

## From the Health Office

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

Nurse: Maggie Rodriguez

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



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.

Congratulations **NICE GOING!**  
**GREAT!** *Way to Go!*  
*Yea!* **FELICITATIONS**  
**CHEERS** *Take A* **BEST**  
*BOW!* **WISHES!**

*Congratulations to 5<sup>th</sup> graders!! It has been a difficult year, but you worked hard, and you did it! Now on to new adventures in junior high. We will miss your smiling faces around here.*



*As a reminder, students that will be turning 11yrs old over the summer will need their 11yr vaccines before they enter junior high. Required vaccines are Tdap and Meningococcal. We recommend HPV and the annual flu shot. Please be sure to make an appointment early so your child can stay up to date.*



*If your child has asthma, please be sure to get an updated action plan from your child's provider or from the health office, dated after July for the 2021-2022 school year. We need a new one every year. Be sure to make sure your students' inhaler is not expired as well.*



*If your child needs an Epi-Pen please be sure to get an updated allergy and anaphylaxis plan from your child's provider or from the health office, dated after July for the 2021-2022 school year. We need a new one every year. Be sure to make sure your student's Epi Pen is not expired as well.*

When we return to campus in August, we will contact you to make an **appointment** to bring in your child's medication and complete paperwork. If you have questions, you can reach the health office at 520-232-6517 after August 2<sup>nd</sup>.

Have a great summer break! Stay safe and healthy and don't forget the sunscreen!



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Recipe below! YUM!

## Mom's Zucchini Bread (from Allrecipes)



Really, really, good, and moist- my kids eat it as quickly as I can make it. Bread will freeze well and keep in refrigerator for weeks.

**Prep:** 20 mins

**Cook:** 1 hr

**Additional:**

20 mins

**Total:**

1 hr 40 mins

**Servings:**

24

**Yield:**

2 loaves

## Ingredients

### Ingredient Checklist

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 ¼ cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

## Directions

### Instructions Checklist

- **Step 1**  
Grease and flour two 8 x 4-inch pans. Preheat oven to 325 degrees F (165 degrees C).
- **Step 2**  
Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

- **Step 3**

*Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.*

- **Step 4**

*Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.*

### **Nutrition Facts**

#### **Per Serving:**

*255 calories; protein 3.3g; carbohydrates 32.1g; fat 13.1g; cholesterol 23.3mg; sodium 179.8mg.*