Tiger News: Today, February 12, 2016

Here is a little news for all:

Next Week Is...... SPIRIT WEEK at TCS! Come dressed in the following themes to show off your school spirit!

**Monday 2/15:** Pajama Day­ wear your pajamas to school **Tuesday 2/16: Hat** Day­ wear your favorite hat **Wednesday 2/17: Sports** Day­ show off your favorite sports team **Thursday 2/18:** Crazy/Mismatched Day­ dress as crazy as you want! **Friday 2/19: School** Spirit Day­ show off your TCS pride by wearing school clothing or colors (green and white)

\*Winter Carnival activities will begin on Friday after lunch, so please bring warm and waterproof outdoor clothes as well!

Other important news:

**From:** VT Health Department
**Sent:** Wednesday, February 10, 2016 1:16 PM
**To:** AHS - VDH All Users
**Subject:** Vermont DEMHS - Prepare for Sub-Zero Temperatures

**Vermont Division of Emergency Management & Homeland Security**

**Press Release**

**February 10, 2016** **1:00 p.m.**

Mark Bosma, VT DEMHS: 802-839-6717

**Sub-zero wind chills expected this weekend – be prepared and be safe**

WATERBURY – Vermonters should brace for what could be the coldest temperatures of the season this weekend.  The National Weather Service is forecasting sub-zero wind chills in areas of Vermont Friday through Sunday with some areas possibly reaching a wind chill of 30 below zero or colder Saturday night.

Public Safety officials are urging Vermonters to bundle up and be prepared for the cold.  Dress in layers, ensure you have a sufficient heating fuel (oil, wood, etc.) supply for your home, recognize health risks, and take other safety measures as needed.

Only heat your home with a heating source that is professionally designed for that purpose.  Improper heating devices can lead to dangerous carbon monoxide buildup in the home.  Carbon Monoxide is an odorless, colorless gas that can cause flulike illness or death. Symptoms of CO poisoning are similar to the flu and include nausea, headache, and dizziness.  Always have working CO and Smoke detectors in your home and in all living areas, ensure all heat sources are ventilating properly, and always operate a generator outdoors and away from the home.

Dress in warm layers with a hat and gloves to prevent frostbite or hypothermia.  The Vermont Health Department says hypothermia most often affects older people who have inadequate food, clothing or heating, babies sleeping in cold rooms, people who are outside for long periods such as the homeless, hikers, and hunters, and those who drink alcohol or use drugs.  Even healthy adults can become hypothermic if not dressed warmly enough for weather conditions.

In the car, keep a blanket, hat and gloves, first aid kit, flashlight and extra batteries.  If you get stuck, don't venture out on foot in extreme cold.  Have a cell phone to call for help.

Other reminders:

         Check in with neighbors and friends who may need assistance to ensure they’re staying warm.

         Be mindful of pets and limit their time outdoors.

For weather, road, or emergency updates sent directly to your e-mail or cell phone sign up for Vermont Alert at [http://www.vtalert.gov](http://www.vtalert.gov" \t "_blank).

Forecast information: [www.weather.gov.btv](http://www.weather.gov.btv" \t "_blank) or [www.weather.gov/aly](http://www.weather.gov/aly%22%20%5Ct%20%22_blank).