

# *School Nurse Newsletter—January 2025*



## **What are School Nurses Doing Now?**

It's a new year and School Nurses are already preparing for the next school year! What does this look like? We are creating databases of 7<sup>th</sup> and 12<sup>th</sup> grade students who will need updated immunizations (Tdap and MCV boosters) for next year. This way we can start identifying how many students will need shots and planning for vaccine clinics to be held in the summer and next fall. We are also working hard to secure vision care for students who did not pass their vision screenings in the first half of the year. During the second half of the school year, school nurses do a lot of education and teaching such as Heart Healthy classes and puberty classes. If you are interested in having your school nurse teach a class for you, please let us know!



## **Here are some fun facts about January:**

January is named after Janus, the Roman god of beginnings and transitions. Janus has two heads, one looking backward and one looking forward to the New Year.

January is winter in the Northern Hemisphere and summer in the Southern Hemisphere.

Holidays in January

Jan. 1: New Year's Day

Monday, Jan. 20: Birthday of Martin Luther King, Jr.

Monday, Jan. 20: Inauguration Day

January has some unusual holidays, including:

National Spaghetti Day (Jan.4)

National Bagel Day and National Hat Day: January 15

Penguin Awareness Day and national cheese lovers day : January 20

January is usually the coldest month in the Northern Hemisphere.

January is the month with the slowest rotation speed for Earth.

Fog in January is associated with a wet spring.



Some historical events that happened in January include:

The Emancipation Proclamation was issued by Abraham Lincoln in 1863

Ellis Island opened in 1892, allowing more than 20 million immigrants to enter the United States

The first New Year's ball drop in New York City started in 1908

The Rose Parade started in Pasadena, California in 1890

The first recorded ice hockey match was played in 1840



### **Sick Season Is in Full Force. Here's What's Going Around:**

1. Common cold (rhinovirus)
2. Flu (influenza)
3. COVID-19
4. Respiratory syncytial virus (RSV)
5. Chest cold (bronchitis)
6. Pneumonia
7. Pink eye (conjunctivitis)
8. Sinus infection (sinusitis)
9. Strep Throat
10. Stomach bug (norovirus)

### **How to avoid sickness:**

U.S. health officials recommends that everyone 6 months and older get an annual flu vaccination, and they say it's not too late to get a shot.

You should also avoid touching your eyes, nose, and mouth because germs can spread that way. You should also wash your hands with soap and water, clean frequently touched surfaces, and avoid close contact with people who are sick. If you or your child are sick with any illness, you can avoid spreading viruses to others by following these steps:

Cough and sneeze into the crook of your elbow, not your hands.

Disinfect high-touch areas like countertops, doorknobs and remotes.

Don't share utensils, cups, food, toothbrushes, clothing, towels or other personal items.

Stay home until symptoms improve and you're no longer contagious.

Wash your hands often with warm water and soap and use hand sanitizers intermittently.

Wear a mask in public and consider wearing a mask at home around family members to protect other people, particularly those who are immunocompromised.



## Tex-Mex Chicken Soup

Prep Time:

**15 min**

Cook Time:

**15 minutes**

### Ingredients

**1** large onion, finely chopped

**1 1/2 tsp.** chili powder

**2 Tbsp.** oil

**1 qt.** lower-sodium chicken broth

**12 oz.** shredded rotisserie chicken breast meat

**1 cup** frozen (thawed) corn

**2 Tbsp.** lime juice

**2 Tbsp.** finely chopped fresh cilantro

**1** ripe avocado, chopped



### Directions

In 5-quart saucepot, cook onion and chili powder in oil on medium-high for 5 minutes, or until onion starts to brown. Add chicken broth. Heat to simmering; stir in rotisserie chicken breast meat, corn, lime juice, and cilantro. Simmer 15 minutes. Garnish with chopped avocado.

About 385 cal, 33 g protein, 25 g carbs, 20 g fat (3 g sat), 6 g fiber, 410 mg sodium.