



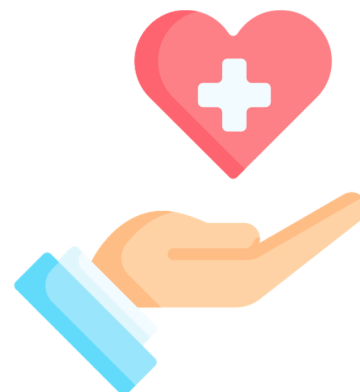
Healthy Vikings Newsletter

April 2024

Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes



and much, much more...

Recipe of the Month

Leftover Holiday ham recipe



Ham Bone Soup (Slow Cooker)

Slow cooker ham bone soup is the best way to use leftover holiday ham. It's slow-cooked with delicious veggies for the perfect soup recipe!

spendwithpennies.com

Eclipse Day is coming!



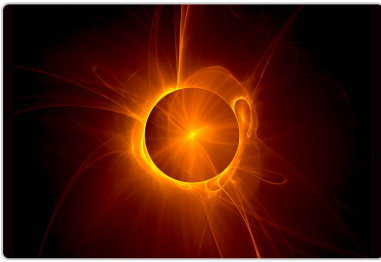
Will it be cloudy? Will it be clear?

There's no way to know for sure... But just in case some things to be ready with...

Some Eclipse FAQ's

- **Will it still get dark if it's a cloudy day?** Yes! Just like any cloudy night, but it will just happen faster and return to normal more quickly.
- **Should I still wear eclipse glasses if it's cloudy out?** Yes! You want to be protected if the clouds should part suddenly giving you a quick peak. The glasses coming home from school are the safety approved versions.
- **Can I view the eclipse through my camera, binoculars or a telescope?** Viewing by using optical devices is NOT safe unless with high-end specially designed and fitted lenses. Best to just use your own eyes with good eclipse glasses.
- **When will it happen in Central Texas?** Monday April 8th between 1:30 - 1:40 in the afternoon.
- **REMEMBER, NO SCHOOL ON ECLIPSE DAY!**

For more details, go to



National Eclipse

NationalEclipse.com is your one-stop source of information on solar eclipses, including the next total solar eclipse coming to America on April 8, 2024.

🌐 nationaleclipse.com

Spring brings stinging Caterpillars

Every spring our oak trees drop their leaves and put out pollen before the new leaves come out... Unfortunately, Buck Moth caterpillars arrive at the same time and they look very much alike. The caterpillars are cute and fuzzy and very tempting for little hands to play with. Unfortunately, they cause pretty nasty stings.

Take some time to teach your kids (and watch out for yourselves in the yard) that caterpillars are best left alone... Definitely a DO NOT TOUCH critter.

If you they do get stung, Poison Control suggests the following:

- *If the caterpillar is on the skin, remove it without using your hands!*
- *Gently put tape over the exposed area, sticky side down. (Any kind of tape will do.)*
- *Pull up the tape, removing the hairs or spines.*
- *Repeat with fresh pieces of tape as often as needed to treat the area involved.*
- *Wash the area gently with soap and water.*
- *If the area itches, put on a paste of baking soda and water.*
 - *If that doesn't help, try a hydrocortisone cream.*
 - *If that doesn't help, try an antihistamine cream. That shouldn't be the first choice, as it doesn't always help. Also, some people have skin reactions to these creams.*
- *If the area is badly blistered, contact your health provider.*



Buck Moth Caterpillar



Live Oak pollen



Ten minutes later

Peroxide?



Should You Use Hydrogen Peroxide to Clean a Wound?

Hydrogen peroxide might be the first thing you grab when treating a wound in order to help disinfect it. While the sometimes-painful bubbling is definitely sanitizing the area, it's also destroying healthy tissue. But, hydrogen peroxide is such a bad idea for first aid.

healthcare.utah.edu

Laughter is the best medicine



"I see your mom really gets into April Fools Day."

CartoonStock.com



Regina Carmichael, RN

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

Contact

