



Spring Health Newsletter

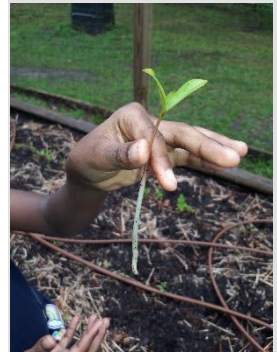
In our garden is planted carrots, lettuce, raspberries, tomatoes, marigolds, wildflowers, beets, radishes, and snow peas! The strange weather patterns have not been our friend, however, and all of our crops are growing slowly this spring.

Carrots were planned to be the companion planter to our lettuce, but the carrot seeds did not germinate well, so the students had to research a "Plan B" crop to go with our lettuce. They chose a crop of beets. The students are learning that companion planting helps control bugs and other garden pests.

Students have also been engaged in learning the difference between a fruit and a vegetable. Is a tomato really a fruit? Ask your student and s/he might really be able to tell you! They are loving to learn about all the different ways to eat the plants they are growing as well.

The students are also enjoying hypothesizing how many plants will grow from the number of seeds they have planted. They have started researching the different types of plants and their nutritional content using USDA nutrition cards.

Our Roots



Despite the rapid spread of the flu this season, CEM fared quite well. Parents, faculty and students alike were quick to notice symptoms and took appropriate action to prevent the spread. Many students and staff were absent, but this made a huge difference in the overall exposure to everyone. Thanks for your dedication in keeping us healthy.

Now, allergy season is upon us! With warmer weather comes the blossoming of Georgia's rich vegetation. We are all very familiar with the not-so-light dusting of pollen we get, and while most people associate these pollen explosions with an uptick in their allergy symptoms, the bright yellow pollen is actually from pine trees (which is not an allergen for most people). However, the much less visible pollen from oak trees (which is a major allergen!) usually is in the air around the same time, as the trees tend to bloom together.

Atlanta Allergy & Asthma recommends these tips for keeping symptoms at bay:

1. Adjust when you spend time outside: pollen tends to be higher on the warmest days, so be sure to check your pollen counts daily.
2. Over-the-counter (OTC) drugs: be sure to start these early, as most take a while to get into your system.
3. Prescription medication: if OTC medications aren't working, talk to your doctor and s/he may be able to prescribe a much stronger option.
4. Wash your hair: you wouldn't believe how much pollen your hair collects, so be sure to wash your hair each night during allergy season
5. Keep windows closed: not only will this keep the pollen out, but you can relax in the AC.

Clinic News