

THE FW INSIDER

FREE RAPID TESTS FOR FW STAFF

Every Flowing Wells school site now has the ability to offer free Abbott Binax rapid COVID-19 testing to staff members. The test is easy and non-invasive. Test results only take 15 minutes. If you have been exposed to a confirmed case of COVID-19, or if you have COVID-like symptoms and want some peace of mind, please talk to your principal or health office assistant for more information. Flowing Wells staff members can also contact Dr. Parkinson via phone or email to schedule a rapid test.



Please take a moment today to say, "Thank you" to Flowing Wells Health Office Assistants and our District Health Coordinator who have been working diligently during the COVID pandemic to assess sick students, report positive cases, help with contact tracing, help track COVID-related absences and return dates, communicate with parents, answer questions, participate in training to administer COVID testing, attend countless COVID-related meetings, all while being in direct contact with sick students and staff and while making sure their "regular" work in the health office is complete. We are grateful for all of their hard work and dedication during these challenging times. Thank you, Flowing Wells Health Staff - WE APPRECIATE YOU!

DUE DATE REMINDER

A friendly reminder that all Public School Works courses must be completed by end of day on Thursday, September 30th. Also, if you have been assigned to complete suicide prevention training, the training is also due on September 30th. If you have any questions or if you are having trouble logging in to either of these programs, please contact Danielle Rubio at 696-8822 for assistance.

FREE VACCINES TODAY AT FW JUNIOR HIGH

Please help spread the word that free COVID-19 vaccines are available in the Flowing Wells Junior High School library today from 2pm - 5:30pm! This Pima County Health Department clinic is open to all students 12 and older, staff members, parents, family members and community members - all are welcome! 2pm - 4pm is reserved for Flowing Wells students and parents. 4pm - 5:30pm is open to everyone! Flowing Wells High School students do not need parents present, but they must have a waiver signed by a parent. Other students must have parents present in order to receive the vaccine. PCHD will be giving out gift cards and other prizes and scheduling the second round of vaccines on site. Please contact the Flowing Wells Junior High front office at 696-8550 if you have additional questions. Don't miss your shot - Let's VAX UP FLOWING WELLS!

FLOWING WELLS COVID DASHBOARD

Flowing Wells maintains a COVID dashboard accessible through the Flowing Wells mobile application and the District website. The dashboard shows active COVID cases at each site in the District. You can access the dashboard by clicking the *Active Cases in FW* button on the mobile app or by going to the District website, clicking on *Safe Return*, then clicking on the link called *Active Cases in FW*.

SAVING FOR RETIREMENT

If you would like to learn more about saving for retirement, be sure to click on the attachment to the Flowing Wells Insider email for a newsletter containing more information.

ARE YOU STILL RISING AND SHINING?

Just in case that "Rise and Grind" feeling is starting to creep in, we know the cure! First, take time for yourself during this three day weekend. We all agree that social emotional support is important for our students, yet we also know that for us to continue to *Rise and Shine*, self-care for all teachers and staff is important and necessary. Second, take a look at these smiling faces and know that the work you do each and every day *matters*. It matters to everyone in our school district and it matters to our kids. Thank you for everything you do. Enjoy the long weekend!



BENEFIT ME

With EyeMed's *Know Before You Go* out-of-pocket estimator, you can get a feel for what you might pay before you go to a store or doctor's office for vision services or appointments. The tool includes simple, clear definitions of common products and add-ons and calculates a range of costs with each click so you can feel confident from check-in to check-out. To access *Know Before You Go*, log on to eyemed.com and find the *Know Before You Go* out-of-pocket cost estimator. Then pick the type of exam you'll need. Just need glasses or contacts? Choose from a variety of lens types, options and add-ons. Plus, get detailed descriptions of each product so you feel confident in your choices. The best part? You get a range of costs based on your choices and applied vision benefits. EyeMed does the math so you stay in the know before you go.