



Health Newsletter

Gardeners Know the Best Dirt

Students, staff and families alike continue to enjoy the outdoor classrooms and garden. Students have been watering, weeding and taking care of the beds. Some classes even did soil testing to find out what nutrients the soil is lacking. They plan to add these nutrients back into the soil so that we have a higher yield for harvest!



From The Green Team:

We have had so much fun with the students planting and caring for the plants that we have produced more seedlings than we have room for. We plan to sell these vegetable plant and herb seedlings – the profits from the sale will go right back into the garden. You will be able to get some at the PTO Meeting next week!

Our lettuce is ready to start harvesting ... We can't wait to try the different varieties.

Recently, the Georgia SHAPE Grant Committee visited us to check on how we've spent the funds awarded to us. We received very positive feedback and were encouraged to apply for the grant for next year.

May is Allergy & Asthma Awareness Month

May is the peak season for those who suffer from asthma and allergies. While there is no cure for either, awareness, proper care and regular visits with your physician are the keys to preventing a life threatening situation.

More than 6 million children under the age of 18 suffer from asthma alone. Most times allergies and asthma go hand in hand.

Here are some important signs and symptoms to be aware of:

Asthma:

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness

Asthma can lead to a medical emergency, and it is important to know what an asthma attack is and what your triggers are.

Allergies:

- Itchy or watery eyes
- Itchy throat
- Swollen eyes
- Runny nose
- Sneezing
- Hives and/or rash

There are many types of allergens (substances that trigger allergies): drugs, food, insects, molds, pet dander, and pollen. The most serious reaction to an allergen is difficulty breathing, which can lead to your airway closing up. This is called anaphylaxis.

For more information please visit:

<http://www.aafa.org/page/welcome.aspx>

