

October is the season for pumpkin spice latte, plaid jacket, spooky Halloween costumes and fall illness.

## Common Illnesses during Fall Season

**Fall Allergies** - Dust and mould allergies often peak when space heaters and furnaces start to come on at home, school, or work.

**Common Cold** - As the name states, common cold could be easily catch by kids as they get back to school and playdates with friends.

**Ear Infections** - acute ear infections often occur in the fall and are most common in children under five. Ear infections are caused by an inflammation or virus within the inner ear or the nerves of the inner ear.

**Flu (Influenza)** - can circulate at anytime of the year, but the viruses thrive in the colder, drier weather we experience in the fall and winter seasons.



Scan the QR Code to learn more about Influenza (Flu) symptoms, diagnoses and prevention or visit

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw122012>

## EFFECTIVE WAY TO REDUCE RISK OF FALL ILLNESSES



- Eating a healthy and balanced diet.

- Getting regular exercise. Start at an early age to develop a proper hobby.



- Washing your hands often, especially during winter months when the flu is most common.



- Keeping your hands away from your nose, eyes, and mouth. Viruses are most likely to enter your body through these areas.



# SPÖÖKY

## HALLOWEEN CELEBRATION

It's one of the favorite celebration for both students and educators. Some dress up like their favorite movie character, super heroes, witches, ghost, or fairies. It's one of the cool celebration away from the usual day to day school tasks. Here are some tips on how everyone can enjoy Halloween celebration responsibly.

### PUT ON YOUR COSTUME AND BE MINDFUL

Wearing a Halloween costumes brings back the memory of playing dress up when we were young.

While It encourages creative thinking, costumes and props should be school appropriate.

- Any costumes and props that suggest or depict violence are inappropriate and should not be worn at school.
- Costumes mask should not be worn during school hour or inside the class as it may cause disruptions.
- Frightening costumes should not be worn to school. Some students or staff might have a fear or reservations seeing a frightening costumes.

### SUGAR AND EVERYTHING NICE

- Those candy corns sure looks so yummy but be careful when giving them to kids specially Preschoolers and Kindergartens, these are potential choking hazards.
- While everything sweet will be everywhere during the Halloween day, we encourage everyone to be aware of health risks to children associated with too much sugar consumption. It is strongly recommended that all students and adults be responsible about their food and snack choices.

### FOOD ALLERGIES

This is also the day where students brings treat for their friends. While the thought is really nice, food allergies and gluten related disorders should be considered when handing out treats. Common allergens found in candy are peanuts, tree nuts, soy, wheat, milk and eggs.

- Read all labels carefully.
- Only give children treats that list the ingredients.
- Don't give your child products with warning such as "may contain" statements, if they have allergy to something listed in the statement.
- Don't give the child products of which you are unsure.



*Just for  
laugh*

WHAT DO YOU CALL TWO WITCHES SHARING  
AN APARTMENT?

**BROOMMATES.**

WHAT WOULD BE THE NATIONAL DAY FOR A  
NATION OF VAMPIRES?

**FANGS-GIVING!**

*Thank you to all of our School Custodians*

*National School Custodian Week  
October 2 - 6, 2023*