

FEBRUARY NEWS FROM THE HEALTH OFFICE

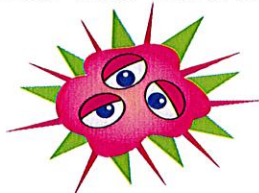
MAKE SNACKS FUN AGAIN!

Spread 1 ½ Tbls of a nut butter on a whole wheat hot dog roll. Place a whole banana in for the “hot dog”. Cut in half...yummo!

Buy whole wheat tortillas/crepes, spread with cream cheese , then place sliced berries down the middle. Roll up. Eat. Enjoy!

Freeze applesauce cups for a slushy, creamy treat!

Please remind your kiddos to wash their hands frequently, cover coughs and sneezes with elbows and be well!



From the Nurses

Melinda Nadeau RN,BSN
Abigail Leavitt RN,BSN
Linda D. Lowell LPN

WHY WE ASK THAT YOU
LIMIT SCREEN TIME
To 1 to 2 hours per
day

When kids play with
electronic devices
they are not
interacting with
others.

Meal time is a
family affair and
the chance to share
your day.

Playing imaginative
games encourages
learning and
healthy physical
and social
development