

CD ELEMENTARY NEWSLETTER

ON THE MENU...

1/30 Bagel Sausage Sandwich	Beef Totcho, Pico De Gallo, Churro, Fresh Veggies & Fruit
1/31 UBR Bar & Trix Yogurt	Twisted Chicken Pasta w Alfredo Sauce, Breadstick, Fresh Fruit
2/01 Bacon Scramble Pizza	Hot Dog, Potato Wedges, Baked Beans, Fresh Veggies & Fruit
2/02 Mini Pancakes	Chili, Cinnamon Roll, Fresh Veggies & Fruit
2/03 Egg/Sausage/Cheese Biscuit	Pulled Pork, Coleslaw, Baked Beans, Fresh Veggies & Fruit



CENTRAL DECATUR
COMMUNITY SCHOOL DISTRICT

Food Pantry

Open 3rd & 4th Wednesday of each month
from 1PM-2PM

- Call Becca at 641-446-4819 to schedule an appointment outside of Wednesday hours.
- **Pick up at the entrance by the greenhouse.**

This institution is an equal opportunity provider.



**THE FEBRUARY CARDINAL
MUSCLE REGISTRATION
FORM HAS BEEN SENT
OUT, PLEASE COMPLETE
IF YOUR CHILD WILL
BE ATTENDING.**

CENTRAL DECATUR PTO PRESENTS:

*WINTER WONDERLAND
DADDY DAUGHTER DANCE*

**SATURDAY, FEBRUARY 11TH
6:00-8:00 PM**

**CENTRAL DECATUR
HIGH SCHOOL COMMONS**



School Nurse Newsletter

February

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Good oral hygiene and healthy habits start at home. Oral hygiene is important for overall health because it helps to keep your mouth, teeth, and gums healthy. When you take care of your mouth by brushing and flossing regularly, you can prevent tooth decay, gum disease and bad breath. These conditions can cause pain and discomfort, and can also lead to more serious health problems. It is never too early or late to begin good oral hygiene routines and practices.



NURSING TIPS ON HOW TO KEEP YOUR CHILD'S SMILE HEALTHY.

- Brush teeth twice daily with fluoride toothpaste
- Brush teeth for 2 minutes
- Floss Daily
- Limit sugary and acidic foods and drinks
- Use a mouthwash or rinse to freshen breath and kill bacteria.
- Replace toothbrush every three to four months or sooner if frayed.
- Replace your toothbrush after an illness.
- Drink plenty of water



HIGHLIGHTS FOR FEBRUARY

- Central Decatur South Elementary School will be partnering with the I-Smile program to bring pertinent oral health education to your students in the classrooms this month.
- A big thank you to Gilbert's True Value for donating a load of sanitizing wipes for the classrooms at North & South Elementary. Thank you True value for helping to keep our community healthy.

