

SANTAQUIN SENTINEL

Chad Argyle, Principal

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NOVEMBER 2016

Go to www.santaquin.nebo.edu for more links and information.

Calendar Items

- Red Ribbon Week.....Oct.31-Nov. 4
- Veterans Assembly.....Nov 11
- Kindergarten Grandparents Day.....Nov 18
- Kindergarten Field Trip Nov 22
- No School—PC Comp Day Nov 23

**Thanksgiving
Break**




Nov 24-25

Friendship Soup

By Building Relationships

"If friendship were a soup, what ingredients would be in it?"

Friendship	
2 sticks	Kindness
1 gallon	Generosity
3 cups	Having Fun
3 pints	Honesty
1 teaspoon	Arguments (sticky)
3 tablespoons	Respect
1 ½ cups	Safety
1 cup	Trust



Veterans Day Celebration

What: We want to celebrate and teach students about Veteran's Day!

When: Nov. 11th at 9:15 am

Who: All Veterans and family members who are currently serving in the military are welcome! We want to honor you!

If you know of a veteran who would be willing to come to the school and participate in our celebration of veterans, please contact the school by Nov. 4th

Patriotic Contest ★ Freedom ★

The Freedom Festival sponsors multiple patriotic contests each year in categories including Art, Essay, Speech, Storytelling, and Video. The contest theme this year is Freedom.

Go to www.freedomfestival.org/contests for details. **Deadline is November 14th**

HEALTH TIPS

FLU VACCINE OFFERS PROTECTION!!

The “flu” season is officially underway. Individuals who received their vaccine at least two weeks ago can breathe a sigh of relief, because it takes about two weeks to build immunity.

You need the vaccine each year because the influenza virus changes, sometimes significantly, from year to year. The vaccine comes in two basic forms – the shot and nasal spray. The “shot” contains killed virus and the nasal spray contains weakened live virus. **Neither vaccine causes influenza.**

To make the vaccine, influenza virus is grown in hen’s eggs. Recent studies have documented safe receipt of the flu shot in persons with egg allergy; only a severe allergic reaction is reason to withhold the flu vaccine.

It’s not too late to get you flu vaccine. To get your flu vaccine, come to the Utah County Health Department or visit your Doctor.

The vaccine is the best way to protect against influenza.

The vaccine cannot cause the disease.

Get vaccinated before Thanksgiving family gatherings!

Prevention Tips

- Cough and sneeze into your elbow
- Wash hands with soap and warm water for a minimum of 15-20 seconds. Sing your ABCs or Happy Birthday
- Use hand sanitizer when soap and water are not available
- Avoid touching eyes, nose or mouth without washing or using hand sanitizer first
- Keep students home if not feeling well.

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