

# Stay Healthy!

During the winter we are often held up inside avoiding the bitter cold wind and temperatures hovering around or above zero. So far during the month of January 2018, our temperatures have ranged from 49° F to a low of -20° F. Winds have averaged 7 mph with average gust up to 18 mph. Generally, it has been an average winter and the best way to deal with it is to layer up and stay healthy.

Here are five tips for staying healthy this winter courtesy of Pinnacle Health:

1. Calm your carb craving: What's better than a nice warm bowl of chili or those other comfort foods when it is cold. However, eating too many carbs causes our bodies to crave more and more. To counter the craving, eat a protein packed breakfast and look for low fat/healthy snacks.
2. Cook with mushrooms: Several species of mushrooms have immune-boosting health benefits with naturally occurring antibiotics. Stock up on a variety of white button or shitake mushrooms to build up your immune system.
3. Eat more fiber: Apples, oats, and nuts help decrease inflammation and boost the immune system. Soluble fibers help reduce cholesterol and aid in weight loss.
4. Eat more green and orange vegetables: Eat spinach, kale, Swiss chard, squash, carrots, and oranges to get the healthy nutrients, sugars, and fats you need in a winter diet.
5. Exercise: Set up a planned weekly exercise routine. On Sunday night write down your schedule for the week. Stick to the schedule.

Do you want to see more? Go to <https://www.pinnaclehealth.org/wellness-library/how-to-stay-healthy-during-winter/>

Stay healthy and Go Hornets!

Dr. Bill Caron  
Superintendent

## What to do if your child is sick and may miss school:

If you are questioning if your child should go to school ask this question, "Can your child participate in school activities with the symptoms they are experiencing."

Never send your child to school if they have a fever, is nauseated, vomiting, or has diarrhea. Students should be fever free (under 100° F) for at least 24 hours without medication before returning to school.

When calling your child in sick, please inform the school if your child is experiencing any influenza type symptoms such as a fever, sore throat, or cough.

Call the office at 815-845-2215 or email at [office@scalesmound.net](mailto:office@scalesmound.net) before 8:00 AM. Parents can call the school anytime before 7:30 AM and leave a voicemail on the school attendance line.