



Health Scout



DECEMBER 2007

FROM THE SUPERINTENDENT'S OFFICE

David City Elementary Physical Education

By Brian Hermelbracht, DCE PE Instructor

The David City elementary students just finished up Jumping Rope and Jump Rope for Heart. The K-6th grade student's raised \$4,650. This money will be donated to the American Heart Association to help fight against stroke and heart disease. I would like to thank all who took part and donated to this event.

In the up coming weeks the Physical Education classes will be covering Soccer skills, and Dance. In the Dance unit students will be asked learn a wide variety of dances and create a 1-2 minute dance that contains 3 locomotor and 2 non-locomotor skills. Students are asked to wear proper footwear and clothing to class to reduce the risk of injury. If your student wears dress shoes or other shoes to school, have an additional pair of tennis shoes that they can put into their lockers and change shoes before Physical Education class.

Seasonings of the Season

Produced by ADA's Public Relations Team

Many of the trademark flavors of the holiday season add sweetness to foods without adding calories. So keep the sugar bowl in the cupboard and instead reach for allspice, cinnamon, ginger, cardamom and nutmeg, to name just a few.

Add any of these spices to sweet potatoes for a sweet side dish. These seasonings also are delicious added to warm drinks like coffee, hot chocolate or cider.

You can add a hunk of ginger to cooked carrots or a sprinkle of nutmeg to cooked spinach. And add sweetness to warm oatmeal on a chilly morning with allspice, nutmeg or cinnamon.

Important Facts about Influenza

by: Four Corners Health Department

Influenza or flu is a respiratory infection caused by a virus. Those infected with the flu virus, will usually feel symptoms 1-4 days after being infected. Flu usually comes on suddenly and may include these symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches.

Infected individuals can spread the flu to others before they have symptoms and for another three to seven days after symptoms start. Children can pass the virus for longer than seven days.

Students who are ill should stay home until 4-5 days after symptoms start. We recommend that you consult your primary care physician or your local clinic if you have symptoms. If your family has been affected by the flu and you plan to visit your local health provider please let them know in advance that you are having flu-like symptoms to reduce the transmission to other patients. Here are some tips for helping those who are sick with the flu:

- Have them drink a lot of liquid (juice, water)
- Keep the sick person as comfortable as possible. Rest is important.
- For fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person. Instruct them not to cough into their hand, coughing should be done into a sleeve or other article of clothing.
- Be sure everyone in your home washes their hands frequently.
- Keep the people who are sick with the flu away from the people who are not sick.

Anyone who knows they have been exposed, or are experiencing symptoms, should avoid visiting hospitals and nursing homes.

Influenza is an illness that causes illness in millions of people each year—an estimated 10% to 20% of U.S. residents, with 36,000 deaths on average. For more information about influenza, browse our web site or call the Four Corners Health Department toll free at (877) 337-3573 or local (402) 362-2621.