



January Health Newsletter

Gardeners Know the Best Dirt

All fencing, wooden borders and placement of irrigation has been completed, and the garden is looking fantastic. The classrooms are preparing to plant a winter crop in the next coming weeks. We are very excited for the students to get their hands in the dirt!

Depending on the crop that each classroom chooses, some will start to sow their seeds indoors and some will begin planting directly in the ground. The students have already been learning how to identify parts of plants and all about plant lifecycles and biomes.



January is Thyroid Disease Awareness Month

The Thyroid is located at the front of your throat, just under your skin. It is a butterfly-shaped gland and is responsible for every metabolic and chemical process in every tissue, organ and cell in the human body. Any disruption of the thyroid's correct processes can have a profound impact.

There are 2 main types of Thyroid Disease: hypothyroidism (under-active) and hyperthyroidism (over-active). Diagnosis of thyroid disease in children can be difficult, as they often do not realize that they are symptomatic. Signs and symptoms vary greatly from person to person. Some may display only a few signs while others have them all.

Some symptoms of Hypothyroidism:

No energy, decreased growth rate, weight gain without an increase in appetite, constipation, muscle soreness, dry, brittle skin, hair and nails.

Some symptoms of Hyperthyroidism:

Increased appetite, visibly enlarged thyroid, increased energy, attention problems, rapid heart rate, weight loss despite increased appetite, fainting, dizziness, increase in body temperature.

For more information please visit:

<http://kidshealth.org/en/parents/thyroid-disease.html>

Important Reminders

We strongly encourage you to keep your child home if s/he is ill. Good indications that s/he is truly sick include: being lethargic or pale, having little or no appetite, not tolerating solid foods, and generally "not being him/herself." If your child is presenting with these symptoms, PLEASE do not send him/her to school.

Hand-Washing Tips

Handwashing is the best defense against germs and bacteria. You can prevent everything from the common cold to more serious infections like the flu, meningitis, hepatitis and most infections diarrhea by handwashing.

1. Wash your hands in warm water.
2. Use soap and lather up for about 20 seconds. Make sure you get in between the fingers and under the nails where germs like to hang out. And don't forget the wrists!
3. Rinse and dry well with a clean towel.