



# EDEN PARK SCHOOL

## MARCH 2013

### Health Newsletter

## NATIONAL NUTRITION MONTH

### IS YOUR HAIR MADE OF DONUTS?

By **Joy Feldman**

On March 11 Eden Park will participate in a state-wide reading of this book which tells a delightful and sometimes comical story about making healthy food choices. Many classrooms will follow the story with activities to reinforce the important nutrition messages in the book.

Ask your child to tell you about the story and what messages they received from the Matt and Maddie characters.

During National Nutrition Month please visit this site:

[www.choosemyplate.gov](http://www.choosemyplate.gov) for many helpful and healthful tips for your family's nutrition.

**Please visit the School nurse web page on Eden Park web site.**

Health forms can be down loaded from web page  
 School nurse contact on web page or call 270-8029

If your child failed the recent hearing screening, a referral was mailed to you the week of Feb19 recommending a FREE complete evaluation at the RI Hearing Center, (or follow up with your doctor). If you have any questions call Mrs Faella, school nurse.

If your child will be absent from school, please call in a simple explanation. This will prevent worry about the safety of your child.

If your child has a contagious illness (flu, head lice, strep) it is very helpful to the school nurse that you report it to prevent further spread of an illness.

monday	tuesday	wednesday	thursday	friday
				<b>1</b> Tar Wars gr5
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Kinder- garten Registr.
<b>11</b> State- Wide read	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>18</b>	<b>19</b>	<b>20</b> 1 <sup>st</sup> day of Spring	<b>21</b> breakfst with principal	<b>22</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Good Friday