



January 2021

Happy New Year! What a year 2020 turned out to be.

While we have not been able to see you in person, we have enjoyed “visiting” you in person over the last few months.

Haines family has faced so many challenges since the outbreak of the pandemic. Many students and staff members have adapted and responded to the extraordinary challenges they have faced. The entire Haines community has come together for support, shared resources and information, and found innovative ways to continue to provide our students a high quality education.

Please continue to visit CPS’ website as well as communication from us at Haines about the reopening of schools. Remember to make sure your email and mailing address are up to date.

As we look forward to a New Year, we are excited to see what 2021 brings.

Principal 校長:
Catherine Amy Moy Davis

Assistant Principal 副校長:
Scott Scherquist

Counselor 校務主任:
Yolanda Talley

Clerk 書記 & Liaison for
Student in Temporary Living
Situations
Dionne Scott
學生處於臨時住處的聯絡員
[STLS Notice of Rights](#)

Bilingual Clerk 雙語書記:
Chi Ming Shar

ELPT 雙語主任:
May Cheung

Tech Coordinator 電腦總務:
Ricky Tang

Lead Literacy 文學科首席老師:
Takila Savage

Friends of Haines 興氏學校之友
Please visit their website at
www.friendsofhaines.org

Do not forget to donate to
FOH! For more information,
email them at
friendsofhaines@gmail.com



Upcoming Events

January 4- School resumes virtually

January 8- PAC Meeting- 8:00AM

January 8- Deadline to apply online via GoCPS

January 12- Principal Chat - 10:00 AM

January 15- LSC Meeting - 8:15 AM

January 18- Dr. Martin Luther King Jr. Day- **NO SCHOOL**

January 28- Math and Science Family Night and BAC Meeting

February 12- Chinese New Year- Year of the Ox

February 26- Black History Month Expo

COLDS VS COUGHS

Colds and Upper Respiratory Infections

Colds, upper respiratory infections, and URIs are common terms we use to describe viral illnesses that cause nasal congestion, runny nose, sneezing, sore throat, fever, and cough. The fever usually lasts for 2-3 days, and the cough with congestion and runny nose may last for 5-10 days. The typical preschool-age child may experience 6-10 colds per year. Most colds resolve on their own with rest and fluids.

Coughs

Typically one of the most prominent and bothersome symptoms of viral respiratory infections at this time of year. Coughing is an important reflex that our bodies need to clear secretions and to keep open our major airways during the course of a viral cold or upper respiratory infection. However, severe or persistent cough can be associated with asthma, pneumonia, sinus infections, and bronchiolitis.

Please make sure your child gets plenty of rest and drink lots of fluids if they are experiencing colds or coughs.

Contact Information 聯絡資訊:

Principal Moy Davis- camoy@cps.edu 梅校長電郵

Assistant Principal Scherquist- sscherquist@cps.edu

Haines School- haineses@cps.edu 學校電子郵箱

Visit us at www.haines.cps.edu 學校網站 (查看學校資訊)

Follow us on IG and Twitter @Haines_CPS and on Facebook @HainesCPS



2021年1月

新年快樂！2020年是多麼難以想像的一年。

雖然我們無法親身見到您，但最近幾個月我們很享受在線上與您見面。

自疫情以來，「興氏學校各家庭」面臨著許多挑戰，許多學生和教職員工已經適應，並應對了他們所面臨的非凡挑戰。整個「興氏學校社區」都聚集在一起，尋求支持，共享資源和信息，並找到了創新的方法來繼續為我們的學生，提供高質量的教育。

請繼續關注「芝加哥公立學校」和「興氏學校」的網址，以了解有關重新開放學校的信息。請記住確保您的電子郵件和郵寄地址是最新的。

期待新的一年！看看2021年會帶給我們什麼的驚喜。

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接下來的活動

January 4- 學校線上復課

January 8- PAC 家長會議 - 上午8:00

January 8- 通過GoCPS在線高中申請截止日期

January 12- 與校長聊天會議 - 上午10:00

January 15- 校董會 - 上午 8:15

January 18- 馬丁路德·金紀念日 - 學校休假

January 28- 數學與科學家庭之夜和BAC家長會議

February 12- 農曆新年 - 牛年

February 26- 黑人歷史月博覽會

傷風感冒和咳嗽

傷風感冒和上呼吸道感染

傷風感冒、上呼吸道感染和發炎，是我們用來描述，引起鼻塞、流鼻涕、打噴嚏、喉嚨痛，發燒和咳嗽的病毒性疾病的常用術語。發燒通常持續2-3天，咳嗽伴鼻塞和流鼻水可能持續5-10天。典型的學齡前兒童每年可能會傷風感冒6-10次。

咳嗽

通常在每年這個時候發生，這是病毒性呼吸道感染，最令人討厭的症狀之一。咳嗽是一種重要的反射，表明在病毒性感冒或上呼吸道感染的過程中，我們的身體需要清除分泌物，並保持主要氣道開放。但是，嚴重或持續的咳嗽可能與哮喘、肺炎、鼻竇感染和細支氣管炎有關。

如果孩子傷風感冒或咳嗽，請確保他們有足夠的休息時間，並多喝水。

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