

# HAYDEN PEAK ELEMENTARY



## Cold Weather and Flu precautions

Cold weather and snow have finally hit our valley. January and February are typically the coldest months. Just a reminder to send students to school ***properly dressed***.

The Utah Department of Health is reporting that the flu has become widespread and expected to continue to rise. Children, elderly and people with weakened immune systems are at the greatest risk. Common sense and healthy habits can stop the spread.

- **Avoid close contact with someone who is ill**
  - **Stay home when you are ill**
    - **Wash your hands**
- **Cover your mouth & nose with coughing or sneezing**
  - **Avoid touching your eyes, nose, or mouth**
  - **Clean and disinfect surfaces and objects**

## Mark your calendars

Feb. 14 Valentine's Day  
Feb. 19 President's Day  
No school  
Feb. 21 District STEM fair  
Feb. 26 PTA Classic Skating Night

## **Looking ahead...**

Mar. 14-15 Parent Teacher conferences  
Apr. 2-6 Spring Break  
Apr. 21 Comcast CARES day!

## Did you know?

Abraham Lincoln could throw down in the wrestling ring. As a young man, he was only defeated once out of approximately 300 matches. He made it to the Wrestling Hall of Fame with the honor of "Outstanding American."