



THE KAHOK CURRENT

Volume 17, Issue 2

Second Quarter

The High School of Champions Roars Into Second Quarter

Collinsville High School
"The High School of Champions"

Dear CHS Parents and Guardians,

We are well into the second quarter of the school year, and it is a very exciting time to be a Kahok!

We are starting up winter sports, and our performing arts students are preparing for performances showcasing all of their hard work. As we approach the end of the semester, I encourage every-

one to check Skyward regularly to see how your student is performing in class.

It may be hard to believe, but we will begin registering for next school year this month. Talk with your student about what s/he may be interested in taking in the coming years. If you have any questions, please do not hesitate to contact me, a

teacher, or a counselor.

Win the Day!

Dr. Daniel Toberman

CHS Principal



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A Note From The Attendance Office

Please remember that if your student is absent you have 5 days to report the absence and/or submit a doctor's note. Any absences reported or doctor's notes received after the allotted 5 days will not be accepted.

When requesting an early dismissal please try to call at least an hour before the requested release time. You can always leave a message as those are checked continuously throughout the day.

Lastly, per the district handbook, the only way a student can have an EXCUSED TARDY is with a doctor's note.

You can always check your student's attendance on Skyward. If you have any questions or concerns please feel free to reach out to the attendance office 618-346-6320 Reporting an absence or any attendance questions or concerns please contact

Attendance Secretary Kimberly Vasquez ext. 1113 or kvasquez2@cusd.kahoks.org Requesting an early dismissal or reporting a late arrival please contact Attendance Clerical Assistant Linda Arnold ext. 1123 or arnold1@cusd.kahoks.org

The Importance of Being Involved at CHS

For a long time, student activities have been the subject of a curious chicken-or-egg style debate: Do student activities improve student performance, or do better-performing students participate in student activities? The implications of this debate have left stakeholders scrambling for answers.

Let X = Student Activities, a program developed by the Alliance for Student Activities in partnership with the National Association of Secondary School Principals, proves that the answer to both of these questions is an emphatic yes! A wealth of rigorous, peer-reviewed research indicates that activities are the spark that ignites measurable improvement in student performance. The results are even more pronounced among students with previously low GPA's or discipline concerns.

Studies have shown:

- *Student activities boost academic performance.
- *Student activities reduce dropout risks.
- *Student activities lead to college and career success.
- *Student activities build social and emotional skills.
- *Student activities set students up to make better choices and reduce high risk behaviors.

The studies cited here represent only a fraction of the more than one hundred studies that prove whatever your desired outcome, participation in student activities benefits students of all academic levels and backgrounds.

Here at CHS there is something for everyone! Please encourage your child to get involved!

Organization	Sponsor/Sponsor
Anime Club	Mrs. Smith Room 513
Art Club	Mrs. Wede Rooms 512
Auto Club	Mr. Schuster Rooms 145
Band Program	Mr. Deleon Room 502
Baking Club	Mr. Hernandez Room 147
Baseball	Mr. Swip bswip@cusd.kahoks.org
Basketball (boys)	Mr. Lee coachlee@cusd.kahoks.org
Basketball (girls)	Mr. Colin Moore Room 101
Black Student Union	Ms. Joanna Kelly Guidance Office
Book Club	Mr. Neuber & Ms. Tracey Schmidt Room 301/Library
Bowling	Mr. Hay Room 125
Cheerleading	Ms. Thebeau lauren.thebeau@gmail.com
Chess Club	Mrs. Plagemann Room 305
Childhood Cancer Awareness	Mrs. Lobb Gymnasium
Chorus	Mrs. Tomaszewski Room 519
Christians in Action	Mr. Lugge Room 209
Class of 2025	Mrs. Audrain and Mrs. Geib Rooms 126 and 308
Class of 2024	Ms. Perry and Mrs. Lindauer Room 206
Class of 2027	Ms. Perry and Ms. Geppert Room 154
Class of 2026	Mrs. Johnson and Ms. Olsen Room 205 and Guidance Office
Cross Country	Mr. Frerker Gym
Dance Team	Mrs. Smith Gym
Distributive Clubs of America (DECA)	Ms. Ponce Room 321
Drama Club	Ms. Horst Auditorium
Drum Line	Mr. Goetter Room 502
Dungeon and Dragons Club	Mr. Hall Room 313
Environmental Club	Mrs. Audrain Room 126
Fellowship of Christian Athletes (FCA)	Mr. Swip Gymnasium
First Priority Club	Ms. Schneider Room 209
Football	Mr. Rhodes Gym
French Club	Mrs. Fitzgerlad Room 227
Friends For Life	Mrs. Parris and Mrs. Vermeiren Rooms 139 and 141
Future Business Leaders of America (FBLA)	Ms. Ponce Room 321
Garden Club	Mrs. Lindauer Room 206
Gay/Straight Alliance (GSA)	Mrs. Kulupka Room 214

German Club	Ms. Oatman Room 227
German Honor Society	Ms. Oatman Room 227
Golf (boys)	Mr. Moore Room 109
Golf (girls)	Mr. Schneider Room 103
Hispanic Heritage Club	Mrs. Kloustermeyer Room 131
Health Occupations Student Association (HOSA)	Mrs. Weggener Room 219
Kahoki Newspaper	Mrs. Westphal Room 318
Kahokian Yearbook	Mrs. Westphal Rooms 321
Kahoks Against Drugs and Alcohol (KADA)	Mrs. Gresh Room 517
Kahoks United	Mr. Maly and Mrs. Mizel Rooms 302 and 306
Kahoks on the GO!	Mrs. Furlow Room 211A
KAHOKstrong	Mr. Post and Ms. Geisen Rooms 211/203
Key Club	Ms. Schweppe Room 134
Latin Club	Mr. Stark Room 225
Latin Honor Society	Mr. Stark Room 225
LEO Club	Ms. Harlon Room 145
Marching Band	Mr. Deleon Room 502
Math Club – Mu Alpha Theta	Ms. Tesdall Room 220
Math Team	Mr. Gottschalk Room 314
Model United Nations	Mrs. Lindauer Room 206
Multicultural Kahoks Club	Mrs. Lindauer Room 206
National Arts Honor Society	Ms. Koester Room 514
National English Honor Society	Mr. Neuber and Ms. Bruno Room 310 and 303
National Honor Society	Mr. Neuber & Ms. Reich Rooms 302/120
National Technical Honor Society	Ms. Geppert Room 154
People Against Littering (PAL)	Ms. Wright Room 216
Pep Club	Mrs. Hartle Room 209
Quill & Scroll	Ms. Westphal, Ms. Geppert Room 318/ 154
Robotics Club	Mrs. Hankins Room 137
Saturday Scholars	Mr. Gordon Room 218
Scholar Bowl Team	Mrs. Lindauer Room 206
Science Club	Mrs. Szpila Room 128
Science Olympiad	Mrs. Szpila Room 128
Sign Language Club	Ms. Geppert Room 154

Skills USA	Ms. Geppert Room 154
Soccer	Mr. Lugge/Mrs. Muniz Main Office and Gym
Softball	Mrs. Flowers Room 200
Spanish Club	Mrs. Barr & Mrs. Kettler Rooms 222/223
Spanish Honor Society	Mrs. Barr Room 222
Special Olympics	Mrs. Vermeiren Room 141
Speech, Debate, Ethics Team	Ms. Mizel and Mr. White Rooms 306 and 300
Speech & Dramatic Arts Club	Ms. Horst Auditorium
STEM Club	Mrs. Bednara Room 128
Student Council	Mr. Gordon Room 218
Swimming and Diving	Mrs. Butler margaretmath@hotmail.com
Tennis	Mr. Abilez or Mrs. Theil See Coach Smith
Thespian Society	Ms. Horst Auditorium
Track & Field (boys)	Mr. Frerker Gym
Track & Field (girls)	Mr. Blair Room 107
Trap Team	Ms. Harmon Guidance Office
Tri M – Music Honor Society	Mr. Goetter Rooms 502
Upward Bound	Ms. Yvonne Hart and Mr. Gregory Johnson Room 109/111
Video Game Club	Mr. Stark and Mr. Lackey Room 227 and 103
Volleyball	Ms. Suess Gym
Wellness Club	Mrs. Fedorchak Main Office
Winter Guard	Mr. Deleon Rm. 502
Wrestling	Mr. May Gymnasium
Writing Club	Ms. Bruno Room 303
Youth and Government	Mrs. Johnson Room 205



Math Tutoring Available During Study Halls

The Math Department of Collinsville High School is committed

to providing all students with the chance to receive extra help with their math courses.

If your child is struggling or needs a little extra help with math, he or she can take advantage of the tutoring sessions

available during the school day. Tutoring is offered during all study halls by teachers within the department.

Additionally, teachers may be available before school or at the end of the school day. Have your child check with his or her teacher to see how to schedule extra help before/after school.

The tutoring Schedule

for 2023-2024 school year is:

3A: Mrs. Stengel in Rm 101

4A: Mr. Lackey in Rm 103

4B: Mr. Blair in Rm 106

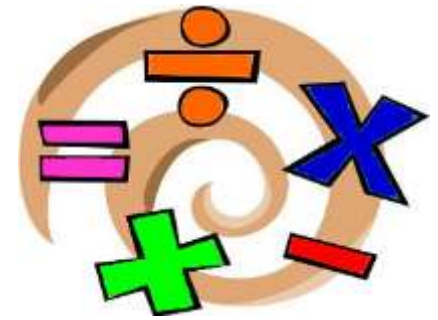
5A: Mrs. Munzert in Rm 317

5B: Mr. Glynn in Rm 316

Passes can be obtained from any math teacher OR from your child's study hall teacher to be a part of the tutoring program.

Also, tutoring is available every Tuesday and Thursday from 3pm to 4pm in the CHS Library. A math department teacher is available during this time.

These tutoring oppor-



tunities are a great resource for students who need extra help in math, and our math teachers are waiting to help your child any way they can. So please encourage your child to take advantage of these great opportunities!





5TH ANNUAL

Kahok Christmas

Benefiting Unit 10 students whose families might need some extra "holiday cheer" this season

Looking for Sponsors

If interested in being a sponsor, please email Lizeth Jimenez @ kahokchristmas@gmail.com as soon as possible.

If you are a business and you're wanting your office to group sponsor, please include that in your email, we love our local businesses!

Positive Parenting Tips for Teenagers

The teens are a time of changes for how we think, feel, and interact with others, and how their bodies grow. During this time, your teen is developing his or her unique personality and opinions. Relationships with friends are still important, yet teens have other interests as they develop a more clear sense of who they are. This is also an important time to prepare for more independence and responsibility.

Here are some tips you, as a parent, can do to help your teen during this time:

- Show interest in your teen's school and extracurricular interests and activities and encourage them to become involved in activities such as sports, clubs, music, theater, and art.
- Encourage your teen to volunteer and become involved in civic activities in the community.
- Compliment your teen and celebrate efforts and accomplishments.
- Show affection for your teen. Spend time together doing things you enjoy.
- Respect your teen's opinion. Listen to your teen without playing down their concerns.
- Encourage your teen to develop solutions to problems or conflicts. Help your teenager learn to make good decisions. Create opportunities for them to use their own judgment, and be available for advice and support.
- If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage him or her to make good decisions about what they post and the amount of time spent on these activities.
- If your teen works, use the opportunity to talk about expectations, responsibilities, and other ways of behaving respectfully in a public setting.
- Talk with your teen and help them plan ahead for difficult or uncomfortable situations.
- Talk with your teen about his or her concerns and pay attention to any changes in his or her behavior. Ask your teen if he or she has had suicidal thoughts, particularly if they seem sad or depressed. Asking about suicidal thoughts will not cause teens to have these thoughts, but it will let them know that you care about how they feel. Seek professional help if necessary.
- Discuss what they can do if they are in a group and someone is using drugs or under pressure to have sex, or is offered a ride by someone who has been drinking.
- Respect your teen's need for privacy.
- Encourage your teen to get enough sleep and exercise, and to eat healthy, balanced meals.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask your teen what they know and think about these issues, and share your feelings with them. Listen to what your teen says and answer their questions honestly and directly.
- Keep television sets out of your teen's bedroom.
- Know where your teen is and whether a responsible adult is present. Make plans with your teen for when they will call you, where you can find them, and what time you expect them home.

Adapted from: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>

Most teens want to have a good relationship with their parents and being a good listener can help build the foundation of trust, respect and care. You may hear things that surprise you or you may uncover something your teen has been uncomfortable talking about. In these instances, know that you are not alone. There are many agencies in the community that are available to assist and support families. Don't hesitate to talk with your child's doctor, your insurance company or use local agencies like the United Way to access resources to help your teen and your family at <https://www.stl.unitedway.org/people-we-help/united-way-2-1-1/> or by calling 211. The Madison County Mental Health Board is available to provide information and referrals at http://www.co.madison.il.us/departments/mental_health/index.php or by calling 618-877-0316. The St. Clair County Mental Health Board also offers resources at <http://stc708.org/resources/>. The National Suicide Prevention Lifeline is available 24 hours a day to provide confidential support and resources at 800-273-8255. With patience and understanding, you can make this confusing time in your child's life easier. You can help build resilience in your teen by providing guidance in a safe, supportive and positive way.

Mental Health Awareness

We recommend being aware of early warning signs and symptoms of mental illness. Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks and start to affect school, work, relationships, or everyday activities:

- Problems with concentration, memory, or ability to think clearly
- Changes in eating such as loss of appetite or overeating
- Not being able to complete school or work tasks
- Feeling overly worried
- Feeling sad, empty, hopeless, or worthless
- Sensitivity to sounds, sight, smell, or touch
- Irritability and restlessness
- Loss of interest in activities that are normally enjoyable, withdrawal from others, or disconnection
- Feeling like your brain is playing tricks on you. Hearing knocking, scratching sounds, voices, or your name being called. Seeing things that other people do not see, like shadows, changes in light, figures.
- Changes in energy level and sleep patterns. Often someone will sleep during the day and be up at night.

Signs & Symptoms that Require Immediate Attention:

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

Adapted from: <http://www.mentalhealthamerica.net/b4stage4-get-informed>



Yearbook information for 2024 graduating seniors...

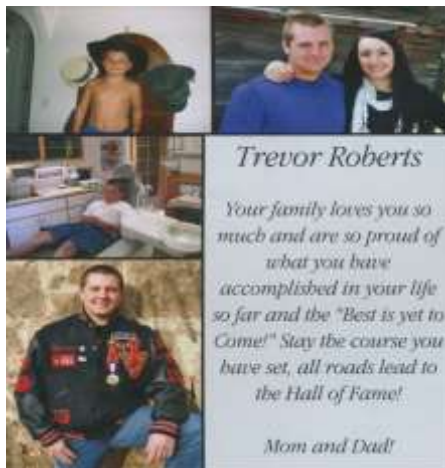
Don't forget to submit your senior picture to kahokian@cusd.kahoks.org !

It must be submitted by the photographer and sized at 3" x 3.5" with 300-resolution, jpg format.

The yearbook no longer requires photos to be head & shoulders only. The senior can select a photo that represents his/her personality, as long as it is school appropriate.

Contact Kristin Westphal at 618-346-6320 ext. 1181 or email kahokian@cusd.kahoks.org if you have any questions.

Be sure to check email for upcoming information on senior ads in January.



COLLINSVILLE KAHOKS

Official Sports Network

SCAN TO
DOWNLOAD

Download on the
App Store

GET IT ON
Google Play

kahokathletics.com



Kahoks on the GO! is a club at CHS where students train for the Greater St. Louis Half Marathon or 10K each spring. The group practices after school two days a week starting in November and on Saturday mornings starting in February along with other schools who participate in the program. The great thing about this club is it welcomes athletes and non-athletes and helps them all to the finish line. Whether you already love running or have never run more than PE required, we would love to have you! In addition to earning this accomplishment, students have the opportunity to earn a scholarship, running shoes, and race day gear. Our 2023-2024 group will hold an informational meeting after school in November, with practices beginning after Thanksgiving Break. For more information, see Mrs. Furlow in Room 211A.



2023 Scholarship Recipient, Paulina Gutierrez



2022 Scholarship Recipient, Angel Fabian



2023 1/2 Marathon Students



2023 10K Students

School Health Requirements 2023-2024

Ninth Grade:

Physical Exam on Illinois State Form by October 14, 2023
Documented up-to-date Immunizations
Ninth grade Dental Exam on Illinois State Form by May 15, 2024

Tenth/Eleventh Grades:

Same as Ninth grade, Ninth grade Dental Exam recommended

Twelfth Grade:

Proof of at least one meningococcal on or after 16th birthday, Ninth grade Dental Exam recommended

Transfer Students:

District within Illinois: meet requirements of grade level within 30 days of start date
From another State: meet requirements of grade level within 30 days of start date, Eye Exam performed within one year if new to Illinois schools.

**A completed PHYSICAL EXAM includes all required fields (immunizations, examination results, system review, diabetic screening, lead risk assessment, physical education examination). It must be on the Illinois Certificate of Child Health Examination form signed by a Physician/PA/NP including the office stamp/contact information. The health history located on the back of the physical form must be completed and signed by the parent/guardian. Must be completed by October 15 of the required grade or may be subject to EXCLUSION from school.

**DENTAL EXAM - IDPH Proof of School Dental Examination form including the dentist signature and office/clinic information and completed within 18 months of May 15 of the required grade level.

** EYE EXAM - Illinois Eye Examination Report form including doctor signature and completed within one year of the required grade level or upon entry to an Illinois school.

**MEDICAL EXEMPTIONS – written documentation from the physician (ask School Nurse for form).

**RELIGIOUS EXEMPTIONS – written religious explanation from the parent/guardian, signed by a physician (ask for form).

**SPORTS PHYSICAL - If your child will be participating in grades 7-12 sports, a sports physical is required annually (the ninth grade physical exam may be used during freshman year only) on the IHSA/IESA Physical form. Sports physicals are valid for 395 days and must be completed prior to tryouts/practice/play.

Please communicate with your building SCHOOL NURSE if you are in need of assistance finding resources, etc. We are more than willing to assist you in any way we can to prevent your child's exclusion from school.



2023 WINTER KAHOK KICKOFF

FRIDAY, 11/17

CHS Fletcher Gym

No admission charged. Donations for Diamonds For Kahoks appreciated!



6:00 P.M.
BOWLING TEAMS
INTRODUCED

7:30 P.M.
WRESTLING TEAMS
INTRODUCED
BOYS SWIM INTRODUCED

6:00 P.M.-7:00 P.M.
VARSITY GIRLS
BASKETBALL SCRIMMAGE
CHEER TEAM CHEERING

7:30-8:30 P.M.
VARSITY BOYS
BASKETBALL SCRIMMAGE
CHEER TEAM
CHEERING



6:30 P.M.
DANCE TEAM
PERFORMANCE



8:00 P.M.
DANCE TEAM
PERFORMANCE



7:00-7:30 P.M.
FRESHMAN/SOPHOMORE
BOYS BASKETBALL SCRIMMAGE

PEP BAND PERFORMING
THROUGHOUT THE EVENTS



TAKE 3 ACTIONS TO

FIGHT FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY

VACCINATED!



A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



WWW.CDC.GOV/FLU

#FIGHT FLU



TOME 3 MEDIDAS PARA COMBATIR LA INFLUENZA

La influenza (gripe) es una enfermedad contagiosa que puede ser grave. Todos los años se enferman millones de personas, cientos de miles son hospitalizadas, y entre miles y decenas de miles mueren a causa de la influenza. Los CDC lo instan a que tome las siguientes medidas para protegerse y proteger a otros de la influenza.

¡USTED Y SU FAMILIA DEBEN VACUNARSE!

La vacuna anual contra la influenza es el primer paso y el más importante para protegerse contra los virus de la influenza.

Todas las personas de 6 meses en adelante deberían vacunarse anualmente contra la influenza. Protéjase. Proteja a su familia. Vacúnese. #CombataLaInfluenza

DETENGA LA TRANSMISIÓN

¡Tome medidas preventivas diarias para ayudar a detener la propagación de los virus de la influenza!

Evite el contacto cercano con las personas enfermas; evite tocarse los ojos, la nariz y la boca; cúbrase la nariz y la boca cuando tosa y estornude; lávese las manos (con agua y jabón) con frecuencia.



PREGÚNTELE A SU MÉDICO ACERCA DE LOS MEDICAMENTOS

ANTIVIRALES CONTRA LA INFLUENZA

¡Tome medicamentos antivirales si su médico se los receta!

Los medicamentos antivirales pueden usarse para tratar la influenza y pueden hacer que la enfermedad sea más leve y dure menos.



ESPAÑOL.CDC.GOV/FLU/

#COMBATA LA INFLUENZA



Seniors & College Applications

Now is the time for seniors who are planning to attend college or technical schools in Fall 2024 to apply for admission. Students will simply go to the college/tech school website and click “Apply” and follow the application directions. Students may also search on the college admissions website for an application link. After applying, students should visit the CHS Counseling Department Website (below) to complete a “Transcript Release Form” to have their official transcript sent to that college/tech school.

<https://sites.google.com/cusd.kahoks.org/chs-counseling-dept/transcript-requests>

Financial Aid & Scholarships

Seniors who are planning to attend college or technical school next fall will need to complete the FAFSA (Free Application for Federal Student Aid). Due to the Federal Government changing the website it will be open sometime in December. The FAFSA is used by colleges and tech schools to determine eligibility for grants, work-study opportunities and loans. For additional information about the FAFSA visit:

<https://fafsa.gov/>

Seniors should also consider applying for scholarships. Resources and links to scholarship websites can be found at:

<https://sites.google.com/cusd.kahoks.org/chs-counseling-dept/scholarships>

Registration For Next Year’s Classes

Current freshmen and sophomores will register for next year’s classes in November. Students were given the 2024--25 Registration Worksheet on November 1st in their English class. These worksheets will also be mailed home. The completed worksheet will be used in the computer lab during their English Class’s assigned time. Freshmen will be registering on November 16th & 17th. Sophomores will be registering on November 20th and 21st. We recommend you visit our website at

<https://counselors.cusd.kahoks.org> when completing the registration worksheet. Once there, click on the “Academics” tab on the left side of the screen. Under this section you will see a folder called “Course Offering Guide Registration Information”. In this folder you will find resources such as the Course Guide which provides course descriptions, sample completed worksheets, and more. If your student has any further questions regarding the English, Math, or Science class they should be in the following year, they should speak with their respective teacher in the department. Current juniors will sign up for classes in January. If you have any other questions regarding registration or courses, please contact the Counseling Department at 346-6320 ext. 1137.

Google Classroom

To receive updates from the CHS Counseling Department about programs, important deadlines, etc. please sign up for Google.

Classroom by adding the appropriate link:

Class of 2024- ockta7i

Class of 2025- e2bjoco

Class of 2026-5fnhm2m

Class of 2027- w5cwgyw



COUNSELING DEPARTMENT SPOTLIGHT

**Collinsville High School
Drama Club Presents:**



**November 30-December 3
30th-2nd @ 7:00pm
3rd @ 2:00pm**



Collinsville High School



MATH ● SCIENCE ● ENGLISH ● SOCIAL STUDIES

school bus transportation provided

Made with PosterMyWall.com

**PARENTS AND GUARDIANS,
PLEASE MAKE SURE YOUR CHILD IS CHECKING HIS/HER
EMAIL AND GOOGLE CLASSROOMS MULTIPLE TIMES A DAY
SO THEY CAN KEEP CAUGHT UP WITH CHS EVENTS,
CLASSES AND HOMEWORK!**

FALL SAFETY TIPS

Staying Healthy

One of the downsides of fall is that with it comes the cold and flu season. Some recommendations to keep in mind:



- Consider getting the Covid and flu vaccination. While it's not pleasant, it's much better than coming down with Covid or the flu, which can linger for weeks, and in some cases it can even be fatal.
- If you do get sick, don't go to work or school while your symptoms are at their worst to help prevent the spread of infection.
- Always wash your hands carefully. One of the best ways to avoid Covid, a cold, or the flu is to wash your hands regularly. Make sure the water is hot, use plenty of soap, and keep your hands under the water for at least thirty seconds.

WE CAN DO THIS

Protect Yourself From Both COVID-19 and the Flu

Flu season is here. It goes from October through May. And COVID-19 is still with us. Protect yourself from both illnesses as soon as you can. You can get both vaccines at the same time, no matter which dose of the COVID-19 vaccine you need.

Who Can Get Both Vaccines

At this time, everyone ages 5 and older is eligible for both a COVID-19 vaccine and a flu vaccine. It doesn't matter which COVID-19 vaccine dose you need. You can get both vaccines in the same visit from your health care provider or a pharmacy.

Where to find COVID-19 vaccines

Find free COVID-19 vaccines near you:

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to 438829
- Call 1-800-232-0233

The infographic features several illustrations: a family of five (mother, father, child, and two adults) looking at a tablet; a doctor in a white coat talking to a patient; and a doctor in a white coat talking to a seated patient. The background is a light orange color with a dark orange header and footer.

Staying Safe

As the weather turns and the temperature drops, people are going to be looking for easy ways to stay warm. However, there are a few safety tips to keep in mind:

- Resist the temptation to use gas ovens or ranges as a heat source. It may seem like a good way to quickly heat up the kitchen when it's chilly out, but the unvented gas could actually build to combustible levels.
- Always make sure to unplug the heater when it's not in use.
- On the topic of fire prevention, you should take the opportunity of the advent of autumn to replace any used or expired fire extinguishers you may have around the house.



Article Source: <http://EzineArticles.com/2873848>



7. Space Heaters Need Space

Place portable heaters at least 36 inches (3 feet) away from things that burn, such as paper, bedding, clothing, or curtains. Keep small children away from space heaters. And remember, always turn off the heaters when you go to bed or leave your home. Be sure your space heater is labelled by a recognized testing laboratory.

CHS HOSA: Future Health Professionals Club

Welcome 2023-2024 CHS HOSA members! Advisors: Ms. Perry & Mrs. Wegener

Meela A.
Yared B.
Harmony B.
Hannah B. - *VICE PRESIDENT*
Haley B. - *TREASURER*
Madeline B.
Isabella C.
Kaylynn C.
Enrique C.
Sydney C.
Ashlynn D.
Elana D.
Kenneth D.
Keagan E.
Kenna F.
Alexis G.
Micah G.
Amia H.
Elaine H.
Olivia J.
Madelynn K.
Kenneth K.

Lidiia L.
Ava L. - *HISTORIAN*
Arlando L. - *SECRETARY*
Estrella M.
Ziza N.
Karla N.
Yoseline N. - *FLAG BEARER*
Lillian O.
Emma O.
Esperanza P. - *PRESIDENT*
Taylor P.
Sanai P.
Madison P.
Jazmin S.
Ava S.
Canaan S.
Wilniah T.
Yassuri U.
Charlize V.
Alissa V.
Danajah W.

HOSA Fall Leadership
Conference 2023



Springfield, Illinois

Happy
Holidays



AND A

JOYFUL NEW YEAR