

It is already the start of flu season so it is important to do the following to protect you and others from spreading the flu

1. Maintain good basic hygiene
2. Wash your hands
3. Cover your cough
4. Eat a balanced diet
5. Get enough sleep
6. Stay home 24 hours after your fever is gone

All 9th grade students and new students

will have vision and hearing screenings

sometime during the school year .

Band, Choir, and some tech-ed classes will

have hearing screenings . We will inform you only if your child has failed a screening. If you do not want your child to participate ,and it is not documented , you may call 974-5340: Mentor High School Clinic.