

# *Nakusp Secondary School Newsletter*

March 5, 2010

“Prove it Possible”

## **Principal’s Message**

Our small school has produced some big news over the last month:

- NSS snowboard teams combined for a 5<sup>th</sup> overall standing, and NSS skier teams combined for a 3<sup>rd</sup> overall standing at the Provincials held in Rossland this week
- Senior Boys Basketball team qualifying for and currently playing at the Single “A” Provincial Basketball Tournament in Langley
- Annie Collins winning our school Geography Challenge and qualifying for the Provincials held in Surrey on April 10<sup>th</sup>.
- Annie Collins qualifying for and currently attending the BC Winter Games in Terrace for cross-country skiing

Congratulations to all players, coaches and families.

We are busy planning our second annual Dinner in the Halls and will be hoping for your assistance. You may be asked to prepare a salad or a dessert for 8 people to share at our full school potluck luncheon. More information to come after the break.

**Thank you for your continued support. Have a GREAT Spring Break!!**

Susan Paterson

=====

### **Important Dates:**

- |        |  |
|--------|--|
| Mar 15 | First day of classes after Spring Break  |
| Mar 17 | Scavenger Hunt begins  |
| Mar 18 | Spring Fling – school dance @ NSS – 7:00-10:30pm – tickets \$5 in advance only |
| Mar 24 | Second Annual Dinner in the Halls and end of Scavenger Hunt                    |
| Mar 31 | PAC meeting—7:00pm NSS library   |
| Apr 08 | Newsletter #9  |
| Apr 02 | Good Friday—No classes   |
| Apr 05 | Easter Monday—No classes   |
| Apr 14 | Last day of Term 3   |
| Apr 15 | 1st day of Term 4  |
| Apr 22 | Juice Run  |
| Apr 23 | 3rd Term Report Cards issued   |
| Apr 28 | ABC Performance 9:00 am, PAC meeting – 7:00 pm NSS Library                     |
| Apr 29 | Parent-teacher interviews 3pm-5:30pm   |
| May 5* | Recognition Assembly— 9:45 ( <b>Note – this is a change of date</b> )          |

PAC Meeting  
Wednesday, March 31  
7:00 PM  
Library

### **Nakusp Secondary and School District #10 web addresses**

Be sure to check out our school's website for the monthly newsletters and staff list with email addresses for parents to contact teachers.

[www.sd10.bc.ca/nss](http://www.sd10.bc.ca/nss)

You can also check the School District's site with links to other schools in our district.

[www.sd10.bc.ca](http://www.sd10.bc.ca)

### ***Be Kind; Please Leave Your Fragrance Behind***

It was determined that our school isn't officially Scent Free, as that would require compiling a list of products that would have to be banned from use. Such is the case in some schools and businesses across the country. At this point, we would like to remind students, parents and staff to please refrain from using any perfume or body spray. Not only does it pose a health risk, it can also distract students and staff from the job at hand - teaching and learning. Please see the B.C. Lung Association's article, "When No Scents Makes Sense" in this newsletter.

#### ***When no scents makes sense***

Being near a scented product - perfume, scented candles, or even scented laundry detergent - makes some people sick. 30 percent of Canadians, including people with and without existing lung conditions, report strong scents adversely affect their health.

Fragrances are all around, not just in perfumes and colognes. They're found in laundry and cleaning products, personal care products, air fresheners and scented candles, even in cat litters and trash bags. What you may not realize is that these fragrances don't come from natural plants and flowers. They come from petroleum chemicals.

There are over eighty thousand petrochemicals in use around us every day. More than five thousand fragrance chemicals are used in personal care products alone.

Manufacturers are not required to list the specific chemicals in their fragrances because

they've convinced legislators and government agencies that these ingredients are trade secrets.

A short list of chemical overload symptoms can include headaches, nausea, pain, and fatigue; depression, anxiety, irritability or mood swings; difficulty sleeping, concentrating or remembering things; difficulty breathing or swallowing, or frequent asthma attacks.

### **What's in a fragrance?**

The problem with scented products is not so much the smell itself as the chemicals that produce the smell.

Today's perfume is not made from flowers but from toxic chemicals. Just one perfume can contain more than 500 chemicals. A common ingredient in scents is toluene. Toluene triggers asthma attacks and is known to cause asthma in previously healthy people. The only safe assumption about scented products is that they contain numerous toxic chemicals, which constantly vaporize into the air and attach themselves to hair, clothing, and surroundings.

### **Does "unscented" or "fragrance-free" really mean there is no fragrance?**

Although "unscented" and "fragrance free" seem to denote products devoid of toxic scents and chemicals, these labels are deceptive. This creates confusion for well-meaning people who are trying to eliminate chemicals for their own protection or to keep from making chemically sensitive friends sick.

"Unscented" is a misnomer -- it does not mean "without chemical fragrances." If an item is labeled "unscented," it may contain a masking fragrance (which is a chemical fragrance designed to "block" the smells of other chemicals in the product) and additional toxic chemicals.

"Fragrance free" is a good term that usually means what it says, but it doesn't always mean "free of questionable chemicals." It typically denotes products that are safe for the chemically sensitive, but there are large exceptions, particularly amongst conventional brands.

### **What can you do about scented products?**

With people becoming more and more aware of the adverse health effects created by scented products, public and workplace policies are being developed. Similarly to second hand smoke, over-scenting the air is increasingly seen as impinging on the rights of others to breathe unscented air.

1. Respect the scent-free policies at your work, school, in the hospital etc.
2. Use scent-free products when available
3. Keep your home and office well ventilated
4. If scent-free policies are not in place, work with the institution to develop scent-free policies

For information on how to create and implement scent-free policies, contact the BC Lung Association at 1-800-665-5864.

<http://www.bc.lung.ca/mediaroom/scents.html>

