

# FOR YOUR HEALTH



Fall Newsletter

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### The Power of Pumpkin

Pumpkin is great for healthy skin, eyes, teeth and bones. The Vitamin A contained in pumpkin is essential for a strong immune system to help the body fight infections. The recipe below is perfect for involving your children in the kitchen. This healthy version of a cookie is great for a quick breakfast or an after school snack.

### Food Hero Pumpkin Breakfast Cookie

#### Ingredients

- 1 3/4 cups cooked, pureed pumpkin (15 ounce can)
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 2 3/4 cups whole wheat pastry flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins or dried cranberries
- 1 cup walnuts or hazelnuts, chopped (optional)

#### Directions

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonful on greased baking sheet, 1 inch apart.
6. Gently flatten each cookie (use a spoon, bottom of glass, or palm of your hand).
7. Bake 10-12 minutes until golden brown.

## "Tis the Season for Sharing"

This is the time of year, when students share more than just lunches, homework, and classroom projects. Many parents ask, "When is my child too sick to attend school?" This is not always an easy question to answer, but we are hoping that these tips help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time; so, you will not be caught without a comforting place for your child to stay if he/she is ill. Please make sure contact information is updated at your child's school.

Our school policy states that you should not send your child to school if he/she has:

- Fever greater than 100.5° F in the past 24 hours
- Vomiting or Diarrhea in the past 24 hours
- Any rash with or without fever
- Unusually sleepy, grumpy, or lethargic
- Jaundice (yellow color of skin or eyes)
- Yellow or brown drainage from eyes or unusual drainage from other parts of the body, such as a draining sore
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough that is deep, barking, congested or productive of colored mucous especially if it has kept the child awake at night
- Head lice – until your child has been treated



**Exclusion Day is February 15, 2017.** If your child does not meet the state requirements for immunizations, you will receive an exclusion notice – a letter stating that your children must be immunized, or they will not be admitted to school starting on the school exclusion date.

Immunizations are required by state law for children and students in attendance at public and private schools, preschools, childcare facilities and Head Start programs in Oregon. Nearly every facility that provides care for a child outside the home requires immunizations or a medical or non-medical exemption to stay enrolled.

Required doses of immunizations vary by a child's age and how long ago they were vaccinated. Please check with your child's school, certified child care facility, or healthcare provider for details on what immunization your child may need, in order to give yourself enough time to schedule an appointment for immunizations before exclusion day if you need to.

*Thoughtfully,  
Your friendly district nursing staff  
Kira & Amanda*