

Tri-County Schools

Independent School District 2358

ADMINISTRATION

Ryan Baron Superintendent & Principal
Heidi Hanson Dean of Students
Gary Taylor Activities Director
Kristina Hagen Business Manager
Tara Larson Payroll & Human Resources
Jennifer Johnston Administrative Assistant

Ph: 218-436-2261

Fax: 218-436-2263

303 Pembina Trail - P.O. Box 178
Karlstad, MN 56732

www.tricounty.k12.mn.us

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Hi! This is a message from your School Nurse!

I want to remind students, staff and parents of something that you can do while practicing social distancing. Biking and Cycling! So take a break from your screens. Turn off the television and tune up your bicycle!

Check out these health benefits of regular cycling...Something that we can do during this ever changing time!

Bicycling or cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

Incorporate this activity as you are social distancing. While you are at it, take time to enjoy the outdoors and the springtime weather.

As always, remember to; Wash hands, Practice respiratory hygiene, Avoid crowds and close contact with ill individuals, Face masks are not routinely recommended for people without symptoms, Practice social distancing to reduce risk of transmission.

- MN Department of Health Hotline is available for questions from 7:00 am-7:00 pm by calling [651-201-3920](tel:651-201-3920)
- MN Department of Public Instruction Hotline is available for questions about schools and childcare from 7:00 am-7:00 pm by calling [1-800-657-3504](tel:1-800-657-3504) or [651-297-1304](tel:651-297-1304)
- Kittson County phone line with recorded message and most current county specific information [843-8888](tel:843-8888)

- Kittson County web page www.co.kittson.mn.us
- Kittson Healthcare Facebook page

Be Well,

Jeanna Kujava, RN Public Health Nurse
Tri-County School Nurse