CHARTER SCHOOL OF EXCELLENCE

October 2026

EAGLE EYE ON HEALTH



Message from your Lead School Nurse

Welcome to the First Official Newsletter of the Nurses Office - Eagle Eye on Health. In this newsletter the nurses introduce themselves, me included! We thought it would be nice if you knew a little about us. In this newsletter will also be tips and information on how to stay healthy this school year, especially now during Flu season. We are optimistic that this year will be a good year! Stay healthy, fellow feather friends!

Meet the CSE Nurses

Discovery Center

Hi! My name is Nurse Amanda and I am so excited to be your school nurse!
I am a proud mom of two and my favorite thing to do is spend time with my family. You can usually find me running my kids around to their sports and activities, shopping at Target, or enjoying a coffee.
Something I want My Students to Know:
Taking care of your health is important! Remember to wash your hands, drink plenty of water, get enough sleep, and make healthy choices every day. If you are not feeling well or need help don't be afraid to visit the nurse's office. I'm here to help you stay healthy and have a great school year!



Leadership Center



Nurse Johnson is a dedicated nurse who graduated from Nursing School in 2017. She genuinely enjoys nursing and is passionate about delivering quality care and support to all students while continuing to grow professionally. As a proud mother of four, she values the balance between her family and career. Outside of work, she enjoys spending quality time with family, attending her children's sporting events, cooking, baking, taking nature walks and making fresh juices.

Skills Center

Hello! I am Mrs. Fortin, your friendly school nurse and am here for you! With a Smart Pass of course! I enjoy spending time in my flower garden, swimming laps in the pool. I have 4 children, the youngest is a junior in High School like some of you! He just learned to drive. Very Scary. My oldest son just got married to a girl from Columbia South America and speaks Espanol. I learned a little Spanish this summer when we visited. I just found out I'm going to be a grandmother for the first time and very excited. Best Wishes for a Great year!



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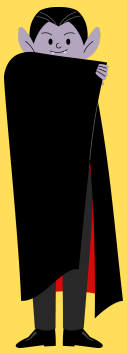
Ways to Prevent the Flu





- **Get your Flu shot**
- **Wash your hands a lot**
- **Change your toothbrush more often than you think**
- **Cough like a Vampire, yes Vampire (in your arm)**
- **Sneeze in a tissue**
- **Stay away from people who are sick**









ANSWER THE FOLLOWING QUESTIONS.
HINT: ANSWERS CAN BE FOUND IN THE NEWSLETTER OR YOU CAN GOOGLE IT. AND BRING IN ANSWERS TO THE NURSE'S OFFICE FOR A HALLOWEEN FALL TREAT. ADULTS ARE WELCOME TO DO THIS TOO!



WHEN IS THE BEST TIME TO GET YOUR FLU SHOT?

WHAT ARE THREE REASONS TO DRINK MORE WATER?

WHAT IS THE SCHOOL POLICY IN TAKING A MEDICATION IN SCHOOL?

WHAT IS ONE WAY TO PREVENT GETTING THE FLU THIS YEAR?

TRICK OR TREAT