



Nurse Annie's Health Office News



Hello! I'm sure missing everyone's smile. While I was hopeful we'd get to all be together again, we still have some time to wait 😞 I think we all know the precautions we can take to stay safe, but just as a reminder, here are a few tips to follow in keeping you AND your family safe:

-  If you go into a public place, keep your distance from others (at least 6 feet when possible) AND WEAR YOUR MASK! It is important that you not touch the mask after placing it until you are ready to remove it. This protects you from infecting yourself with your hands. Check out this link!
https://www.youtube.com/watch?v=4KRuP1QGmhU&feature=mb_title
- Take time to TAKE CARE OF YOURSELF! Play outside and get some fresh air! See why you should exercise by looking over here! 
- WASH YOUR HANDS OFTEN! If soap and water aren't available, use hand sanitizer. Always clean items in public places before using them, such as cart handles with cleaner, if provided or bring your own to use. ALWAYS wash your hands before preparing food and before eating. See how germs spread here:
https://www.heraldextra.com/entertainment/relax/byu-grads-science-video-shows-just-how-easily-germs-spread/article_74d54f7d-1bcf-5942-9f67-1c7d2c3ca879.html
- If you are sick or have recently been in contact with someone who is sick, STAY HOME! Here is the CDC symptom checker website:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- As always, please contact me with any concerns or questions you might have and I will do my best to help. You can reach me through the school phone number at 775-738-7161 ext 2 and leave a voicemail or send a message to my school email at aandreozi@ecsdnv.net



Check out Nurse Annie's Google Classroom!

Use these access codes: K-2 grades use code: fe5dj7
3-4 grades use code: olit6do

Information will be updated in the classroom weekly starting September 8, 2020.

You can also visit **Nurse Annie's Webpage**
<https://grammer2healthoffice.webstarts.com/index.html?r=20200427184615>

(Or go to the link on Grammar's webpage.)



September is Healthy Breakfast Month!

Breakfast feeds the brain and gives it the carbohydrates it needs to learn and grow. Breakfast is one way to get your learning day jump started. Make breakfast a daily routine!

What makes up a “good” breakfast?

Try getting all three of these:

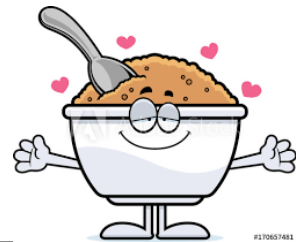
- Fruit
- Protein
- Grain

Try these fun and healthy toast creations. A quick way to get ready to learn every morning!



Ideas for breakfast on the go:

- Nut butter and banana sandwich on whole wheat bread
- Yogurt with a handful of cereal and fruit
- Whole wheat toast with mashed avocado and hardboiled egg
- ½ whole grain bagel w/ 1 tbsp. cream cheese and apple slices



Nurse Annie’s Favorite Breakfast – “Faux”meal:

MAKES 4 SERVINGS

Throw in the food processor and blend till coarse:

- 4 handful pecans or walnuts
- ¼ cup shaved coconut
- 5 dates, pitted
- ¼ cup flax, chia seeds or another protein source

Add 1 apple chopped into bite size pieces to food processor and pulse a few times until contents resemble oats.

Divide among 4 bowls. Add 1 tablespoon peanut butter, or another nut butter and microwave for 1 minute. Top with strawberries, blueberries, banana or whatever and pour milk over it. YUMMY!