



Copper View ES

Health Office Newsletter

Fall 2017

Welcome Back to School!

Dear Parents,

I would like to extend a warm welcome to all students and their parents. I am looking forward to working with you and your children at Copper View Elementary School during the 2017-2018 school year. To ensure your child's health and safety I would like to share a few items with you.

- For the safety of our students, Please do not send "ANY" medications in your child's backpack. All school medications must be brought in by an adult.
- If your child has a new medical diagnosis, such as: severe allergies, surgeries, accidents or new health problems that you are aware of and that may occur during the school year please inform the Health Office.
- All snacks/food items brought for your students class needs to be store bought with health label on the package.

Fall is "starting" and when the weather starts to change, we often see an increase in contagious illnesses. Remember to review our school health policy for guidance regarding when it's best to keep your child home and when it's the right time for your child to return. If you have any questions we are always happy to speak with you. We are committed to helping your student have a healthy and successful school year!

ILLNESS/ABSENCES: Please contact the school office in the morning if your child is to be absent and inform them why he/she will not be attending. Mrs. Yolanda, (520) 625-3502 EXT 1900

If you have any questions you can contact the school health office Mrs. Jessica (520) 625-3502 EXT 1903.



AT HOME

AT SCHOOL

OR

EATING OUT

MAKE HALF YOUR PLATE

FRUITS & VEGETABLES

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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