fellow seniors; Rebecca Stinson, Regina Kahrs, Jordan Berger, Kyle Colbert, Colton Sims, Andrew Grgich, and Jonathan Erskine's going away picnic/party. Then the class will take a fun trip at the end of the year, to Elitches Gardens, in Denver.

"The purpose of selling coffee was for the students to come together, to not only problem solve for not having a coffee shop, but to create something that would benefit themselves and others," said Robles. Many help sell coffee in the ThunderBrew café while other exceptional students get the ability to clean it up afterward as their daily "job," to create daily responsibilities. They sell only two times a day! The coffee shop is open Monday- Thursday 7:05-7:26 and 9:26-9:36, \$2 a cup, so grab a coffee or hot chocolate to start off and get you through the day!

Dr. Seuss At Their Fingertips

Weylin Vanoni and Rose Blanchard enter in a Dr. Seuss contest for a chance to be published into a Dr. Seuss book

By: Robert Buford

Two creative students from Mrs. Robles' 6th-hour life skills class, Weylin Vanoni and Rose Blanchard created their own Dr. Seuss character.

The Pueblo City-County Library offers this Dr. Seuss Character Contest every year in honor of Dr. Seuss. The deadline to participate is February 23rd and the winners will be honored at an awards ceremony

on Wednesday, April 11 at 7 p. m. at Rawlings Library, Ryals Room - 4th floor. Winning entries will be on display at the awards ceremony. This is a chance for students to show and be recognized for their creativity. In the past, we have had students win prizes and have had their character published in the Pueblo City-County Library book that they publish and sell every year. Both Weylin and Rose have already turned in their Dr. Seuss Characters to the Library in hopes of winning a prize, having their characters displayed or maybe

even publicized in a book of winners by the Pueblo City-County Library. The students actually enjoy putting together different animal parts to make a new Dr. Seuss character, they color them, describe them and give their character a silly name.

Mrs. Kim Robles said, "I often take advantage of what our library has to offer our students, during the school year as well as the summer. This contest is offered every year along with other seasonal events and summer programs." Check out the library website for upcoming contests.

Honor Band, The Opportunity: Practice Pays Off

By: Jonah Statezny

The school band director, Jenny Chung, had a group of students participate in honor band this year. These students had to record themselves playing a piece of music and turn it in to be sent off where they were chosen among other students to participate in this year's honor band concert.

The group had a chance to go up to Canon City High School. Ms. Chung told me "the students practiced and prepared on their own and had a chance to show off their skills without me holding their hand! I am proud of the work they accomplished; they knew the music well and played wonderfully. I think that this is a great thing because it teaches students to have responsibility and to do things

on their own." Ms. Chung also said that the easy part was the musical preparation, but the hard thing was the actual musical logistics.

Overall the students and Ms. Chung thought it was a great chance they had. "It was a great experience for the students. Because our schools are so small, they don't have the opportunity to play in full wind ensembles, so it was beneficial to their musical development to have gotten that chance. Furthermore, the music is actually suited to their particular skill level, so they appreciated the music being more challenging." This program teaches kids good responsibility and things like taking things on their own and it's a great opportunity. Congratulations to those students.



Pictured above: Molly Wolyn and Lauren Maroney practicing for their performance on a nice sunny day outside (Photo by: Kacie Anglin)

The Nasty Flu

By: Kye Nielsen

In the last few months at Rye High School the flu virus has been spread, and it appears that students at the school have not taken the right precautions to stop the virus from spreading and getting many of the students sick.

Tina Valdez, the school nurse, wants all students to understand and be aware of what the flu virus does, how it spreads, what students and teachers can do to prevent the spreading of the flu, and how to know when it is safe to return to school after having the flu. The CDC or Centers for Disease Control and Prevention say that the reason most viruses like the flu spread is because of the lack of knowledge of what to do to control and prevent viruses from spreading.

The first thing students can do to become better at controlling and preventing the flu virus is understanding how it is spread. The CDC says that "the flu viruses are thought to spread mainly from person to person

through droplets made when people with flu cough, sneeze, or talk. People infected with the flu may be able to infect others beginning one day before symptoms develop and five to seven days after becoming sick." Mrs. Valdez said that "prevention begins with a yearly flu shot, good hygiene habits like frequent hand washing, covering your cough and avoiding close contact with those who are sick."

Even if students follow all these precautions, they can still get the flu. Knowing they have the flu is an important step in preventing the spread of the flu. The CDC lists these as signs and symptoms that people have the flu: "Fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting and diarrhea." If students have any of these symptoms it is important that they stay home and keep themselves from spreading the virus. Once students have the flu it is important to diagnose how serious it is and get them the proper medication. After having the flu, it is important that students know when it is safe to come back to

school. Mrs. Valdez says, "in general students should stay at home with the flu until they are fever free and majority of symptoms are gone for at least 24 hours without medication." Once students have done this it should be safe for them to return to school.

The last thing students should know about the flu is what the flu shot does. Mrs. Valdez says that the "flu shot can help prevent you from getting the flu. It can be difficult to get the shot correct for the strain, but this doesn't mean that you will have no protection from this year's flu season." The strain of a flu shot is determined many months prior to when the flu hits. The flu shot doesn't always help keep you from getting the flu completely, but it will slow the flu not fully stop it.

Knowing how the flu works and what students and teachers can do to prevent it can lead to a much safer environment at school. Remember that the flu virus can be deadly. Students can stay safe at all times by following the steps to control and prevent the flu virus.