

Student Health & Wellness

Salud del Estudiante



Happy Fall Bears! I'd like to share a few healthy tips when distance learning. All students who wear glasses, please continue to use prescribed glasses as directed by the eye doctor. When sitting on your chair have good posture by sitting straight up. If the computer screen is too bright, adjust the screen brightness, contrast and font so that it feels comfortable. Try to be 18-24 inches away from the computer screen as much as possible. A good rule to practice is the 20-20-20 rule to prevent tired eyes, every 20 minutes give your eyes a rest by focusing on an object 20 feet away for 20 seconds. And Lastly don't forget to blink! We tend to blink less when on a screen, blinking often helps your eyes get the moisture needed to avoid tired dry eyes.

¡Feliz Otoño! Me gustaría compartir algunos consejos saludables para el aprendizaje a distancia. Todos los estudiantes que usan anteojos, por favor continúen usando anteojos recetados como lo indique el oculista. Cuando se siente en su silla, tenga una buena postura sentándose derecho. Si la pantalla de la computadora es demasiado brillante, ajuste el brillo, el contraste y la fuente de la pantalla para que se sienta cómodo. Trate de estar a una distancia de 18-24 pulgadas de la pantalla de la computadora tanto como sea posible. Una buena regla para practicar es la regla 20-20-20 para prevenir el cansancio de los ojos, cada 20 minutos dé un descanso a sus ojos enfocándose en un objeto a 20 pies de distancia durante 20 segundos. Y por último, ¡no olvide parpadear! Tendemos a parpadear menos cuando estamos en una pantalla, parpadear a menudo ayuda a que sus ojos obtengan la humedad necesaria para evitar los ojos cansados y secos.



Monroe Distance Learning Schedule



TK/K Distance Learning Schedule (total instructional minutes = 180)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-11:00	Instructional Block #1	90
11-12:00	Lunch	60
12-1:30	Instructional Block #2	90
1:30-3:15	Planning/ Preparation Teachers	105

1st-3rd Distance Learning Schedule (total instructional minutes = 230)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-10:30	Instructional Block #1	60
10:30-10:45	Break	15
10:45-12:15	Instructional Block #2	90
12:15-1:00	Lunch	45
1:00-2:30	Instructional Block #3	60
2:30-3:15	Planning/ Preparation Teachers	55

4th-6th Distance Learning Schedule (total instructional minutes = 240)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-10:30	Instructional Block #1	60
10:30-10:45	Break	15
10:45-12:15	Instructional Block #2	90
12:15-1:00	Lunch	45
1:00-2:30	Instructional Block #3	90
2:30-3:15	Planning/ Preparation Teachers	45

- Wednesdays
- Asynchronous (independent) learning
 - Student intervention and support
 - Teacher office hours

Monroe's New School Counselor

La nueva consejera de Monroe

Name: Mrs. Susan Madrigal

Family: Married and has one daughter; She also has three sisters and two very hard-working parents.

MUSD Alumni: Attended Dixieland School and Madera High School

Universities Attended: UC Merced & Fresno Pacific

Nombre: Sra. Susan Madrigal

Familia: Casada y tiene una hija; Ella tambien tiene tres hermanas y dos padres muy trabajadores.

Alumna de MUSD: Asistió a la escuela Dixieland y escuela secundaria Madera

Universidades a las que asistió: UC Merced y Fresno Pacific

Note From The Nurse

Informacion de la enfermera



The importance of the Tdap Booster Vaccine:

All children ages 7 years and older are eligible to receive their Tdap booster. It is required to enter 7th grade. This vaccine helps to prevent the following: TETANUS (T) which causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death. DIPHTHERIA (D) which can lead to difficulty breathing, heart failure, paralysis, or death. PERTUSSIS (aP), also known as "whooping cough," which can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing. If your child has not received this immunization and is 7 years or older, please call his/her physician to schedule a visit. As soon as the vaccine is given, please bring the updated record to the health office so we may enter it into the health record. Please call the health office if you have any questions.

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