

September/ October 2011

Dear Sahuaro Family,

Fall is in the air!! School is in full swing and there is plenty of excitement with fall sports and activities. This is a fun time of year for everyone. Unfortunately, it is the beginning of the cold and flu season. The health department is encouraging everyone to get a flu vaccination!

Encourage your student to be a 'Health Advocate'! If your student is sick and has a fever—keep him/her home. Teach your student to 'Cover that cough and sneeze' and 'Wash his/her hands frequently for 20 seconds'. Also, encourage your student to drink plenty of fluids and 'Eat Breakfast'!

As the days get shorter and the mornings not as 'sunny' as usual, students find it harder to get up and get going in the morning. They are often rushed to make it to school on time. Encourage them to eat something—a bagel, a granola bar, juice, or even a sandwich. Kids need to fuel their bodies so they can 'Take On' the day and be productive and learn while at school.

Many of you have received my letters reminding you it is time to get your student's immunizations updated. Thank you for taking the time to do this important task. I appreciate your efforts.

As always, please feel free to call me with any health issues or concerns. I wish you good health and encourage you to speak with your doctor about a flu vaccination for yourself.

Sincerely,

Mrs. Honeycutt RN BSN NCSN