Upcoming Events

March 3rd—Fluoride treatments. These treatments are provided to students who signed up for dental services.

March 20—27th—SPRING BREAK

Flu Update

Our district has seen quite a few cases of both Flu A and Flu B. It is not too late to get a flu shot if you haven’t gotten one. Reach out to your primary care provider and schedule it today!

A Look Ahead

An immunization clinic for those student needing to get caught up on their vaccines will be held on April 29th. If your student is going to participate we must have consents completed and returned to the health office no later than April 20th.

Sports physicals will be done at the Middle School on May 4th and the High School on May 6th. Insurance will be billed if applicable, but there is no out of pocket cost to families for these physicals.

School Health Team:

Amber Jones, RN
District Nurse
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Melody Mack
School Health Assistant
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Information on Covid19 (aka Coronavirus)

Updated information from the CDC on coronavirus in the United States can be found at: https://www.cdc.gov/coronavirus/2019-ncov/index.html.

A lot is being learned about this newly emerged virus. Based on the current information, health officials are recommending local communities and schools should take the same steps to protect against coronavirus as we take to prevent the spread of everyday illnesses like the common cold or the flu:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with the inside of your elbow when you cough or sneeze.
- Clean and disinfect frequently touched objects and surfaces.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.

The 2019 novel coronavirus is believed to be spread through the air when an infected person coughs or sneezes, much in the way the flu and other respiratory viruses are spread. Symptoms can be fever, cough, or difficulty breathing. At this time, persons considered at risk are those with travel to China, or those in close contact with persons infected with novel coronavirus.

While a new type of illness can be scary, we can protect our students, teachers, and the entire community by using simple everyday actions that protect people from other types of respiratory viruses. Our school health office, teachers and staff are working diligently to encourage these simple and effective habits of frequent handwashing, covering every cough or sneeze, and cleaning classroom tables/surfaces frequently.

This is important not just to help prevent the spread of coronavirus, but to help prevent the spread of other infections that can lead to student illness and absences.