

November Newsletter from Nurse Kris

November is **DIABETES** Awareness Month!

Diabetes is a disease that affects the whole family, especially when a child is diagnosed. Whether you are a parent, sibling, or classmate, your support and understanding can make all the difference. The rates of obesity and Type 2 diabetes among children in the U.S. is rapidly rising. Talk with your child about healthy eating habits and daily exercise.

We are nearing flu season! Please refer to the chart below if you have any questions about when to and when not to send your child to school:

