

## IMPORTANT REMINDERS

January 21<sup>st</sup>-school is in session  
(snow makeup day)

Please dress your student weather appropriate as they will go outside for recess as long as it feels above 32\* and is not raining/snowing.

If your child has vomited, had episodes of diarrhea or had a fever in the last 24hrs they are not permitted at school. Your student needs to be symptom free for 24hrs before they are considered non-contagious.

Questions or concerns please contact Kacie Howell, LPN.  
812-248-7250 x4010

# Silver Creek Healthy Dragons

## 5 Reasons Why You Should Eat Breakfast

1. Starting your morning with breakfast will boost your metabolism and keep your blood sugar levels stable during the day.  
Report this ad
2. A morning meal helps energize your body, keeping you active and productive until lunch.
3. A nutritious breakfast reduces risk for overeating and cravings later in the day.
4. Eating breakfast has been associated with a lower incidence of heart disease.
5. A morning meal is necessary not only for your body but for the brain as well. Eating a nutritious breakfast helps improve your concentration and productivity.

SCP offers breakfast daily!!!! If you have questions regarding a price reduction plan please contact the front office.

SCP is blessed to have the support of our community. We can't thank you all enough. Happy New Year!

# JANUARY



## National Hugging Day

January 21st



What a great day! This is an opportunity to give and to receive. Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen?!

Hugs are loving. Hugs are therapeutic. Hugs are caring. Hugs are celebratory. Hugs make you feel good inside. A hug is a way to say everything is, or will be okay. Have you ever received a hug from someone who didn't care? I didn't think so. That's proof positive that you're loved and cared about.

Celebrate today by giving hugs to family, friends and loved ones. You'll love the warm feeling you get.