



Coordinated School Health

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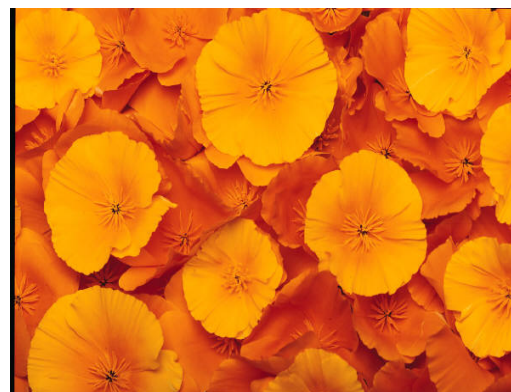
October Dates To Remember:

- **Halloween Safety Month**
- **Healthy Lung Month**
- **National Health Education Week (20-24)**
- **Fire Prevention Month**
- **Flu Clinic @ TLC (Thurs. 23)**

Flu Shots

Getting vaccinated against the flu takes on added urgency this year. That's because people weakened by the disease are also prone to bacterial pneumonia, including a form stemming from increasingly common antibiotic-resistant bacteria. More people than usual died of such infections last flu season.

We recommend that everyone get an annual flu shot, especially if you're at high risk. Even when the shot doesn't prevent the flu it can make symptoms less severe. And people who get vaccinated are less likely to spread the illness. High-risk groups include people who are pregnant, age 6 months to 4 years, and age 50 or older; those who have a chronic illness such as asthma, diabetes, or heart disease; and those who live or work with infants, preschoolers, or older adults.



Flu Shot Clinic

Free flu shots will be given on Thursday, October 23 at The Learn Center. The vaccinations will be given from 3:15– 5:00. Please do not arrive before 3:00 because of students leaving campus. Thanks!

Previous Newsletters

All of our previous newsletters are located on the Coordinated School Health website. Just go to the ACS homepage and you can find the link to our page right under the Google search box in the center of the page.

Nutrition Nuggets

On the Coordinated School Health Website, we have added "Nutrition Nuggets." This is a monthly newsletter focused on students health and nutrition. There is a lot of great information on here, so check them out and share it with students!



Recipe of the Month

Spiced Spanish Almonds

- 1/4 cup light brown sugar
 - 2 teaspoons ground cumin
 - 1 teaspoon hot paprika
 - 1 teaspoon dried thyme
 - 1 teaspoon kosher salt
 - 1/4 teaspoon cayenne pepper
 - 1 large egg white
 - 1 tablespoon water
 - 1 pound (about 3 cups) Marcona or raw whole almonds
1. Preheat oven to 275°F. Coat a large rimmed baking sheet with cooking spray.
 2. Whisk brown sugar, cumin, paprika, thyme, salt, and cayenne in a large bowl. Whisk egg white and water in a medium bowl until foamy. Add almonds and stir to coat; pour through a sieve to drain off excess egg white. Transfer the almonds to the bowl of spices; stir well to coat. Spread evenly on the prepared baking sheet.
 3. Bake the almonds for 30 minutes. Stir, reduce the oven temperature to 200° and bake until the almonds are dry and golden, about 30 minutes more. Let cool before serving, about 20 minutes.

Per Serving: 245 calories; 19 g fat; 0 mg cholesterol; 12 g carbohydrates; 8 g protein; 5 g fiber; 99 mg sodium; 5 mg potassium.

Daylight Savings Time

Just a reminder to set your clocks back 1 hr NEXT weekend!



Suicide Prevention Training

In Tennessee, an estimated 850 men, women, and youth die by suicide each year—more than the number who die from homicide, AIDS, or drunk-driving. The Tennessee Department of Mental Health and Developmental Disabilities has one message: Suicides can be prevented. “Suicide is the leading cause of violent deaths worldwide, above homicide and death due to natural disasters,” said TDMHDD Commissioner Virginia Trotter Betts. “Suicide can be prevented, but Tennesseans need to keep educating themselves about mental health and mental illness in order to seek early, effective and needed help for themselves or their loved ones.”

The Commissioner of Education requires that in-service training include at least two hours of suicide prevention education for all teachers and principals each year.

In an effort to see that we are compliant with this, we are asking that all teachers and principals:

1. Go to the www.jasonfoundation.com
2. Click on the picture that shows a teacher at a chalk board.
3. Then, type in
Username: jasonfoundation
Password: jfi
4. Complete the online training before the Winter Break.