

Sept. 28, 2021



October is soon upon us! For some, that means apple picking and apple pies. Apples are not only delicious, but they give us quite a bit of our daily nutritional needs. That also includes healthy carbohydrates that help kids get the energy they need to complete the school day. Here are some benefits to eating apples:

- Apples have fiber which help with digestive health
- They have a pretty high water content which help them stay lower calorie and can help with weight management if eaten regularly
- Apples have calcium and magnesium which contributes to healthy bones
- They also have antioxidants that help get rid of toxic free radicals out of your body that can contribute to various illnesses

Having apples as part of your diet can help improve health when eaten routinely. Experiment with different ways to eat them or top them with different things like peanut butter (if not allergic), eat with cheese slices, or even in a pie (with minimal sugar added)!

The Mancos Schools had our first weekly serial covid testing on Monday, Sept. 27th. Forty three people-staff and students tested. Results were all negative and provided such a relief. Anyone may still sign up to be tested- staff and students, vaccinated, unvaccinated, symptomatic, asymptomatic. Routine serial testing keeps schools open. A positive test means that person goes home Monday morning and has not exposed others at the school, allowing classes to remain open. Also, those who test weekly, will not have to quarantine if they are exposed to a positive case. Also, a vaccinated person does not need to quarantine if exposed to a positive person.

Great news-Thank you to students, families and staff!!! This is week 4 that the Mancos School District has had NO Covid positive cases.