



Here we are, almost through 2021 already. Through the many challenges we have faced, there are still many reasons to be thankful both personally and professionally. I am extremely grateful for the amazing community we all live in. I am not just saying that!!! I attend many virtual meetings and read articles from other school nurses from around the country. I hear about how overworked and exhausted school nurses are while dealing with COVID. All the negativity they deal with from students, parents, staff, and lack of support from their peers and medical personnel in their districts. I just think to myself "What!?" As the Mancos school nurse, I deal with COVID, our school district personnel, community and other medical personnel, sometimes seven days a week. Usually I am not the bearer of good news, but I always feel respected and supported. For that, I am thankful. As we head into the Thanksgiving break, I wish everyone happiness and good health. One thing I do wish for all the students, is that they get lots of rest. Many of them are exhausted and come to see the nurse for this reason. They get in a small nap and feel so much better. This lack of sleep and rest weakens our immune systems. Now is definitely not the time for that. There is an increase in covid, RSV and flu in our state. We all wish for our students to be healthy and stay in school.

The Mancos School District COVID testing has been seeing an increase in students testing. On Monday, one student tested positive. Thankfully, the small number of students that have tested positive the last few weeks were quarantined at home before the test; thus, there was no exposure at school. Covid cases do continue to rise in Montezuma County and personal and social guidelines are still recommended for our community. Let's all do our best to keep our school open this year.

Thank you and have a great holiday!