
Indiahoma School Newsletter

Monday

February 13, 2012

Congratulations Indiahoma Warriors!

Girls & Boys

2012 District CHAMPS

Next stop on the journey to State:

High School Regional Tournament

February 16, 2012 @ Granite

February 17-18, 2012 @ Cache

PICTURE DAY

WEDNESDAY, February 15th



JH/HS Basketball
JH/HS baseball
JH/HS softball
JH/HS cheerleading
FCA
Friendship Pictures
PreK-12th Portrait

PreK—6th grade Group Pictures

FFA This Week

Chatty Livestock Show, FEB 13-14

S.W. District Livestock Show, FEB 15-18

FFA WEEK Next Week

February 20-24

Monday: FFA Day at the Capital (Feb. 20)

FFA members representing Indiahoma are:

Kasey Cook, Casey Curtsinger, Jade

Kinder, Tyler Rhoads, and Sarah Stoll.

Tuesday: Hat Day! (Feb. 21)

Wednesday: Western Day! Drive your tractor to school. (Feb. 22)

Thursday: Blue & Gold Day, FFA Football Game (Feb. 23)

Friday: No School, Professional Day. FFA will cook breakfast for the teachers. (Feb. 24)

Friday & Saturday: Elgin Made For Excellence Leadership Conference (Feb. 24 & 25)

Indiahoma School Menu:

February 13-17, 2012

Breakfast:

All Breakfasts include Juice & Milk

Mon Tornadoes/PB&J sandwich

Tue Biscuits, sausage patties, gravy, jelly

Wed Scrambled eggs, hashbrowns, sausage links

Thu Cereal, toast, sausage links, jelly

Fri Breakfast pizza

Lunch:

Mon Ham sandwich, chips, diced peaches, salad bar, milk

Tue Chicken nuggets, green beans, Mac & cheese, mixed fruit, milk (Ellie Hannabass & Tobin Bruce request)

Wed Hamburgers, tator tots, apple slices, salad bar, milk (Tanner York, Mary Komahcheet & Madyson Lafteur request)

Thu BBQ sandwiches, chips, grapes, salad bar, milk

Fri Pizza, corn, orange slices, salad bar, milk (Selena Komahcheet request)

In accordance with Federal law and United States Department (USDA) policy, this institution is prohibited from discrimination on the basis of race, national origin, sex, age, or disability.

TSA Bake Sale

(Technology Student Association)

Tuesdays and Thursdays, 12:00-12:30 p.m.

In the Library Lobby



**Indiahoma Public School
is collecting**

BOX TOP\$ for Education.

Send your neatly clipped

BOX TOPS to Mrs. Strong in 3rd Grade.

Lost a Bracelet?

Check with Mrs. Bussey in the School Office.

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

February is American Heart Month

Major Risk Factors for Coronary Heart Disease and Heart Attack that can't be Changed:

- ♥ Increasing age—4 out of 5 heart disease sufferers are 65 or older.
- ♥ Male gender—Men have a greater risk for heart disease than women.
- ♥ Heredity—Children of parents with heart disease are more likely to develop it themselves.

Major Risk Factors You CAN modify, treat, or control by changing your lifestyle or taking medication:

- ♥ Smoking—A smoker's risk of heart attack is more than twice that of nonsmokers.
- ♥ High cholesterol—As cholesterol rises, so does the risk of coronary heart disease.
- ♥ High Blood Pressure—High Blood pressure increases the heart's workload.
- ♥ Physical Inactivity—Regular moderate-to-vigorous physical activity helps prevent heart and blood vessel disease.
- ♥ Obesity—People who have excess body fat especially if a lot of it is in the waist are more likely to develop heart disease and stroke even if they have no other risk factors.
- ♥ Diabetes mellitus—Diabetes seriously increases your risk of developing cardiovascular disease. If you have diabetes, it is extremely important to work with your health care provider to manage it and control any other risk factors you can.

Source: American Heart Association

How Can I Stay Well During Flu Season?

Q: What's the number one thing I can do this year to stay healthy during flu season?

A: Get the seasonal flu shot; in fact, everyone 6 months and older should get the flu vaccine as soon as it becomes available. Because children younger than 6 months are too young to be vaccinated but are also vulnerable to flu, it's especially important that their caregivers are vaccinated.

Q: What can I do to improve my immunity so I don't get a cold?

A: Get plenty of sleep — at least seven hours a night — and eat a healthy diet. That means lots of whole grains, vegetables, and fruit. Staying hydrated by drinking adequate amounts of non-caffeinated fluids is also important. That keeps your mucous membranes moist, and that in turn can prevent a cold or flu from taking hold in your nose or lungs.

Q: Does taking lots of vitamin C help keep colds at bay?

A: Vitamin C supplementation has not been shown to prevent or cure colds; however, getting plenty of vitamin C from whole foods such as colorful peppers, kiwi, oranges, and pineapple, helps your body produce infection-fighting antibodies that can prevent colds.

Q: I want to protect my family from cold and flu, but I don't want to turn into a germophobe. What's important?

A: Germs can live on countertops and other hard surfaces for days, so focus on those. Think about the surfaces in your home that many people touch every day: faucets, handles on appliances and doors, countertops, areas in the kitchen and bathroom, cell phones, the computer mouse and keyboard. Clean all of those surfaces well and frequently with a safe disinfectant solution.

Q: What's the one thing I can teach my kids to keep them from getting a cold or the flu this year?

A: Wash your hands with hot, soapy water frequently — before they eat, after they use the bathroom, after playing outside, after touching items that lots of other people have touched. If you can get your kids to take that one step, you might keep them healthy all year round.

Q: Are antibacterial soaps better than regular soap for washing hands during cold and flu season?

A: Save your money and buy regular old soap. In fact, antibacterial soap can contribute to the problem of drug-resistant bacteria.

Source: www.everydayhealth.com