



Fall Health Newsletter

OUR ROOTS

Many fun things have been happening in our garden this year. Believe it or not, our biggest learning from last year's harvest was about the importance of good dirt! The soil mixture was too high in sand, which was not the best environment for "edible education." Fortunately, due to the funds we earned from the Lucky's Market Impact Day in June, we were able to work with a local nursery in getting a better organic soil to support the needs of our garden. Thanks to all the classes and volunteers for removing the old dirt – it was a hard task but we got it completed! We have a full schedule ahead of us as we prepare our soil for the best possible outcomes for growing. Students understand the needs of building and composting a strong soil to have a successful garden. We want to have a prosperous and nutritional harvest and to give the students a full learning experience.

We also worked on clean up after Hurricane Irma came through. There was a lot of debris on our nature trail, so we had the opportunity to teach how important it was to care for our environment afterwards.

Our garden-focused classroom lessons have been very fun and interactive. The students have learned about different types of gardens, described elements of a garden and have even designed gardens, using models, poems, drawings, etc. They also learned about garden tool safety and proper use. We are also working on understanding the components that support life and the properties of land, air and water.

Feel free to contact Ms. Melissa or Ms. Maureen if you have garden experience and would like to volunteer with "Our Roots."



Sometimes it is difficult to make the decision to keep your child home from school if s/he is showing signs of an illness. The American Academy of Pediatrics suggests sending your child to school only if her/his symptoms do not disrupt her/him or others from completing classwork. If your child is presenting with a fever, vomiting or persistent diarrhea, school policy dictates that s/he stays home until symptoms have stopped for 24 hours.

The following signs and symptoms may warrant a day home and/or doctor's visit:

- A fever of 100.4 degrees taken by mouth WITHOUT fever reducing medications.
- Frequent and explosive diarrhea or forceful vomiting.
- Stomach pains that do not go away upon eating, using the bathroom or drinking water.
- Severe pain in the ear.
- Headaches that last for more than 24 hours, especially if they are accompanied by fever.
- Large amounts of colored nose drainage and/or a uncontrollable cough.
- A significant rash.

If you suspect that your child may be faking her/his symptoms, take a look at the whole child. Does s/he usually act this way after the weekend? Is there a bigger reason s/he might be avoiding school? Your pediatrician can help assist you in determining if your child is having physical symptoms as opposed to emotionally-based ones.

Clinic News