

## Fall: Notes from Mrs. Fritz...

### REQUIRED SCHOOL IMMUNIZATIONS

All 6th grade students and 11th grade students are required to have additional immunizations before the start of their 7th and 12th grade year.

- ★ Immunizations can be received anytime this year to count toward next year's requirements.

*\*Please provide a copy of your immunization record to the school nurse after you receive these shots.*

- ❖ REQUIRED FOR 7TH GRADE: (must be received ON OR AFTER AGE 10 to count toward the 7th grade requirement)
  - Tdap vaccine
  - Meningococcal vaccine
- ❖ REQUIRED FOR 12TH GRADE: (must be received ON OR AFTER AGE 16 to count toward the 12th grade requirement)
  - Meningococcal vaccine

Places to get Vaccinations:

- ❖ Darke County Health Department: Walk-in Clinic (937)548-4196
  - Every Tuesday 8am-10:30am & 2-5pm
- ❖ Family Health (Tina, PA-C) will offer an immunization clinic at the school once every Fall and Spring, as needed
  - Contact Nurse Jodi for more information (937)996-1511 ext 1203
- ❖ Your Primary Care Provider/Physician's office
- ❖ Some pharmacies (contact your pharmacy first to determine availability)



### CLASS PARTIES

Please keep classroom food allergies in mind when sending class treats to school. Be sure to check with your teacher to see which foods you should avoid sending.

### WELLNESS

THERE WILL BE A WELLNESS MEETING THE 1ST MONDAY OF OCTOBER AT 2:55PM. PLEASE CONTACT THE SCHOOL NURSE IF YOU ARE INTERESTED IN ATTENDING. THE LOCATION WILL BE DETERMINED.





HEARING AND VISION SCREENINGS ARE IN PROCESS FOR ALL KINDERGARTEN, 1ST, 3RD, 5TH, 7TH, 9TH, AND 11TH GRADE STUDENTS. ALL NEW STUDENTS WILL ALSO BE SCREENED.

Referrals will be sent home with students if they do not pass their screening. If you have a concern about your child's vision or hearing, please contact the school nurse.

-Nurse Jodi

\*PLEASE HAVE YOUR CHILD WEAR THEIR GLASSES OR CONTACTS TO SCHOOL\*.



## School Snacks

Kid-friendly, Healthy, Quick and Easy Snack Ideas

### Healthy Choices

- Choose vegetables and fruit often.
- Typically, include more than one food group.
- Serve fruit really fresh.
- Get this double when they are hot.
- Read food labels! For example, look for fat-free and low-fat dairy, whole grains, and snacks with no sugar added.

### Safety Tips

- Wash hands before handling and eating snacks.
- Wash all fresh fruits and vegetables before eating.
- Cold items should not sit at room temperature for more than 2 hours.
- When sharing snacks with others, think for any allergies.
- Children run-choked on snack foods. Cut foods into small, easily chewed pieces and spread out and eat further away. Watch children of all ages closely whenever they are eating.



Healthy meal and snack ideas...

<https://foodhero.org/magazines/school-snacks>

<https://www.myplate.gov/>

