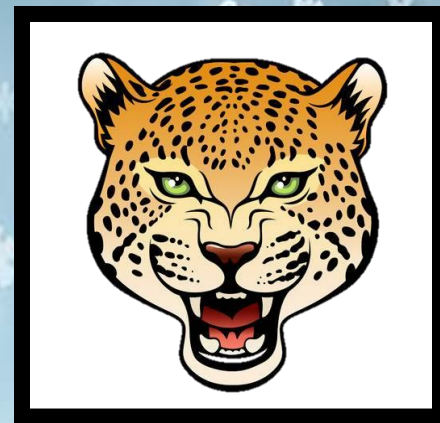


HURRICANE INTERMEDIATE JAGUARS



January 2020

Upcoming Calendar Items:

PARENT TEACHER CONFERENCE

January 16th

2:30-5:30pm

CIVIL RIGHTS DAY - NO SCHOOL

January 20th

HISTORY FAIR

January 31st

Dear Students and Parents,

This year our school has been focusing on the *7 Habits of Highly Effective Teens* (plus one more habit) with our students. Each month we choose one of the habits, and discuss how these ideas can help students throughout their lives.

So far we have discussed: "Be Proactive," "Begin With the End in Mind," and "Put First Things First." We are currently looking at "Think Win-Win" in December. I would encourage you to discuss these positive characteristics with your children. For the rest of the year, we will focus on: "Seek First to Understand, Then to Be Understood," "Synergize," "Sharpen the Saw," and "Find Your Voice."

We are proud of the hard work of our students, and look forward to a fantastic new year.

Sincerely,

Mr. C





Hurricane Branch Library
36 South 300 West
Hurricane, UT 84737
Phone: 435-635-4621

JANUARY 2020 LIBRARY ACTIVITIES

Childrens:

amanda.rowley@washco.lib.ut.us

D&D:

natalie.daniel@washco.lib.ut.us

Magic T G:

steven.saline@washco.lib.ut.us

Book Club:

sarah.hall@washco.lib.ut.us

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
		1 CLOSED	2 D&D 7:00 pm	3 Magic T G 3:00 pm
6 D&D 6:00 pm	7 Lego Club 4:00 pm	8 D&D 7:00 pm	9 D&D 7:00 pm	10 Book Club 3:00 pm Magic TG 3:00 pm
13 D&D 6:00 pm	14 Coding Club 4:00 pm	15 D&D 7:00 pm	16 D&D 7:00 pm	17 Magic T G 3:00 pm
20 CLOSED	21 Lego Club 4:00 pm	22 D&D 7:00 pm	23 D&D 7:00 pm	24 Magic T G 3:00 pm
27 Paws 4:00 pm D&D 6:00 pm	28 Coding Club 4:00 pm	29 D&D 7:00 pm	30 D&D 7:00 pm	31 Magic T G 3:00 pm



Creativity Through Community

Influenza- aka “The Flu”

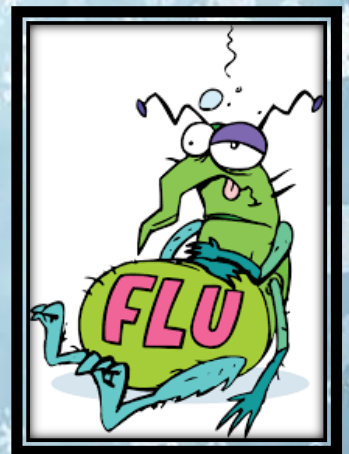
We are now in what we call the flu season. Influenza is most commonly seen in the fall and winter months. It begins to increase in October and November and typically peaks between the months of December-February. However, influenza is UNPREDICTABLE! While experts know the flu spreads every year, the timing, severity, and length of the flu season varies from year to year. **So what is the flu?** Influenza is a CONTAGIOUS respiratory illness caused by influenza viruses. It infects the nose, throat, and lungs. It can range from mild illness to severe illness, sometimes even resulting in death. People with the flu can experience all or some of these symptoms:

- Fever or feeling feverish/chills • Cough • Sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue (tiredness) • Vomiting and diarrhea (More common in children)

How is it spread? It is spread by tiny droplets that are released in the air when people cough, sneeze, and even talk. These droplets then land in the mouths or noses of people nearby. Also, these droplets can land on any surface area or object that we touch and then touch our nose, mouth, or eyes. YUCK! You may be spreading the flu before you even know you are sick, as well as up to 5-7 days after becoming sick.

Who does influenza affect? The answer is everyone! No one is immune to the flu. However, children and adults older than 65 are the most likely age groups to get sick from the flu. Also those with chronic medical conditions such as diabetes, asthma, heart disease, and pregnant women are more prone to complications from the flu. Complications of the flu are pneumonia, ear infections, sinus infections, worsening of current medical conditions, and death.

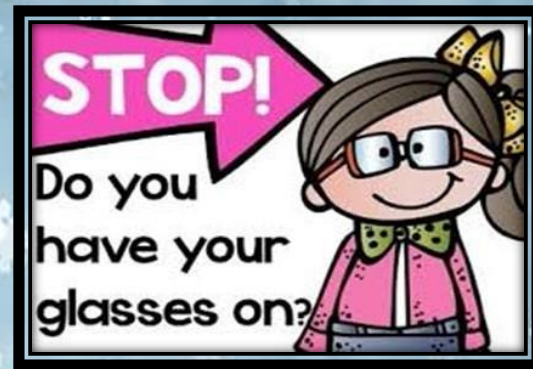
How can I prevent the flu? *The first line of defense and the most important step is to get your flu vaccine EVERY year. Talk to your primary care doctor, local pharmacy, or local health department about receiving the influenza vaccination. Measures such as frequent handwashing, covering coughs and sneezes, and staying away from people who are sick will help slow the spread of germs.* **If I get the flu, is there a treatment for it?** Yes! There are antiviral medications you can take if prescribed by the doctor. These medications work best if started soon after flu symptoms begin. Seeing your doctor promptly is important. Other things you can do to treat the flu is to get plenty of rest, drink plenty of fluids, take over-the-counter medications like Tylenol and Ibuprofen for fever or body aches, and staying away from others! People experiencing these warning signs should obtain medical care right away.



Focus on Vision

There are some challenges for families when it comes to vision care. Parent's scheduling conflicts can make it difficult to get an appointment.

Other barriers include lack of insurance, students' refusal to wear glasses, and forgetting or misplacing glasses. Since untreated vision problems are associated with learning deficits, we need to work together to ensure that students who need glasses receive them, and most of all, wear them in school when needed.



How can we help?

We can encourage students who don't want to wear their glasses, find assistance for those with a financial issue, help look for lost glasses, and fix broken glasses. Often students simply forget to wear them. Maybe leaving a second pair in a safe spot in school would be helpful. Let us know if you need assistance in any way.

What is Myopia Anyway?

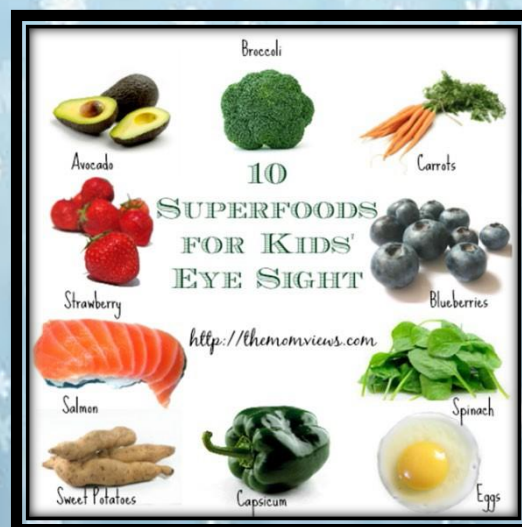
Myopia is a fancy word for nearsightedness. A nearsighted person can see clearly up close, but distant objects seem blurry. The eye ball may grow too long from front to back during the growth spurt. The image converges just short of the retina making things far away seem blurry. Some symptoms that may suggest a visit to the eye doctor is needed include:

- Recurrent headaches
- Frequent eye rubbing
- Squinting
- Unexplained drop in school performance

Nutrition for Eye Health

Everyone knows that carrots are good for our vision, but other foods also help protect us from vision problems such as cataracts, glaucoma and dry eyes. Eating foods with vitamins A, C, D, E and Zinc, as well as omega 3 fatty acids are great for your eyes.

Not sure what foods to eat? Check out the chart and enjoy!



10 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will clean up my toys and keep my room in good order.
2. I will brush my teeth twice a day and wash my hands before eating and after using the bathroom.
3. I won't tease dogs, even friendly ones – and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others, and friendly to kids who need friends – like someone shy or new to school.
10. I'll never give out personal information or pictures of myself to strangers or over the internet.

MAKE HEALTH YOUR RESOLUTION

Healthy You: Make healthy food choices, be active, make an appointment for a check - up, vaccination, or screening. Wash your hands often. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Keep pets vaccinated and healthy. Spend more time together. Be courteous and practice good manners.

Healthy Home: Go green. Reduce, reuse, and recycle. Install smoke alarms, and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

Healthy Community: Volunteer at your church, school, or one of the many community centers needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

Healthy Workplace: Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

Enjoy a new year of healthy possibilities!



Wishing Everyone a Healthy
and Safe Holiday!



HOLIDAY ❄️ WISHES

Wishing Everyone a Healthy Holiday Season!
-WCSD School Nurses-

7th Grade P.C.C.R.'s

Did you miss the 7th grade Plan for College & Career Readiness presentation?

Parents can access valuable information about helping their student(s) with academic and career goals.

Follow the link below:

<https://www.utahfutures.org/parentguide/parent-guide>

Thank you!