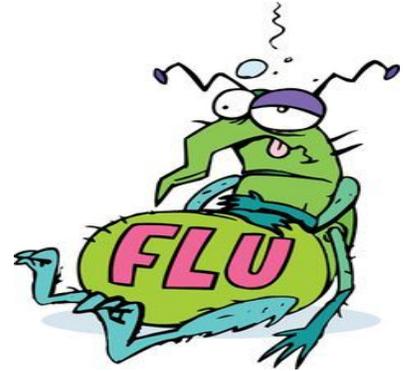


## The Flu Blues

As cooler weather approaches so does the cold and flu season. Flu symptoms are similar to cold symptoms but generally develop very quickly and can make you feel much worse. People infected with the flu may experience

- Fever greater than 100.4
- Aching muscles, especially in the back, legs, and arms
- Chills and sweats
- Headache, fatigue and weakness, and
- A dry cough, nasal congestion, and sore throat



Influenza, or the flu is caused by a virus, so antibiotics are not useful. Serious complications of the flu virus can include pneumonia, bronchitis, asthma flare ups, heart problems, and ear infections. The best way to avoid this illness is to get a flu vaccination every year. Experts recommend that everyone 6 months of age and older should get a flu shot. Here is some important information about the flu vaccine:

- The flu shot does not cause the flu. People who get sick right after the flu vaccine are usually already infected with another illness.
- Although it is possible for vaccinated people to get the flu later in the season, they are less likely to be infected by serious strains of flu that can lead to complications or hospitalization.
- It is especially important for young children, older adults, pregnant women, and individuals with medical conditions such as asthma, diabetes, heart disease, lung disease, and cancer to be vaccinated.

If you do get the flu remember to drink plenty of fluids (water, juice, or grandma's chicken soup), and rest. Over-the-counter medications such as Ibuprofen (Motrin, Advil) and Tylenol can be used to relieve pain. Never use Aspirin for pain relief in children or teenagers as it can lead to a rare but fatal condition called Reye's Syndrome.

## Busy Bees



Bees, Wasps, and Yellow Jackets are busy in the Fall gathering food for the long Winter months. Other than wasps, most will not sting unless they feel threatened. Here are some tips to avoid being stung:

- Don't wear bright colors or floral prints.
- Avoid wearing sweet smelling perfumes
- Keep garbage cans sealed
- Wear shoes in grassy areas
- Avoid drinking sweet beverages outside
- Don't swat at a bee or its will become aggressive - stay calm -

once the bee realizes you are not a flower it will fly away on it's own

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### If you do get stung by a bee:

- Remove any stinger (only bees leave their stinger behind)
- Wash the area with soap and water, and apply ice
- For more severe reactions, you can take over-the-counter pain relievers (Motrin/Advil) and apply Hydrocortisone cream to the area
- Do not scratch the bite or the swelling will increase
- Seek emergency care for severe reactions if you develop hives, swelling of the tongue, difficulty breathing, or dizziness.



## Healthy, Happy Teeth



Did you know that cavities are the #1 chronic disease of childhood? Keep your teeth happy and healthy

- Brush teeth 2 times a day with a fluoride toothpaste.
- Clean between the teeth with floss 1 time a day.
- Eat a balanced diet and avoid sugary drinks or foods with carbohydrates such as candy, pretzels and chips. If you do eat these foods make sure you brush your teeth afterwards.
- Don't smoke! Tobacco can lead to gum disease
- To protect your teeth wear a mouthguard when playing sports such as football or soccer.
- Change your toothbrush every 3-4 months or after you have a stomach virus.
- Schedule regular visits to the dentist every 6 months

## Chefs' Corner (Recipes from our Entrepreneurs)

### Recipe Name: Jamaican Brown Rice and Peas (Beans)

Serves 5

Ingredients:

1 can red kidney beans or peas, 7 cups water, 1 ½ cup uncooked brown rice, 1 can coconut milk, 1 tbsp thyme, 1-2 tsp salt, 2 scallions (sliced), 1 onion (sliced), 3 garlic cloves (sliced), 1 thumb sized piece of ginger



Directions:

1. Bring beans (or peas), garlic, onion, scallops and water to a boil then reduce to medium heat.
2. Add coconut milk, rice, thyme, salt, and ginger. Stir and cover.
3. Slowly simmer for 40 minutes until rice is tender and liquid is absorbed. Check frequently to make sure the rice does not burn. Enjoy!!

**WELCOME BACK TO SCHOOL ENTREPRENEURS!!! WE HOPE YOU HAD A HAPPY AND HEALTHY SUMMER.**

**Upcoming Events:** Be sure to join us on September 30th for our OLWEUS Anti-bullying walk and Wellness Fair.

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