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Chesterfield County Public Schools

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# Schools Today

## Flu update

Since April, the novel influenza A H1N1 virus has been confirmed throughout Virginia. Working with the Chesterfield Health Department, Chesterfield County Public Schools continues to monitor developments. Experts anticipate this virus will continue to circulate, and that illness will occur in schools.

Parents can help protect children and reduce the spread of seasonal flu and H1N1 flu by encouraging good hygiene and planning ahead:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- If you get sick with flu-like symptoms, stay home from work or school for at least 24 hours after your fever has resolved without the use of fever-reducing medicine. Limit contact with others and call your health-care provider.
- Vaccinate your child for seasonal flu; if a separate vaccine for H1N1 becomes available, also vaccinate your child against this specific virus strain.
- Plan now for your child's care if you or your child become ill with the H1N1 virus. Consider who might be able to pitch in and help you. Be sure to have a family plan that includes having adequate food and supplies on hand to decrease your need to be out in public if someone gets sick.



### A friend indeed

*During a summer camp at Bellwood Elementary School, 50 students learned about leadership and community service. Sponsored annually by Communities In Schools of Chesterfield, Camp Adventure helps rising fifth- and sixth-grade students prepare for middle school. One project was collecting food and toys for the Richmond Animal League and visiting rescued animals at the league's office.*

## GED tests are free in October

In October, GED® tests are free. The usual cost is \$45, but first-time test takers who register in October will pay nothing to take the test.

In Chesterfield County, 14 teachers, day and night classes at nine sites and access to computer labs help adults achieve their GED. Last year, 602 adults earned a GED through the Adult Continuing Education Office of Chesterfield County Public Schools.

GED stands for General Educational Development, and a GED certificate is equivalent to a high school diploma. Why

is earning a GED important? By 2012, according to the Virginia Department of Education, 70 percent of job opportunities will require a technical skills certificate. Those certificates require a high school diploma or a GED.

Registration for GED tests takes place at the Chesterfield Technical Center, 10101 Courthouse Road, 8:30 a.m.-3 p.m. Monday through Friday and 6:30-8:30 p.m. every Wednesday. To register, applicants must bring a valid ID issued by the Department of Motor Vehicles; bringing a Social Security card is recommended. Preregistration

is available online at [www.ged123.org](http://www.ged123.org).

To pursue a GED, adults must be at least 18 and officially withdrawn from school. Offered weekly through December, the GED test covers reading, writing, social studies, science and mathematics. GED seekers may take the test right away or enroll in preparation classes. Registration for GED preparation classes costs \$50, and adults who complete 60 hours of preparation will also receive a free test.

For more information, call 768-6140 or go online to [chesterfield.k12.va.us](http://chesterfield.k12.va.us).