

The header features a large, stylized orange pumpkin with black outlines on the left. To its right is a brown rectangular box containing the title. Above the box are several large, stylized autumn leaves in shades of orange, yellow, and white. Below the box are more autumn leaves, including a prominent red one.

School Nurse Newsletter

October 2024

During the month of October school nurses are working on helping students complete **immunization requirements**, and many of us have

been working at mobile vaccine clinics to help get our students vaccinated. **Mass vision**

screening for 1st, 3rd 5th and 7th graders

begins. These are basic screens done to identify students who need a referral to see an eye care

professional. **Case management** also begins with diabetic students and other identified students who could benefit from one-on-one teaching with the nurse. Student chronic condition lists are being compiled and updated based on Power School alerts and health assessments. Some of our very own school nurses have even been deployed to **Western**

North Carolina to work in shelters and assist with hurricane relief!



It's the season for sneezing...what can you do to stop it?

The Centers for Disease Control and Prevention (CDC) recommends that most people get the updated 2024-2025 COVID-19 and flu vaccines, and some people get the RSV vaccine:

- **COVID-19:** The CDC recommends that everyone 6 months and older get the updated COVID-19 vaccine, regardless of whether they've been vaccinated before. The virus that causes COVID-19, SARS-CoV-2, is constantly changing, so it's important to keep up with vaccinations.
- **Flu:** The CDC recommends that everyone 6 months and older get the flu vaccine. It's recommended to get the flu shot by Halloween to help protect you throughout the fall and winter.
- **RSV:** The CDC recommends the RSV vaccine for certain groups.

It's safe to get the COVID-19 and flu vaccines **at the same time**. Staying up to date with your recommended vaccines can help reduce the risk of severe disease, hospitalization, and death.

Fun Facts About Fall

Origins of the Word Autumn and Fall

The word "autumn" comes from the Latin word *autumnus*, which means "the passing of the year". The word "fall" likely comes from the Old English words *fiaell* and *feallan*, which mean "to fall from a height". The name "fall" was likely inspired by the falling leaves. Before the 16th century, "harvest" was the most common term for the season. However, as people moved away from working the land, "harvest" came to refer to the activity of reaping. The word "autumn" was first recorded in English in the late 1300s and was used by Chaucer and Shakespeare. It became more popular than "fall" in British English in the 17th century. "Fall" became more common than "autumn" in American English by the late 1800s. The reasons for this are not clear, but it may have something to do with the spread of English to the American continent in the 17th century.





Butternut Squash and Apple Casserole with Sausage

The great thing about this casserole is that it's relatively quick to prepare and doesn't require fancy cooking skills. Even beginners can tackle this recipe with ease.

Ingredients:

- 1 large butternut squash, peeled and cubed
- 2 apples, peeled, cored, and sliced
- 1 pound sausage (Italian or breakfast sausage)
- 1 tablespoon olive oil
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Salt and pepper to taste
- 1/4 cup maple syrup (optional)
- Fresh thyme or parsley for garnish

Instructions:

Step 1: Preheat your oven to 375°F (190°C) and prepare your baking dish.

Start by preheating the oven, so it's ready when you are. Lightly grease a 9x13-inch baking dish with olive oil or cooking spray to prevent sticking and ensure easy cleanup.

Step 2: Brown the sausage.

In a large skillet, cook the sausage over medium heat until it's browned and cooked through. Once the sausage is done, remove it from the pan and set it aside. The sausage drippings will be used to enhance the flavor of the vegetables later.

Step 3: Sauté the butternut squash.

Using the same skillet, add olive oil and toss in the cubed butternut squash. Sauté the squash for 5-7 minutes, just until it starts to soften slightly. This will help the squash cook evenly in the oven later.

Step 4: Combine the ingredients.

In your prepared baking dish, combine the sautéed butternut squash, sliced apples, and cooked sausage. Season everything with cinnamon, nutmeg, salt, and pepper. If you want an added touch of sweetness, drizzle some maple syrup over the top, though this step is optional depending on your preference.

Step 5: Bake the casserole.

Place the casserole in the preheated oven and bake for 25-30 minutes, or until the butternut squash is tender and the apples are soft. The kitchen will fill with the delightful aroma of cinnamon, nutmeg, and sausage as the casserole bakes, creating a cozy atmosphere.

Step 6: Garnish and serve.

Once baked, remove the casserole from the oven and let it cool for a few minutes. Garnish with fresh thyme or parsley for a burst of color and freshness. Serve warm, and enjoy the comforting flavors of fall in every bite.

