

# The Heights Headlines

## Reaching New Heights!

### Ice Cream Friday prices increase 100%, students outraged



At the beginning of the school year, the CHES PTA committee announced the increase in the “Ice Cream Friday” price. The price that started at \$1, has since been increased to \$2. This not-so-tiny price change has made the school a ton of profit. This is great for the school, but has left the students devastated. We spoke to some of the students at Castle Heights. Henry W says, “They should have kept it at one dollar.” Dax C says, “The \$1 price is nostalgic, and the \$2 price is against tradition.”





# Lack of learning consistency

Recently, there have been class splits, 3-4 different subs a week, and a lack of learning consistency. It is because of classes with absent teachers. Why this all happened at once is unknown. But it has for sure impacted the learning of students. Our editor, Henry, says, "It is sad that there are a lot of absent teachers, but it is good that we get some learning in." 6 kids were sent to 3 different classes. 6 with Ms. Quezada, 6 with Ms. Lozano, and 6 with Ms. Ross. The kids didn't get their regular instruction, which made it harder for them to learn.

## Box plant dies due to lack of compost

What was supposed to be an innovative plant box turned out to be a bad idea. Mr. Coreas' 5th grade class was put in charge of taking care of a box gardening system, which ended up being a total fail. Food scraps are supposed to be put into little slots in the box, then worms find their way to the food and eat it. Then the worms are supposed to poop and create fertilizer for the plants. Well, the 5th graders failed to find materials to put in. Stella G says that it was a waste of time. What a shame.



# Rainy Day Pros and Cons

Rainy days can sometimes be fun, but also can be dreadful. Our reporters interviewed people and asked their opinions on rainy days at school. Here are some pros and cons of rainy days at school:

**Indoor recess pros:** You can draw and play video games.

**Indoor recess cons:** You can't play with other classes and teachers need their breaks.

**Walking recess pros:** You can talk with your friends and bond with them..

**Walking recess cons:** It's boring not being able to play with yard equipment and not being able to run.

**Rainy days movies pros:** You get to sit indoors and watch a movie.

**Rainy days movie cons:** The movie is random and the students don't get to vote for it.



## FLU PREPAREDNESS GUIDE

Flu is unpredictable. Just as weather can move from state-to-state, so can flu viruses. When bad weather approaches, many prepare by making sure they have umbrellas, snow boots, and jackets. Yet, when the Centers for Disease Control and Prevention (CDC) issues flu season warnings, they are often ignored and too few individuals in the US get vaccinated. Remember, there is no need to weather the flu. When flu hits, take an active role in protecting your own health and the health of those around you.

National Foundation for Infectious Diseases

THERE IS NO NEED TO WEATHER THE FLU

Get the facts. Follow these flu prevention recommendations:

ANNUAL FLU SEASON & PREVALENCE

5-20%

AN ESTIMATED  
OF U.S. POPULATION  
GET THE FLU

&

OVER  
200,000

ARE HOSPITALIZED  
FROM SEASONAL  
FLU-RELATED  
COMPLICATIONS  
EACH YEAR

1.

Get an annual  
flu vaccination

2.

Take everyday preventive actions  
like hand washing and covering  
mouth and nose

3.

At the first sign of flu, call your  
healthcare professional and use  
prescription medicines as right  
to you. Prescription flu medicines  
work best when started within 48  
hours of symptom onset.

6  
DAYS

Distance flu viruses  
can travel, primarily  
spread when people  
cough, sneeze, or talk

2-8  
HOURS

Flu viruses can  
survive on hard  
surfaces, like desks  
and doorknobs

1  
DAY

Time someone with  
flu can infect others  
BEFORE symptoms  
develop

5-7  
DAYS

Time someone with  
flu can infect others  
AFTER experiencing  
symptoms

FLU VERSUS COLD

It is easy to confuse the flu and  
the common cold. While both are  
respiratory illnesses, they are  
caused by different viruses and  
have different symptoms.

To recognize flu symptoms,  
remember flu F.A.C.T.S.

F.A.C.T.S.

F  
EVER  
A  
GERS  
C  
HILLS  
T  
HRESHOLD  
S  
RUMOROUS

IF YOU EXPERIENCE FLU  
SYMPTOMS, A HEALTHCARE  
PROFESSIONAL MAY CONDUCT  
A RAPID FLU TEST.

ASSEMBLE A FLU  
PREPAREDNESS KIT

Flu can hit quickly. Have the following tools on  
hand should you experience flu symptoms:

- Tissues
- Water
- Hand Sanitizer
- Disinfecting Wipes
- Thermometer

DEVELOP AN EMERGENCY CONTACT LIST

Do you know who to call for medical advice if you  
or a loved one comes down with the flu? Don't  
weather the flu alone. Make a list of contacts  
including phone numbers of those who can help if  
you experience flu symptoms:

|                                 |                   |
|---------------------------------|-------------------|
| Physician/Physician's Assistant | Work              |
| Pediatrician                    | School            |
| Pharmacist                      | Children          |
| Urgent Care Center              | Emergency Contact |

Make sure to let those close to you know if you  
are diagnosed with the flu, as you may have  
spread the virus to them. Create a communication  
plan ahead of flu season so that you know who to  
contact should you catch the flu.

Genentech provided NPD support to assist in educating about influenza.

# The Flu

The flu season is here, so beware. Be careful and wash your hands, use a tissue, and cover your mouth. Be safe, because no one wants the flu during the holiday season. If you do get the flu, the best thing to do is to stay at home and rest. Avoid close contact with healthy people in your house or at school, so you don't make them sick. Drink a lot of water to prevent dehydration (not drinking enough water). Treat the fever and cough with medicines you can buy at a pharmacy.



# Castle Heights Holiday Makers Market and Movie!

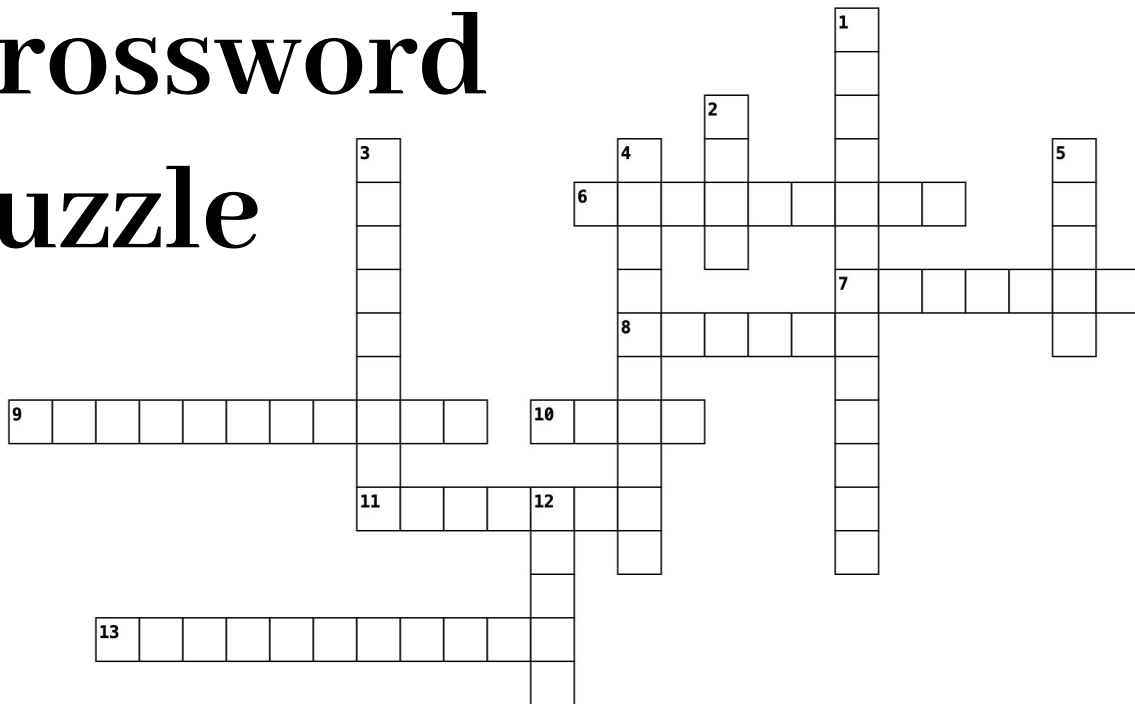
The Castle Heights Holiday Makers Market took place last Friday, and it was a big success. Despite the cold weather, a significant number of families attended. 6-7 booths were set up along the entrance of the school. A variety of things were sold including school spirit shirts, hand-knitted stockings, scented candles, succulents, cookie decorating, cake, and cotton candy. They had everything there. Even food trucks! And the best thing is, all the money went to the school! Along with the booths and food trucks, they showed the 2018 film, The Grinch! We spoke to a mom and an event attendee, Silvia K. This is what she had to say, "It was wonderful to see so many families come together to support the school, and socialize."

# Your fill of the World Cup



USA is out of the World Cup! Unsurprisingly, the Netherlands played a great game, beating USA with a score of 3-1. Switzerland and Portugal's game had an outcome with 6-1, leaving Switzerland in the dust. Portugal benched Ronaldo after he threw a fit when he was removed. Argentina beat The Netherlands, and is now in the semifinals, Meanwhile, in an unexpected turn of events, Croatia beat Brazil, which eliminated them. Argentina will play France in the finals, due to their outstanding performance in the semifinals.

# Crossword Puzzle



**Across**

- 6.** The manager of B.T.B
- 7.** A toy that you play with on Hannukkah
- 8.** The CHES's mascot's name
- 9.** The practice that the whole school practices on Monday mornings
- 10.** The most important test for 3rd 4th and 5th grade
- 11.** The definition of the word Kwanza
- 13.** An arrangement in which a group of friends exchange presents anonymously, each member of the group being assigned another member for whom to provide a gift.

**Down**

- 1.** The colors of CHES
- 2.** A short test that may be a surprise
- 3.** The movie that played on Friday the 9th
- 4.** The Spanish word for student
- 5.** The manager of CHES STAR
- 12.** A neat form of writing with a limit of 3 paragraphs

# Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 3 |   |   |   | 2 |   |   |
|   | 6 |   | 9 | 8 |   |   | 4 | 3 |
| 4 | 9 |   |   | 3 | 1 |   |   | 6 |
| 9 |   | 7 |   |   |   | 8 | 6 |   |
|   | 4 |   |   | 9 | 8 |   |   |   |
|   |   | 5 | 4 |   | 7 | 1 |   | 9 |
| 6 |   |   |   |   | 3 | 9 |   | 5 |
| 5 |   | 8 | 1 |   |   |   | 7 | 2 |
| 2 |   | 9 |   | 5 | 6 |   | 3 | 8 |

# A Note From The Editor



Thank you for reading the *Heights Headlines*, the first bilingual CHES newspaper! We hope that you enjoyed our newspaper to the fullest, and we look forward to bringing you more issues after the break. A shout-out to the students of Room 28, without whom this newspaper would not exist. Also, thank you Principal Beck, for letting us take what started as an idea and make it a reality. I hope you guys will keep reading after the break. Happy holidays!

Lyla P.  
Editor-in-Chief

## The people that made it work

**Editors:** Lyla P, Kristelle M, and Henry W.

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**Gamemasters:** Maayan T and Andrew R.

**Calendar:** Alfredo P.

