



November Health Newsletter

November is Diabetes Awareness Month

Diabetes is a disease that causes blindness, nerve damage, and kidney disease. It is one of the leading causes of disability and can even cause death.



Gardeners Know the Best Dirt

Coastal Empire Montessori's newest adventure is creating a community garden. We were awarded two grants: one from the Department of Public Health and the other a GA SHAPE Grant. We are partnering with UGA Extension, the Coastal GA Master Gardeners Association and Yellowstone Landscaping.

This will provide an extension of the Montessori Curriculum in Practical Life skills by giving the children the opportunity to cultivate, harvest, prepare, and taste home-grown foods.

In addition to the raised garden beds, there will be a walking path, outdoor classroom space and a picnic area.

Work began on the project back in August. Land and trees were cleared, the raised beds were constructed and a walking path was plotted. Work days will be held soon for fence placement (to keep predators out) and planting.



Cold and Flu Season Is Here!

Prevention is key ... The CDC recommends getting your yearly flu vaccination. It is the best way to protect yourself and your family and can help reduce illness, hospitalization, and prevent time missed from work and school.

Other things you should do are:

- ❖ Wash your hands frequently for at least 20 seconds with soap and water.
- ❖ Avoid touching your eyes, nose and mouth.
- ❖ Stay home when you are sick.
- ❖ Cover your nose and mouth when coughing and sneezing.



**Sunday
November 6th**

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).