

Just some bits and pieces for your information:

In a recent *Care for Kids* newsletter that I receive quarterly, there was a big article regarding car seat safety for young children. As some of you know, I have a 2 year old son. After reading the article, I decided to check on his car seat's limits, and sure enough, he had outgrown his car seat!! It just goes to show that you can never be too cautious when it comes to the safety of your children! Always follow your child's car seat height & weight requirements, keep kids under age 13 in the back seat, and make sure that all children age 11 and younger are buckled up in a booster seat or seat belt (as required by law). Of course, it is best to have all children and adults in the vehicle to be appropriately buckled up.

The Lancet medical journal formally retracted a paper on Tuesday that caused a 12-year international battle over links between the three-in-one childhood MMR vaccine and autism. The paper, published in 1998 and written by British doctor Andrew Wakefield, suggested the combined measles, mumps and rubella (MMR) shot might be linked to autism and bowel disease. A disciplinary panel of Britain's General Medical Council (GMC) ruled that Wakefield had presented his research in an "irresponsible and dishonest" way and shown a "callous disregard" for the suffering of the children he studied. The GMC is now considering whether Wakefield is guilty of serious professional misconduct, which could lead to him being struck off Britain's medical register.

We have started the Live Healthy Iowa Kids program for grades 4-8. Be looking for the second calendar, which will go out on Thursday, February 11. The first calendar should be returned to Randi on Tuesday, February 16.

We will be doing a Tdap/Menactra (Tetanus/Diphtheria/Pertussis and Meningitis) immunization clinic for 7th grade in early March.

Please look at the lunch menu again, as we made changes for Lent.

Thanks!! Randi