

## *April 2021 From the Health Office*

*Hello Blenman Eagle Families. We are here to help if you need assistance.*

*Nurse: Christine Taylor*

*Health Assistant: Jennifer Kennedy*

*Phone: 520-232-6517*

*Fax: 520-232-6501*

*Office Hours: Mon, Tues, Thurs, Fri 8:30-2:40, Wed 8:30-1:40*



*Allergy season is upon us and can last throughout the year or for a few months out of the year. If your child has seasonal allergies, it is VERY important that they take their allergy medication daily. Allergy symptoms and COVID symptoms can be very similar. If we do not have previous documentation of seasonal allergies, students will be sent home for 10 days. If you can provide documentation from your child's PCP, your child may be able to return sooner with health office approval.*



*Does your child need medical care or vaccines? Are you without insurance or cannot afford insurance? We have links on the Blenman page under health office. Please feel free to use these resources if you need them. If you need assistance, please contact the health office, we are happy to assist you.*

## *Grapes!*



### *Grapes Are Actually Berries*

*According to [Dictionary.com](https://www.dictionary.com), the word "berry" actually meant "grape" in Old English. Today, a grape is still defined as a type of berry in botanical terms. This means that each fruit comes from a single flower on the grapevine.*

## *Grapes Have Been Around for 65 Million Years*

*A scientific review published in the journal [Trends in Genetics](#) reports that most researchers believe grapes are at least 65 million years old. Some of today's grape varieties are direct descendants of these ancient grapes.*

## *People Have Been Cultivating Grapes for 8,000 Years*

*The review in [Trends in Genetics](#) also found that the oldest known cultivation of grapes by people occurred about 8,000 years ago in Georgia. From there, grape cultivation spread throughout Europe, and the Romans began to call different varieties of grapes by different names.*

## *There Are 8,000 Different Varieties of Grapes*

*According to [WebMD](#), there are more than 8,000 different grape varieties known to scientists. These include wine grapes and table grapes, most of which originated in Europe and the Americas.*

**Yum!!**

### *Sweet Grape Salad*

*slightly adapted from [Cassie Craves](#), originally from [food.com](#)*

*1/2 lb red seedless grapes*

*2 oz cream cheese, softened*

*2 oz sour cream*

*1/8 cup white sugar*

*1/4 tsp vanilla*

*1/2 tbsp brown sugar*

*1/2 tbsp pecan pieces*

*Mix first 5 ingredients together. Sprinkle with brown sugar and pecan pieces.*

*Refrigerate overnight. Toss and serve cold.*