



## Flying Falcon Feature

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# Sink your talons into this!

A monthly newsletter from your school nurse.



by [Dawn Rios](#) on November 1, 2021

Happy November elementary Falcons! It is a new quarter and parent teacher conferences are now behind us. Who's ready for some turkey and mashed potatoes and Thanksgiving break?! This month, the AEA will be conducting hearing screenings for 1st, 2nd and 5th grade students. They will also check any new students in 3rd, 4th and 6th grades.

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### THIS MONTH'S TOP STORIES

- [Epilepsy Awareness Month](#)
- [Healthy Thanksgiving snack recipe](#)
- [Weather Statement](#)

# National Epilepsy Awareness Month

Epilepsy is the most common serious brain disorder. Seizures are a sudden, abnormal burst of electrical energy that disrupt brain function.

According to the Epilepsy Foundation, more than one-third of those with epilepsy live with uncontrolled seizures. The goal is to get more people talking about this lifelong condition to create greater change. Knowing Seizure First Aid and the three Ss can help save lives.

## Seizure First Aid is simple - Three Ss: Stay, Safe, Side.

1. **STAY** with the person and start timing the seizure. Remain calm and check for medical ID.
2. Keep the person **SAFE**. Move or guide away from harmful objects.
3. Turn the person onto their **SIDE** if they are not awake and aware. Don't block the airway, put something small and soft under the head, loosen tight clothes around the neck.
4. Do **NOT** put anything in their mouth. Don't give water, pills or food until the person is awake.
5. Do **NOT** restrain.
6. **STAY** with them until they are awake and alert after the seizure. Most seizures end in a few minutes.

## When to Call 911

- Seizure lasts longer than 5 minutes
- Repeated seizures
- Difficulty breathing
- Seizure occurs in water
- Person is injured, pregnant, or sick
- Person does not return to their usual state
- First time seizure

Visit [epilepsy.com](http://epilepsy.com) to learn more about seizures, how to donate and how to get involved in the fight to find a cure and save lives!

## Turkey Veggie Tray

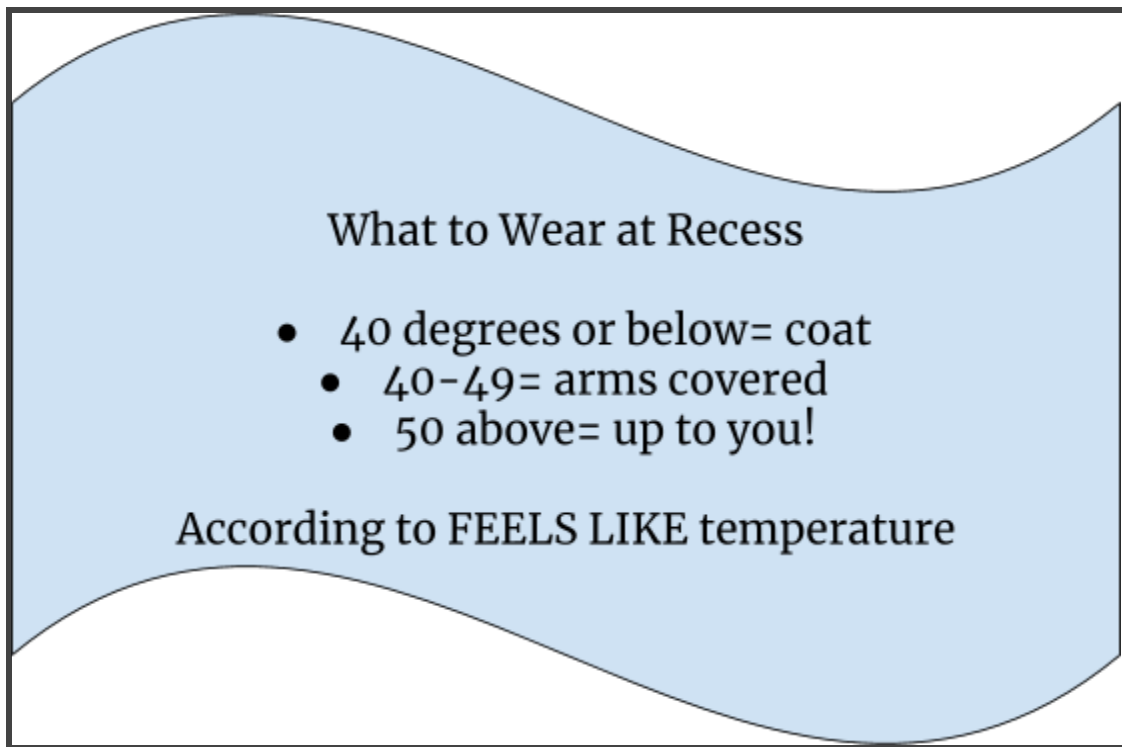


To make the turkey head, slice off the bottom of a bell pepper. Cut a hole in the pepper and slip two strips of yellow bell pepper through the hole. Cut a triangle piece of red pepper for the wattle. Two royal icing eyes finish off the turkey face. Make legs out of long carrot sticks, cutting tiny triangles out at the bottom of the carrot. Place the “turkey legs” into the dip. Arrange a variety of vegetables like carrot and celery around the small bowl of dip to make the body and feathers of the turkey vegetable tray.

Recipe courtesy of: [skiptomylou.org](http://skiptomylou.org)

## Dressing for the Weather

The fall weather has finally caught up with us here in Iowa. Please be sure to dress appropriately for the colder temperatures and the wind! Students will go outside for recess as long as the temperature is above zero. It is in the best interest of everyone to get outside for some physical activity. If you forget a coat or jacket, we will do our best to provide one for the day but it cannot always be guaranteed. Below is a guide for students to follow in the upper wing.



## Thanksgiving Jokes

What did the salad say to the butter who kept making jokes? You're on a roll.

What's a running turkey called? Fast food.

What happens when cranberries get sad? They turn into blueberries.