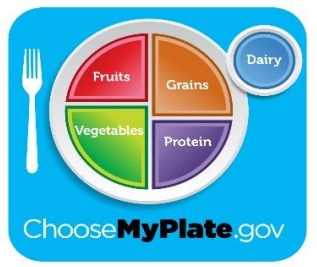


# February

Happy  
Valentine's  
Day

## Important Reminders:

- \*Dental Forms Due By Feb 4<sup>th</sup>
- \*SCP Classroom Party Feb 8<sup>th</sup>
- \*School IS in session Feb 18<sup>th</sup> for snow make up
- \*Dentist returns March 12<sup>th</sup> & 13<sup>th</sup>



## Heart Healthy Tips

- ✓ Eat plenty of fruits and vegetables. Discuss The Food Plate with your kids and make sure to eat the rainbow- meaning choose a variety of fruits and veggies.
- ✓ Encourage them to get something daily from the fresh fruit and veggie bar at lunch.
- ✓ Eat whole grains. At least one half of your kid's grains should be whole grains.
- ✓ Eat plenty of fiber. How much fiber do kids need? It's easy, their age plus 5 grams.
- ✓ Choose low-fat dairy and protein foods and avoid trans-fats altogether.
- ✓ Get moving! Kids need at least 60 minutes of physical per day!

## Children's Dental Health Month



## Children's Dental Health Month

February is National Children's Dental Health Month and is the perfect time to help students brush up on good oral health habits.

Did you know? According to the American Academy of Pediatric Dentistry, more than 50 percent of children will be affected by tooth decay before age 5.

Help keep your child's teeth healthy by using the 2-2-2 rule: See the dentist TWO times each year, and brush and floss TWO times a day for TWO whole minutes!

## Upcoming Holiday Room Parties (February 8<sup>th</sup>)

Please remember it is safest not to send in anything containing nuts! NON FOOD treats are great to include if exchanging Valentine's (ie pencils, erasers, stickers, etc).

We have many students with food allergies and diabetic students as well.

## Safety Reminder

NO medications are to come to school with your child. They must be brought in by an adult.

# Silver Creek Healthy Dragons

## The Dreaded Flu Season is HERE...

Symptoms: Pain in muscles, cough, chills, dehydration, fatigue, fever, flushing, loss of appetite, body ache, or sweating, congestion, runny nose, or sneezing, chest pressure, head congestion, headache, nausea, shortness of breath, sore throat, or swollen lymph nodes

Treatment: Rest, Fluids, Fever/Pain Relieve Medication, Anti-Viral (Tamiflu)

Prevention: Flu vaccine, hand washing, sneeze/cough into elbow, cleaning communal areas

**PLEASE DO NOT send your student to school if they have had a fever in the past 24hrs. We need your help in decreasing the spread of illness!**

**Also PLEASE make us aware if your student is flu positive, so we can track.**

