

THE FW INSIDER

PUBLIC SCHOOL WORKS DUE SEPTEMBER 30

Reminder: Public School Works courses must be completed by Wednesday, Sept. 30th. Each employee received two separate links in District email. The first was for standard Public School Works trainings, and the second was specific to the COVID-19 training video. Certified staff may complete the courses any time. Support staff must complete the courses during work hours. Call Danielle Rubio at 696-8822 if you have trouble accessing the courses.

FAST, FREE COVID-19 TESTING AT ELLIE TOWNE CENTER



The Arizona Department of Health Services has partnered with Arizona State University to launch several testing sites providing free saliva diagnostic testing for COVID-19 in underserved communities around the state. The Ellie Towne Center has been designated as a testing center, providing testing on Wednesdays, Fridays, and Sundays. For those tested at the Ellie Towne Center, test results have been coming back quickly, usually within 24-48 hours. We encourage all Flowing Wells employees to use the Ellie Towne testing center as a resource. All tests must be scheduled online ahead of time - no walk-in appointments will be taken. You can schedule a test by going to: <https://azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-saliva-testing> Be sure to take note of the Agency Code because you will need it to schedule your appointment.

WHAT IS HAPPENING WITH PAYROLL TAX?

The Business Office would like to provide the following important information regarding the recent Executive Order to defer Social Security payroll tax: The order is not a suspension of the payroll tax but rather a deferral. This means employees are obligated to pay the entire amount by the end of the calendar year. Therefore, Flowing Wells will not make any changes to payroll tax deductions until official guidance is issued by the Treasury or IRS.

ADDITIONAL PPE COMING TO ALL DISTRICT SITES

Additional Personal Protective Equipment (PPE) for each classroom, school and district communal area will be delivered to sites in the next few days. Face shields, bottles of hand sanitizer, infrared thermometers and disinfectant spray have already been distributed to sites, but additional bulk supplies will include gallons of hand sanitizer with pumps, paper towels, disposable masks for adults and children, gloves and gowns for health office assistants. We are committed to providing teachers and staff with PPE to mitigate the spread of the virus. Therefore, if you run low on PPE supplies, please talk to your principal or director to order more.

COMMUNITY PARTNERS FUND HOT SPOTS FOR KIDS

The Flowing Wells School District is incredibly fortunate to have generous community partners to fund hot spot wifi access devices for students across our district. The District has deployed almost 350 hot spots with hundreds more on the way. This has been made possible by donations from BroFest, Thomas Browne Foundation, Watermark Foundation, Old Pueblo Rotary, Tucson Church International, and private donations. Yet more proof that Flowing Wells = Family.



FLOWING WELLS HS NAMED ONE OF THE NATION'S BEST

We are proud to announce that Flowing Wells High School has been named by the U.S. News & World Report as one of the best high schools in the nation! Nearly 18,000 schools were ranked on six factors based on their performance on state assessments and how well they prepare students for college. Flowing Wells High School was listed as number 3922 in the nation, which is in the top 22% of all ranked high schools. Way to go Cabs!





FELICIDADES BELLA PORCHAS

We are excited to introduce our new Federal Programs Specialist, Bella Porchas! Bella is joining the Federal Programs team to support the District's new K-12 English Learner programs at Homer Davis, Laguna, and Douglas elementary schools as well as at Flowing Wells Junior High and Flowing Wells High School. Bella's personal and professional background is a perfect match for the job. She is multilingual – proficient in English and Spanish, studied French in school, and explores new languages in her spare time! Bella spent her first two years in the District teaching the newcomer English Learner classes at Flowing Wells High School where she worked with students and families from across the globe. Please join us in congratulating Bella as she takes on this new and challenging role!

BENEFIT ME

Boost Your Immune System (from BCBS)

Eat well to keep your immune system strong. By now, chances are you know the advice on protecting yourself and others from COVID-19: Keep your distance. Wear a mask. Wash your hands. But here's one bit of advice to think about too: Eat healthy foods.

Eating nutritiously has always been a way to stay healthy. A healthy diet strengthens your immune system, and a strong immune system helps protect you from illness. While no single food or diet can prevent illness, eating healthy can help your body prevent, fight, and recover from infections during the COVID-19 pandemic.

What does healthy eating look like? Of course, it's best to keep your immune system healthy all the time, not just when a virus is going around. That means focusing on a well-balanced diet filled with nutritious foods including fruits, vegetables, and whole grains.

According to the Academy of Nutrition and Dietetics, these nutrients can help strengthen your immune system: **Probiotics**. These good bacteria can be found in cultured dairy products such as yogurt. **Protein**. This may be especially helpful in healing and recovery. You can find this in plant and animal products such as milk, eggs, beef, chicken, fish, nuts, beans, and seeds. **Vitamin A**. This helps regulate the immune system and protect against infections. Look for it in sweet potatoes, carrots, broccoli, spinach, eggs, and milk or cereal fortified with vitamin A. **Vitamin C**. Look for this in citrus fruits. It helps the immune system by increasing the amount of antibodies in your system. **Vitamin D**. Find it in fatty fish and eggs, as well as drinks fortified with vitamin D. **Vitamin E**. This works as an antioxidant. Antioxidants decrease inflammation. Find vitamin E in fortified cereals, sunflower seeds, vegetable oils, and peanut butter. **Zinc**. This may help wounds heal. You can find it in wheat germ, beans, and tofu, but zinc is best absorbed from animal sources such as beef and fish. The best way to get the nutrients your immune system needs is to include a wide variety of healthy foods in your diet. Take an all-around approach. Eating nutritious foods is just one way to strengthen your immune system. Other good habits include:

- Getting a good amount of sleep each night
- Being active every day
- Maintaining a healthy weight
- Coping with stress and anxiety in healthy ways, like deep breathing and exercise

FLOWING WELLS KIDS ARE PRETTY GREAT!

