



NGG International Department News

29th October 2010

Issue 3

Diabetes Walk

Again the **14th of November** is fast approaching and this means it is time for our annual....**DIABETES WALK**

In order to celebrate International Diabetes Day we will, as always, mark the day by taking part in the international walk where we will join thousands of people around the world walking at GMT 12.00 o'clock....which means **13.00** here in Denmark. The intention is to walk for 30 minutes and this we plan to do in the park around **Hørsholm Church**.

You don't need to sign up or pay an entry fee, all you have to do is have your own health and that of you family at heart and turn up on the 14th of November outside Hørsholm Church 5 to 10 minutes before 13.00. We will then walk for around 30 minutes.

After the walk there will be an opportunity to have a nice warm drink at the local Jagt og Skovbrugs museum which is right next door to the church.

We will enter our walk on the official Diabetes walk website and take part in the total count for the number of people walking together at the same time all round the world.

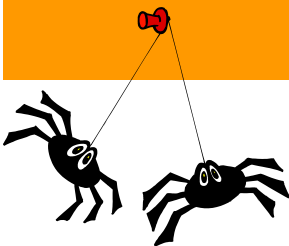
Hope to see you there!

The Diabetes Team

Anna Wieghorst and Michelle Bentsen



Halloween Thanks!



As I write this on a rainy Monday evening, four days before the Halloween party, I am finding that it's a difficult task indeed to begin to thank all the people who helped, or who might help, at the NGG ID Halloween 2010 party. The key organizational jobs have been taken by a great team of dedicated parents though: Emma, Mary, Tricia, Lotte, Anita, Christa, Mari, Rosie and yours truly.

Emma has been the excellently efficient organizational hub, Mary has shopped until she dropped and has stirred MYP 1 kids up to fever pitch with offers of helping out. Tricia has shopped for prizes high and low and masterminded the wonderful "E blast" and signage for the show, Lotte is onto sign-up, urging MYP 2 students to help and sorting-out the music, Anita is scouring Scandinavia for trick or treat bags, Mari (aka the "big fat bunny") will be producing those fabulous portraits of all our horrible children again, Rosie has snaffled every sausage from the shelves of Hørsholm's supermarkets and Christa has generously offered to pick a load of free pumpkins up from Tivoli. A sprinkling of kitchen staff have been appointed, a smattering of decorators, a team of cleaners, MYP stallholders and trick or treaters, bakers and all those "mystery" parents who attend with their off-spring and then (hopefully) leap into action when they see how frazzled their counterparts are getting!

Thanks in advance also for Karen J and Karen B for attending and supervising us, for all the teachers with small kids who will join in the festivities and endure all the school kids getting sugar-shock, the caretakers for heaving all the equipment over, the canteen ladies for allowing us to take over the kitchens, Karin S for the dry ice and the music machine, Torben and Thrane for supporting us and for sorting-out the microphones and for Tivoli for donating a ton of (hopefully not rotten) pumpkins.

It's going to be a great evening. On behalf of all the excited ghouls, goblins, witches, demons, ghosts, werewolves and living dead "Thank you in advance for all the spirit and goodwill!"

Heather

The common cold, influenza, and pneumonia

Written by: Mary Kosco, FNP (Family Nurse Practitioner)

If you are like most people, you have trouble deciding between when to take yourself, your child, or your spouse to the doctor for treatment for a cough, runny nose, and fever. This article will discuss seasonal illness general guidelines for when to see a healthcare provider, and helpful hints in preventing these illnesses.

The Common Cold

What would be signs and Symptoms of the common cold?

When fall comes to Denmark, so comes cold weather and certain illnesses. One of those dreaded, readily spread illnesses is the common cold, associated with over 200 common viruses. The common cold is one of the world's most common illnesses that contribute to most missed school, work days and most doctors' visits. Since this common illness can be caused by so many different viruses most people do not build immunity to the virus therefore might experience several episodes of the common cold a year. Children in day cares are known to be sick with the common cold up to 12 times a year leading to other illnesses such as ear infections.

Symptoms of a common cold include runny nose that is either clear or whitish in color, sore throat, itchy or sore ears and a general sense of fatigue. Other cold symptoms may include a slight fever and achiness. These symptoms will persist for 3 to 10 days depending on how rapidly the immune system builds antibodies to the virus.

The best way to prevent the common cold is to wash your hands frequently. When you touch places in public such as a door handle, a rail up a stairwell, a bathroom handle, or a computer keyboard you have just touched many viruses that can last on these objects for several hours. This virus is spread by body secretions such as coughing and sneezing. If you come into contact with this virus then scratch your nose, wipe your mouth, rub your eye, or even chew gum, you are more likely to become sick.

Other ways to prevent and treat this illness is remain healthy with plenty of sleep, a healthy diet, and exercise. This will assist your body when you come into contact with these viruses. Other treatments for the common cold include plenty of fluids, throat lozenges, and an antipyretic for fever and achiness. Over the counter treatments include Echinacea, vitamin C and green tea. These are all thought to boost the body's immunity.

Influenza

If I were to have the influenza (flu) what would I see and feel?

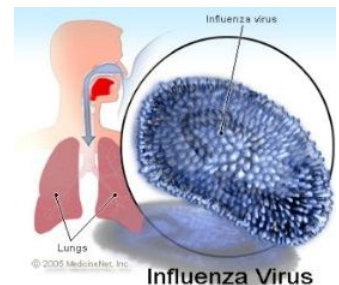
The conventional flu is also caused by a respiratory virus that is common in the fall and winter in the Northern Hemisphere. The places the virus enters is through the mouth, nose and to the lungs. It can occur in humans, animals and birds. There are 3 different types of strains, A through C, which mutate from year to year. The reason the viruses mutate is due to their will- ingness to survive and strive.

Due to these mutations, every year the CDC (Centers for Disease Control) brings forth a new vaccine in order to treat the flu virus that is thought to be most prominent for that year. Symptoms of the flu include fever, dry hacky cough, sore throat, muscle aches, runny or stuffy nose, and fatigue. In children the fever may be higher than in adults. The duration of the flu is 3 to 10 days.

What is the avian flu (H5N1) and swine flu (H1N1)?

These 2 different types of viruses are slightly different from the conventional flu. The avian, or bird flu is usually found in birds and rarely transferred to humans. This flu is passed from a diseased bird, such as a chicken to the host (human) and can be very mild to fatal. The bird itself dies within 72 hours of contracting the virus. There have been only been about 700 people that have been infected from this flu virus worldwide and have yet to be passed from human to human.

The swine flu, which was first seen in 1976, once again created a pandemic as declared by the World Health Organization in 2009. This was not the exact same strain type as seen in the first instance but had mutated slightly. Since this virus was reintroduced to the population, it spread very rapidly because it had not been any human immunity built to combat this virus. The prominent symptoms of this virus are very similar to the conventional flu in addition to nausea, vomiting and diarrhea.



So when does the flu become a serious illness?

Of course when you have a high fever and your body hurts all over with the flu, you might feel like it is already serious. It is very serious if you have a high fever (or your child) this needs to be brought down with an antipyretic medication. Another aspect that can lead to a serious health issue is if the flu exhausts your immune system then you are more susceptible to a bacterial infection. This could lead to respiratory infections such as pneumonia. There are certain high risk groups of individuals that are more likely to have an impaired immune system such as the elderly, very young, pregnant women, asthmatics, kidney disease, heart disease, diabetes, any immune suppression diseases.

What can I do to help prevent this from happening?

Just like any illness the main way to prevent this illness is washing your hands. Other ways to prevent are to remain healthy through getting enough sleep, liquids, and nutrition. The Centers for Disease Control recommends the following receive a flu vaccine: people aged 65 years or older; residents of nursing homes and other chronic-care facilities housing patients of any age who have chronic medical conditions; adults and children with chronic disorders described above; adults and children who have required regular medical follow-up or hospitalization during the preceding year, kidney dysfunction, immunosuppression (including immunosuppression caused by medications); children and teenagers (6 months to 18 years of age) who are receiving long-term aspirin therapy and therefore may be at risk for developing Reye syndrome after influenza; and women in the third trimester of pregnancy or in the early postpartum period. health-care and emergency-services personnel. The CDC also advises that all children 6-59 months of age get a yearly conventional flu vaccination since each year since there are many children who require hospitalization and secondary pneumonia because of the flu and flu is easily passed from child to child.

The conventional flu and the swine flu vaccines are available. You may ask for and pay out of pocket for the conventional flu vaccine in Denmark at your health provider's clinic. The swine flu (H1N1) vaccine is not available for the general public in Denmark but for those that your health care provider deems at high risk for contracting the virus.

There are a few antiviral medications available by prescription if you are sick with the flu. These medications have to be taken within the first 24-48 hours. The medications work by slowing the virus from replicating and allowing the body to produce antibodies to the virus. This medication is also recommended for those in very high risk groups if the individual is exposed to the flu. It will help in preventing the virus from replicating rapidly and shortening the duration or symptoms of the illness.

Pneumonia

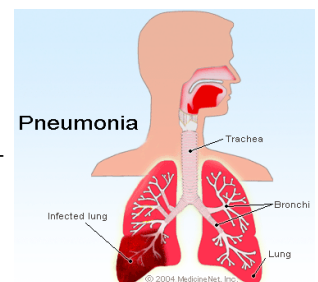
How does a person "catch" pneumonia?

Pneumonia is an infection of one or both lungs that is caused by bacteria, viruses, or fungi. Pneumonia is another infection that is developed through the respiratory system through the mouth, nose or lungs.

A person may contract pneumonia when another person coughs or sneezes and the organism enters the lung sac and begins to grow and becomes surrounded by pus (white blood cells). Symptoms of pneumonia might initially include cough, sore throat, and sneezing. This might be followed by high fever, chest pain and difficulty breathing. The coughing progresses to productive sputum with color in the phlegm. The elderly and small children may not have these common symptoms but may just exhibit fever, loss of appetite, and extreme fatigue. Pneumonia can be "walking" pneumonia where the person is able to stay at home and be treated or the individual may enter the hospital if the pneumonia is severe.

How can I prevent this and how is pneumonia treated?

Prevention is the same preventative measures as the common cold and influenza. A vaccine is available for those that have a compromised immune system. This vaccine is to build antibodies for a common bacterial pneumonia from pneumococcal pneumonia. A diagnosis is based on an examination from a health care provider and a chest x-ray. Treatment for pneumonia is based on the causative agent whether it is from bacterial, viral or fungal.



References:

http://www.medicinenet.com/swine_flu/article.htm

<http://www.cdc.gov/flu/weekly/>

<http://www.who.int/en/>

<http://www.cdc.gov/h1n1flu/>

<http://www.pandemicflu.gov/>

http://www.cdc.gov/h1n1flu/clinician_pregnant.htm

[Medscape.com](http://www.Medscape.com)

The NGG ID News Interview



Over the passing few years I have been roused to interview a few "worthy," "alternative" or "influential" parents of students at our school. Past parents and teachers have included Ronan Uhel of the European Environmental Agency here in Copenhagen, Morten Weighorst the trainer of FC Nordsjælland, Michelle Bentsen our PE teacher and last month our resident diving ace Nick Visser. Not being one normally driven to nepotism, unless it's an autumn holiday, have found my inspiration close to home this month; namely my husband... Lars.R. Knudsen, Professor in Cryptology at DTU.

Heather: *Err....hello Lars! I'd really like to interview you for the NGG ID News. Where do I begin after all these years? Ok...what is Cryptology?*

Lars: *Cryptology is the theory and application of cryptography which means "secret writing", krypto is Greek for "hidden", so cryptology is best understood as being about secret codes..*

Heather: *What or who inspired you to study this branch of Computer science?*

Lars: *Well, I have always been good with numbers, I like them and they like me! At university I just happened to take a course on cryptology and schupti-carrupti, one event took the other and here we are.*

Heather: *If you hadn't been a world famous code breaker what would you have liked to have been?*

Lars: *When I was young I wanted to become a famous football player, then later I thought I would go for journalism, still later rock-and-roll music tempted me, but finally I settled with science....*

Heather: *What are the future prospects for cryptanalysis? Surely codes are getting extremely secure with the use of supercomputers. Is there ever an end to the science?*

Lars: *Codes are getting more secure because of bigger computers, but the attackers are also getting more powerful because they also have bigger computers. It seems like a never-ending story but that is good for the cryptologists!*

Heather: *The American government used to ban strong cryptology, then caught the wave in the 1980's and created an American government standard. What do you think of this?*

Lars: *Many governments still do not like the use of encryption, but in most (all ?) countries it is not illegal to use it. I am a scientist and I try not to mix politics into my work. We work with or talk to people from countries that are or were not considered friends of the Western society. Science knows no borders.*

Heather: *Do they make "back doors" in the crypto systems so that they can keep a check of the messages?*

Lars: *There may be systems out there with back doors in them, but many systems are standards made by scientists from academia or industry. I have been involved in designing crypto systems that are standardised and my systems have no back doors....I promise they don't ... (:*

Heather: *You told me once that Facebook is a tool created by the American government to keep a check on populations around the world, is this really true? All my friends and kids are on it!*

Lars: *You shouldn't believe everything you hear, not even from your husband.. It is true that there is a rumour going round that says this.*

Heather: *How much do you owe to code breakers in history? Do you feel close in spirit to great code breakers of the past and what do you make of the cryptology in the "Da Vinci Code?"*

The NGG ID Interview cont/d...

Lars: *I asked my wife to read "Da Vinci Code". She read several excerpts from the book about cryptology to me. I have never read the book.*

Heather: *Ha ha ha! What else is cryptology used in?*

Lars: *Cryptology is used everywhere on the Internet, Facebook, Skype, net banking and internet shopping. Most people do not notice that cryptology is used and this is actually the idea.*

Heather: *How would you "light the fire" in the minds of young students at NGG ID? What qualities do you need to be a good cryptologist? Also, where would you encourage them to start by reading?*

Lars: *To become a good cryptologist you have to like numbers and you have to be good at using a computer. The best beginner's book on cryptology that I know of is Simon Singh's "The Code Book", which is excellent. Singh is not a cryptologist, but is very good at explaining difficult things in an easy to understand way. But be aware, some things are intrinsically complex so even Nobel prize winners will suffer to understand why the quadratic sieve over a field of characteristic two is inferior to the penultimate round of the impeccable, truncated differential cryptanalysis.*

The best advice I can give to young students at NGG ID is to study the things that you like the best and keep studying for as long as you can!

Fun & Games

Day: Thursdays

Time: 2.30-3.30 pm

Venue: In the small gym

For students from K2 to Grade 3

With: Michelle Bentsen

Fee: 50 Kroner per session

Starts week 44

An hour full of fun.

Lots of different types of games and activities that will stimulate both the mind and body.

This includes activities with the parachute, chasing games, ball games and action songs.

This activity is both for young active boys and girls!

There will be a sign up sheet on the activity board by Friday the 15th of October.

Please contact me if you have any questions

Cheers

Michelle Bentsen

A big fit kid



Classified



Fitness

To all those of you who thought that you had missed the opportunity to join our 30% discount membership with Form and Figur don't despair, you did not miss the boat. You are welcome to contact me any time regarding a membership form.

Please write to me at wieghorst@mail.dk

Regards,
Anna Wieghorst

House Sitter required over Christmas break

Three bedroom, modern house, beautifully situated in Gronnegade, on the outskirts of Horsholm.
Available December 16th - Jan 2nd.

No rent required – only the responsibility of the care of our well trained little dog,
Georgina (Shi Tzu x Jack Russell).

Ideal for visiting family or friends over Christmas!



Interested? Please contact Yvonne or Anand Gautam.
Tel. 45 76 79 71 or Mob. 3198 5777 or
e-mail yvonnegautam@hotmail.com

PRAM FOR SALE

Second hand "odder" brand baby pram (colour green) in very good condition for sale. Price 600 Dkk.

For more details please contact Vasanthi - mobile 22 44 05 94



The deadline for the next issue of NGG ID News is Monday, 22nd November at 2.30pm
All contributions should be sent to horsholm.news@gmail.com in the form of an attachment.