



EHS Closures

March 29, 2018 Early Dismissal
March 30 & April 2, 2018 Closed

Why is St Patrick's Day Celebrated?

Saint Patrick's Day has become associated with everything Irish, green, gold, shamrocks, and luck. For people who celebrate it for spiritual reasons, it is a traditional day for spiritual renewal and offering prayers for missionaries. It is celebrated on March 17th because that is the day that St. Patrick's life ended.

Welcome to EHS

Mark A. Thomas
Mark is the new Family Engagement Specialist at EHS. Mark Brings over 20 years of experience in the Social Service field. Mark obtained his Bachelor's Degree in Human Services and is currently pursuing his Master's Degree in Social Work at Southern University at New Orleans with a graduation date of May 2018. Mark enjoys traveling and spending time



Re-Enrollment Dates @ LSUHSC

Saturday, May 19, 2018 @ 10:00 AM
Tuesday, May 22, 2018 @ 5:00 PM

Mark Your Calendar

Allergies

Preventing Allergy Symptoms in Children

- ⇒ **Stay Inside.** The best way to treat allergy symptoms is to avoid allergens to begin with. So when pollen counts soar, keep children indoors as much as possible. Pollen is usually at its peak mid-morning, early evening, and when the wind is blowing.
- ⇒ **Use Saltwater.** Having a plugged-up nose can be one of the toughest symptoms for children with allergies. For relief, older children might want to try nasal irrigation with a saline solution. You can buy saline at the drugstore or make your own by mixing in a squirt bottle 8 ounces of boiled water to 1 teaspoon non-iodized salt.
- ⇒ **Stay Hydrated.** All that sneezing and blowing can leave a child parched. Keep a water bottle full and close to hand and encourage your children to keep sipping.
- ⇒ **Keep It Cool.** To keep pollen out when the weather's hot, air condition your car and home and keep windows closed.
- ⇒ **Deal With Dry Air.** A little moisture in the air makes breathing easier for most, so if the air in your house is dry, get a humidifier. But be careful: Humidity over 40% can encourage the growth of indoor allergens like mold and dust mites.
- ⇒ **Go Cold.** When itchy eyes are driving your kid crazy, try a cold compress, which may help reduce the itch and soreness.
- ⇒ **Keep Your Hands to Yourself.** Help children to avoid rubbing their itchy eyes. Rubbing will only irritate them -- and could make the itchiness even worse.
- ⇒ **Use Top Tissues.** When children's allergies are at their peak, tender noses can get sore pretty fast. Look for tissues with lotion or aloe.
- ⇒ **Rub Jelly on It.** And if your child's nose is raw and red from blowing, you can soothe his sniffer with a dab of petroleum jelly.
- ⇒ **Gargle to Relieve Sore Throats.** If drainage leaves your child with a sore throat, gargling with warm saltwater made of 1-2 tablespoons of table salt in 8 ounces of water may ease the pain., he may also have an allergic sensitivity to some foods that may include bananas, melons, chamomile tea, sunflower seeds, and cucumbers.



Joke:
Why do people wear shamrocks on St. Patrick's Day?



Being a first-time home buyer can be a very exciting but confusing time. To make the process a bit smoother, several insurance agencies and housing organizations have come together to offer classes to our home-seeking families. If you or someone you know is looking to buy a home in the near future, let them know about the Family Resources of New Orleans Home Buyer Workshops. Here individuals will learn the ins and outs of the real estate market and know exactly what to look for when purchasing a home. For more information about these classes and the organization, please visit <http://familyresourcesofno.org>



BABY BOTTLE ROT



Baby bottle rot (also called baby tooth decay) occurs when milk or juice from a bottle sit in the baby's mouth causing cavities. The baby's top teeth begin to rot and if left untreated, more teeth can rot. Baby bottle rot is bad because it can cause pain and infection. It may make it difficult for your child to eat and can hurt the developing adult teeth. It also can cost a lot of money to fix.

- ◆ Do not put baby to bed with a bottle of milk or juice, only water.
- ◆ If you use a bottle for feeding, hold baby and remove the bottle from the mouth when baby falls asleep. Wipe baby's gums with a clean cloth after feeding.
- ◆ If you breastfeed, stop when baby falls asleep. Wipe baby's gums with a clean cloth after feeding.
- ◆ Start to teach baby to drink from a sippy cup at 5 to 12 months old. Do not let baby fall asleep with a sippy cup.

Green Mashed Potatoes Recipe

- 3 medium baking potatoes
- ¼ cup milk
- 2 tablespoons butter
- 1/8 teaspoon garlic powder
- 1 tablespoon chicken or vegetable stock
- 2 tablespoons cream cheese
- 1/3 teaspoon salt
- 1/8 teaspoon pepper
- Green food coloring
- 1 cup of your child's favorite vegetables, cooked

What You Do:

- Peel the potatoes and cut them into ½" slices and place in pot and cover with cold water.
- Boil for 20-25 minutes until the potatoes are tender when pierced with a fork.
- Drain the potatoes well in a colander, then return them to the pot and mash with a potato masher.
- Add the milk, butter, garlic powder, and stock. Stir in the cream cheese and add the salt and pepper. Add several drops of food coloring and stir well.
- Fold in the vegetables.
- For the wow factor, use an ice cream scoop to serve the potatoes.



Best Job Search Websites

One of the most common ways today's job seekers uncover employment opportunities is by using online sources. There are hundreds of job boards, both generic and niche, as well as aggregators, social media channels, networking groups and staffing company websites to choose from.

***Robert Half:** On our website, you can search thousands of job listings from the companies we work with around the world.

***CareerBuilder:** No list of best job search websites would be complete without this entry. CareerBuilder is one of the biggest job boards, and its robust search function allows you to filter by several criteria, including location, degree required and pay range.

***Indeed:** A huge aggregator of postings from across the Web, this site consolidates listings from many job boards in one place.

***Job.com:** This large site offers weekly job alerts, job search advice, a resume builder and, of course, job postings.

***TheLadders:** This site focuses on job openings for upper-level executives and professionals who are aiming for the management suite.

***LinkedIn:** This top networking site enables you to find jobs through your extended network. Additionally, you can join groups, participate in conversations and follow companies you find interesting and relevant to your job search.

***Glassdoor:** Job search website Glassdoor boasts a large database of company reviews — submitted by employees. Glassdoor promotes itself as giving job seekers insights into a company's work conditions, interview processes, salaries and benefits.

***Monster:** This massive job site is aptly named because it includes one of the largest number of job listings of any website.

***Simply Hired:** This search engine offers an email alerts service and lets you save your job searches. Candidates can sort their searches to focus on companies that hire veterans, have a high rate of diversity and abide by



Answer:
Real rocks are too heavy!
LOL

