

A close-up photograph of several white marshmallows. Some of the marshmallows are decorated with small black dots for eyes and yellow dots for mouths, making them look like little vikings. They are arranged in a cluster.

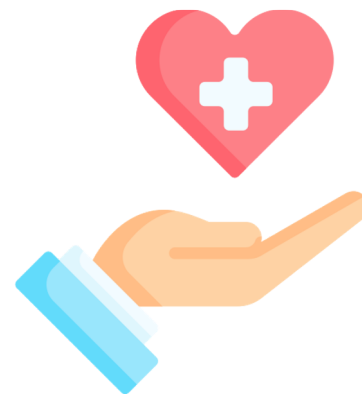
Healthy Vikings Newsletter

February 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



7 healthy Valentine's Day treats that are still super sweet.

These healthy Valentine's Day treats are made with fresh fruit and are so delicious that we promise your kids will still love you if you serve them.

Parent - Child Connection

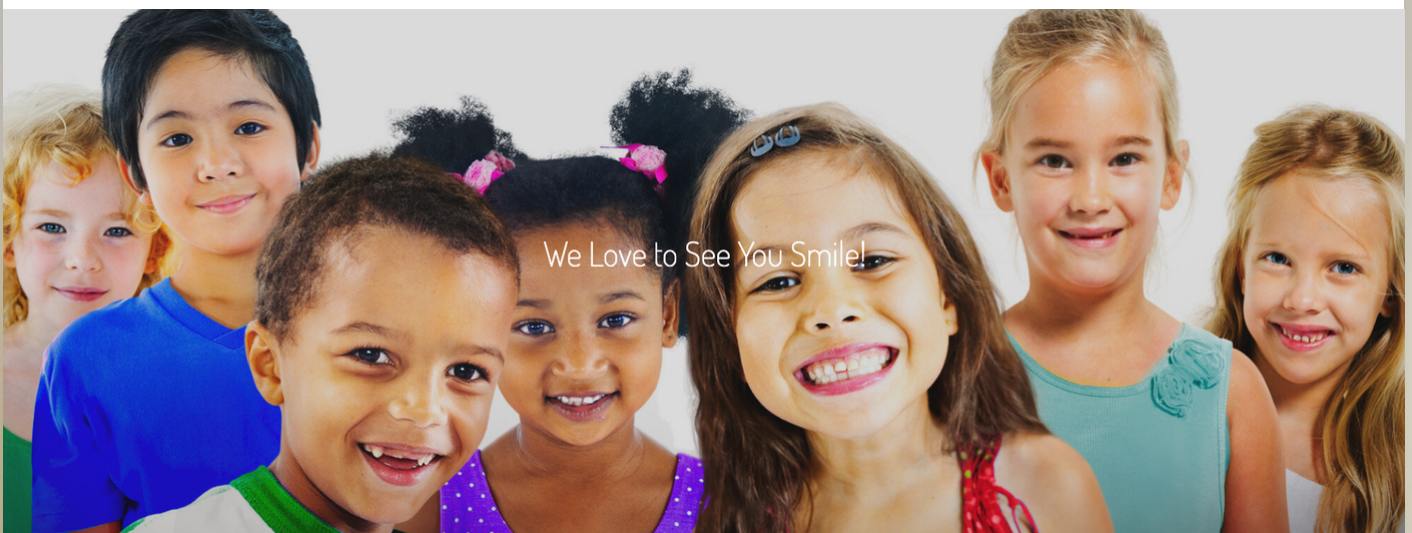


Single Parenting: Tips for When You're Raising Kids on Your Own

Single parenthood can bring added pressure and stress to the job of raising children. With no one to share day-to-day responsibilities or decision-making, single parents must provide greater support for their children while they themselves may feel alone.

healthychildren.org

February is Dental Health Month!



Test yourself - Dental Myths & Fun Facts... did you know...

Myths:

- Baby teeth don't need dental care because they'll be replaced by permanent adult teeth. Even baby teeth need to be cared for. Unhealthy baby teeth can cause harm to permanent teeth that will come in later. They can even cause infections that affect the whole body.
- Rinsing with water after brushing is good for your daily routine. The fluoride in the tooth paste leaves a protective layer in place. It's best to just spit out the toothpaste and skip the rinse to keep that good fluoride in place. It may feel strange at first but it's worth it.

- *Hard bristle brushes remove more plaque.* The job of the toothbrush is to ensure plaque isn't left on teeth, and a soft bristle brush is fine to do that. Using a hard bristle brush can damage the enamel that coats the surface of teeth. Once damaged, enamel can't repair itself.

Fun Facts:

- There's more bacteria in your mouth than human beings on planet earth.
- People tend to prefer blue toothbrushes over red ones.
- The tooth is the only part of your body that can't heal itself.
- Cotton candy was invented by a dentist and was originally called "fairy floss."
- Giraffes only have bottom teeth.
- An elephant's molar weights up to 6 pounds!
- Mosquitoes actually have teeth—47 of them.
- In the middle ages, it was believed that kissing a donkey would cure a sore tooth
- The life span of a taste bud is only 10 days. No wonder your tastes change as you age!
- The average human produces enough saliva in their lifetime to fill 2 swimming pools.
- When asked which they would give up for a year, more people chose to give up vacation time rather than give up desserts.

A Parent's guide to social media apps



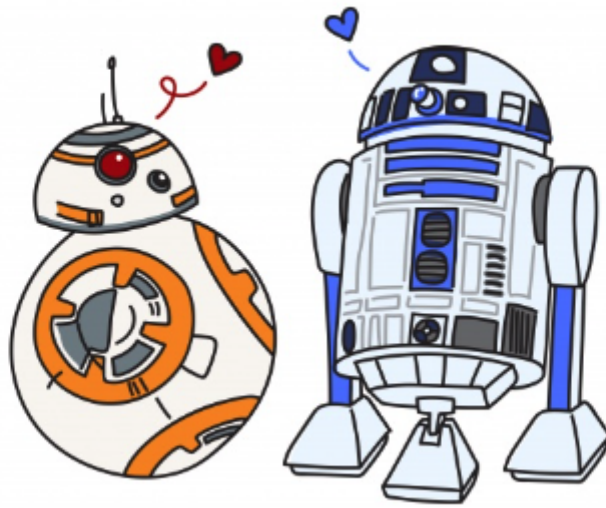
A Parent's Guide to Social Media: Our tech expert breaks down 5 popular apps

Many parents feel a bit lost when trying to keep up with what their kids are engaging with online. Sarah Kimmel shares social media apps kids are using.

studio5.ksl.com

Laughter is the best medicine

You are the droid I seek! Be my Valentine!



Regina Carmichael, RN

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

Contact