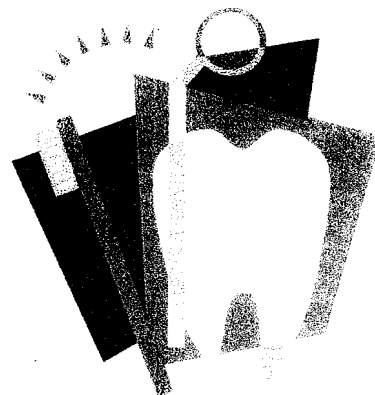


FEBRUARY 2012
NEWS FROM YOUR NURSE
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Wellness Wednesday was another huge success!

Thank you to the Wellness Committee and wonderful presenters and parent volunteers! I got to experience a few sessions and went from being relaxed and “limp” with Mrs. Browning’s hand massage therapy session to being energized and ready for defense with Officer Scott’s session! The smiles, energy, and enjoyment of the children were felt throughout the whole school. Great job everyone!

February is National Children’s Dental Health Month! The slogan this year is “Rock Your Smile!” The American Dental Association, America’s leading advocate for oral health, and the American Dairy Association recommend the following:

- Brush twice a day - and especially after meals and snacks - with fluoride toothpaste.
- Clean between your teeth daily with dental floss.
- Eat nutritious foods from all the food groups.
- Visit the dentist regularly.

Check out the fun activity on the back from the American Dental Association

February is also National Heart month so be sure to stop in for a BP check and remember to wear red on February 3, 2012 for National Wear Red Day!

Please join us for coffee and our speaker from Northwest Counseling on February 1st as we kick off our Youth Education for Safety (YES) program.

Now is a good time to review safety issues with your children especially those related to:

1. Bully and the bystander situations (pg. 20 in the handbook)
2. Stranger awareness- keep 2 arms distance away and Run-Yell-Tell
3. Uncomfortable situations regarding child assault by a known adult
4. Internet and gun safety issues

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Rock Your Smile Word Search

Help Flossy find the words listed below.

Be sure to look backwards, forwards, up, down and on the diagonal!

D A S X Q H T D V J J E G
B R A C E S B S N X E P A
F I A V I U E B R V C V J
G V B U L R D A Z I Q P R
P S Q P G B Y N L P L G L
A Q P K G H R L K A G M W
B A N D G T T R Q E N I I
L K E K U O E U G N O T P
A Q U B D O E U O A S L H
Y C D E N T I S T M X V E
L B K W R T M M N E F Q X
A Y O G A I X U U L H E V
K R V R L W S G O R P F J
C P Q E O S E S B E D N A
U R I K M D S P C S P J M

TONGUE

XRAYS

DENTIST

MOUTHGUARD

BRACES

FLOSS

MOLAR

GUMS

PLAQUE

SEALANT

CROWN

TOOTHBRUSH

ENAMEL

SMILE

GUITAR

DRUM

SONG

LYRICS

BAND

