



December Health Newsletter

Gardeners Know the Best Dirt

Great strides have been made in the garden. Recently we have had several work days, the focus being the installation of fencing. The posts went in with the help of some muscle and big machinery.



Most recently, the actual fencing was put up, helping to keep critters out. Next up is placing wood borders – all assistance will be appreciated on Saturday 12/10/16.



December is Safe Toys and Gifts Awareness Month

As the holiday season is upon us and we hit the stores to find the latest and greatest gifts for our children, we have to keep safety in mind. According to the US Consumer Product Safety Commission (CPSC), over 250,000 toy-related injuries are reported annually.

Here are a few great tips:

- ❖ Inspect toys as much as possible before taking them out of the box to look for any broken or defective pieces.
- ❖ If you plan to buy any type of ride-on toy (bike, scooter, skateboard, etc.) purchase a helmet to go with it.
- ❖ Any toys with strings, straps or cords longer than 7in. may pose a strangulation risk.
- ❖ Make age-appropriate toy suggestions to any family or friends that plan to buy for your child.

Important Reminders

We strongly encourage keeping your child home if s/he is ill. Good indications that s/he is truly sick include: lethargic, 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.

"The 24 Hour Rule" – a student may return to school after:

24 hours without a temperature of 100.0 or higher (and without taking fever-reducing medications such as Tylenol or Advil/Motrin).

24 hours without nausea, vomiting, or diarrhea (and tolerating a normal diet).

24 hours of receiving medication when applicable (such as antibiotics, eye ointments, antifungal creams).