

Healthy Habits:

From the
CE Building Nurse,
Mrs. Malone

AUTUMN is a second spring
when every **LEAF**
becomes a
Flower.

For Good Grades... Start With A Good Breakfast



Starting the day with
a good breakfast

- ★ MAKES YOU FEEL BETTER
- ★ HELPS YOU PAY ATTENTION IN CLASS
- ★ IMPROVES MEMORY
- ★ FUELS YOUR BRAIN

Eat foods from at least 3 food groups

<https://www.ebay.com/itm/200385051649>

Kitchen Safety Tips



Wash First

If sampling, remember to wash the spoon before it goes back in the food.



2 Hours

Don't leave out perishable foods for more than 2 hours.



Counter Safety

Keep hot liquids and food away from counter and table edges where young children can reach.



Prevent Bacteria

Fully cook recipes with eggs, meat and poultry and thoroughly wash fresh produce.



Wash Often

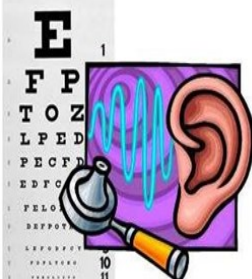
Wash your hands a lot, and remind kids to do the same.

healthychildren.org
Powered by pediatricians, trusted by parents.
From the American Academy of Pediatrics

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DEDICATED TO THE HEALTH OF ALL CHILDREN®

In November, we will be conducting
our vision screenings for
K & 2nd grade
And hearing screenings for
K, 1st, 2nd and 3rd grade.

You will be notified of any need for
follow-up! Please check your child's
bag/backpacks daily so that no
important
information is missed!



Calling for Help

If you think someone has been poisoned, ask an adult for help right away. Call the Illinois Poison Center at 1-800-222-1222. Got a doubt? Check it out.



Hi! I'm Checkers the Cheetah and
I'm calling right away to check it out.