



FINISH FEBRUARY HEALTHY

February is National Children's Dental Health month. It is sponsored by the American Dental Association and seeks to raise awareness about the importance of good oral care in children. This year's campaign slogan is "Water, Natures Drink!" Remind children to stay well hydrated and aim to drink 8 glasses of water daily. Water has a variety of health benefits for oral health including keeping the mouth hydrated and providing the optimal environment for its natural ability to decrease bacteria. Let's help keep our students healthy and smiling!

February is also American Heart month. Remember to take care of your heart. Aim to get plenty of sleep, exercise, and eat a healthy, balanced diet. And don't forget self care. Take a walk, read a book, meditate, or listen to music.



STUDENT CARE

Working with students everyday, you have a good idea of what a student's baseline is. You should be able to recognize when there is a significant shift from that baseline. School staff have an important responsibility to know when a student is not feeling well—physically and emotionally. If you see a student that seems to be unwell, it is time to act. The nice thing is, we have a team effort in schools. We can work together to make sure all students are well cared for while on campus. Perhaps you should make a referral to the school nurse, or the school counselor. Or maybe they just look like they are not feeling well and they need to go home and rest. Anxiety and depression in kids can manifest as irritability, inability for focus, and exhaustion. Just keep your eyes open. These students need you.

Jefferson County COVID Update:

While the number of cases in the county continues to decrease (10 active cases as of 2/22/21) it is important to keep our guard up and our masks on. Jefferson County schools have seen 144 COVID cases since school began in September. Of those, 47 have been staff, 97 have been students. Jefferson County has 1769 students enrolled this school year, and staff data has not been collected. Since schools have been the only mass congregate setting since March of last year, these numbers seem to reflect the importance of mask wearing, along with studies and recommendations from the top health care professionals in the world.

So #MaskUp!

COVID Vaccine Update:

Jefferson County continues to be allotted 150 doses per week. We are giving 150 doses per week. We have a vaccine clinic in Montana City on Tuesdays, one in Boulder on Wednesdays, and Whitehall clinic is giving 50 doses through the week. We hope we will be allotted more as the Federal Government continues to roll out the vaccines. At this rate, yes, it is a very slow process. We are currently vaccinating 70+ year olds from the oldest down. Call 406-225-4004 and leave a message with your name, age and phone number to get on the list and we will call when we have a vaccine available for you. Spread the word.

Nutrient Spotlight

Make sure you are getting enough **Vitamin D** each day. The recommended intake is 600 IU daily. It is best to get a supplement of Vitamin D3 (also known as cholecalciferol) since very few foods have it. Vitamin D is synthesized naturally through our skin when exposed to the sun, but living in Montana and having cold winters does not allow for much sun exposure. The other caveat is that sun exposure can also lead to skin damage. So seek a supplement to reap the benefits: bone health, mental health, immunity, and cardiovascular health.