

Healthy Vikings Newsletter

January 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



40 Best Kid-Friendly Dinner Recipes - Kristine's Kitchen

Healthy meal recipe ideas for families with kids. My three kids are always happy when I make these easy kid-approved dinner recipes!

🔗 kristineskitchenblog.com

Parent - Child Connection



Understanding your teen

<https://www.getparentingtips.com/tweens-and-teens/relationships/understanding-your-teens/default.asp>



Positive Parenting Techniques that Work with Teens

Laughter is the best medicine

What do snowmen eat for lunch?

Iceberg-ers!

What do snowmen eat for breakfast?

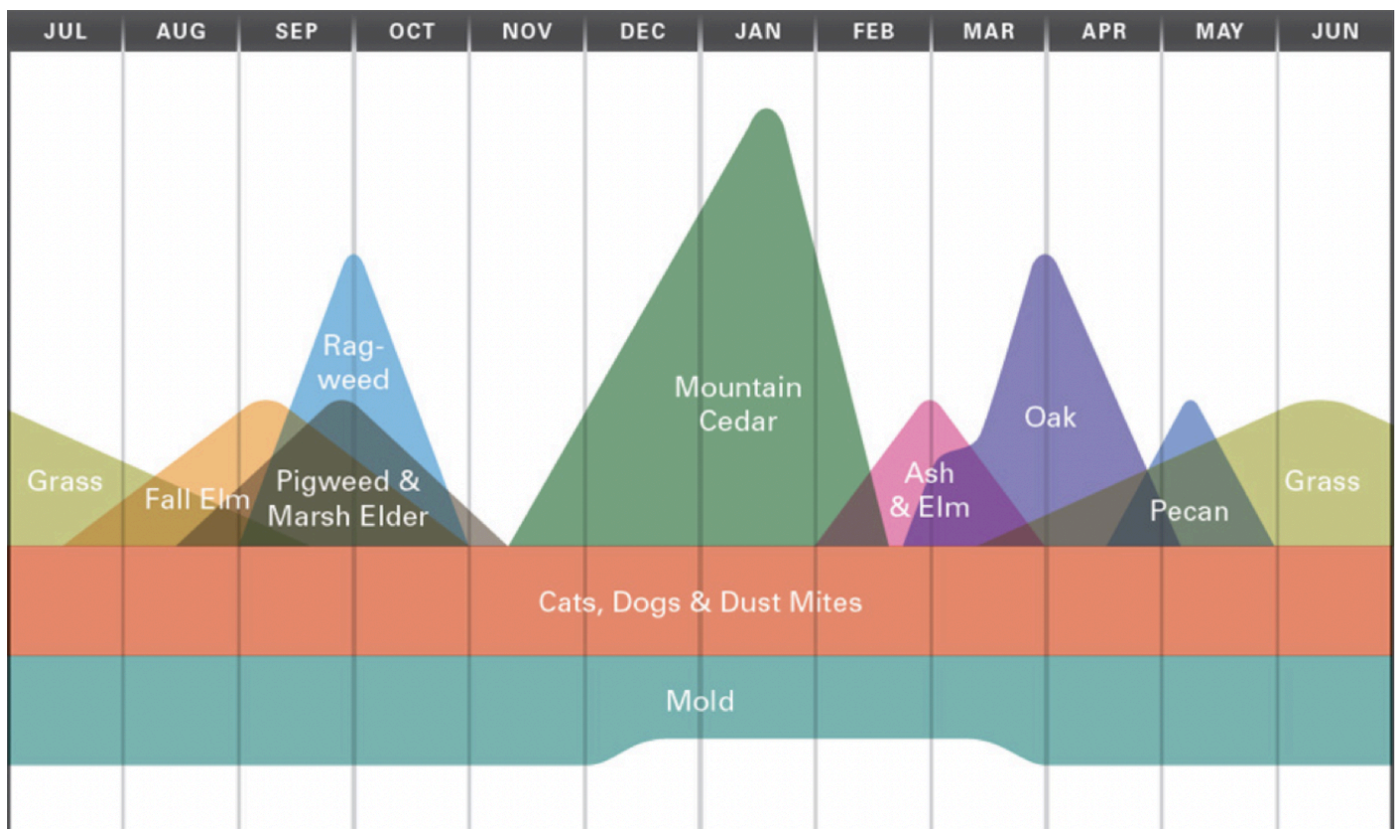
Frosted Flakes.

What does a Snowman take when he gets sick?

A chill pill!



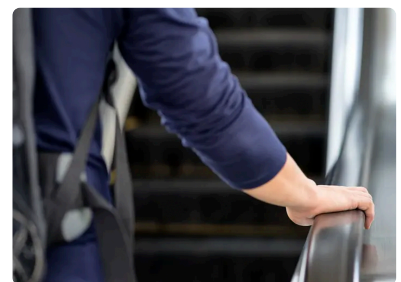
What's going around?



Clean as a Whistle

The Germiest places in your world

<https://symptoms.webmd.com/cold-flu-map/germiest-places>



Fun Celebrations Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 New Year's Day World Day of Peace	1 National Science Fiction Run it up the Flagpole and	2 Festival of Sleep Day Fruitcake Toss Day	3 Trivia Day	4 National Bird Day	5 Cuddle Up Day National Bean Day	6
7 National Tempura Day	8 Bubble Bath Day	9 Do Something Nice for National Static Electricity	10 Peculiar People Day Save the Eagles Day	11 National Milk Day Step in a Puddle & Splash	12 National Pharmacist Day	13 Korean American Day National Rubber Ducky St Knut's Day - Sweden
14 National Dress up your	15 Martin Luther King Day	16 International Hot & Spicy National Fig Newton Day	17 Ditch New Years International Mentoring National Classy Day	18 Thesaurus Day Winnie the Pooh Day	19 National Popcorn Day	20 National Cheese Lover's
21 International Sweatpants National Granola Bar Day Squirrel Appreciation Day	22 National Polkadot Day	23 National Handwriting Day National Pie Day	24 Belly Laugh Day International Day of National Compliment Day	25 Opposite Day	26 Big Wig Day National Fun at Work Day Peanut Brittle Day	27 Holocaust Remembrance National Chocolate Cake
28 National Blueberry National Kazoo Day	29 National Bubble Wrap Day National Corn Chip Day National Puzzle Day	30 National Croissant Day	31 National Backwards Day National Hot Chocolate National Inspire Your	1	2	3



Regina Carmichael, RN

Our Student Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

Contact