



MARCH 2026

Health Services Newsletter



HEALTH AWARENESS:

National Nutrition Month:

March is National Nutrition Month; Discover the Power of Nutrition, learn how to make informed healthy food choices:

- Avoid Fad Diets
 - Choose healthy food from all food groups
 - Gain nutrients from food, not supplements when possible, alternate foods for variety
 - Read Food Labels, know what to look for
- [Everything you need to know about Nutrition](#)

Health habits start with our children; Good nutrition, along with regular exercise, supports overall well-being and decreases the risk of conditions such as obesity, depression, type 2 diabetes, heart disease, and certain cancers.

[Childhood Obesity Resources for School Nurses](#)

SLEEP AWARENESS

Daylight Savings Time is upon us, and losing that 1 hour of sleep can affect us for days. Sleep Awareness Week is March 8-14, Discover Better Sleep for Better Health:

- [National Sleep Foundation Resources](#)
- [Sleep Health Topics](#)

National Kidney Month:

Manage your Kidney Health

- Manage your Blood Pressure; $\leq 120/80$ is optimal
- Manage your blood sugar; 70-110 is optimal
- Take medications as prescribed
- Always treat a Urinary Tract Infection
- Drink Water; 6-8 - 8oz. glasses daily
- Manage any chronic conditions

Chronic Kidney Disease

- Diabetes and Hypertension are most common causes of chronic kidney disease
- Ask about your Glomerular Filtration Rate (GFR), should be greater than 60



UPCOMING EVENTS:

- 3/8- Daylight Savings, Set Clocks Forward
- 3/9- School Board Meeting at 6:30pm
- 3/15-3/21- [Poison Prevention Week](#)
- Coming in April- Spring Vaccine Clinics for Rising 7th & 12th graders
- Coming in April - PreK/Kg Registration

Events

