



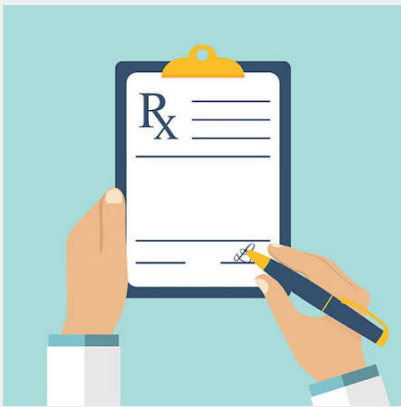
Meridian CUSD #223

Health Services Newsletter

2nd Quarter ● 2026-2027 School Year

Hearing and Vision Screening

Hearing and vision screening is in full swing at Highland and Monroe Center! If your student is referred for a hearing and/or vision evaluation, you will be notified with a letter. Only certain grades and populations of students are screened, according to The State of Illinois mandates.



Illness Update

We've noticed some cases of Hand, Foot, & Mouth Disease (HFMD), and impetigo in our schools so far this school year.

HFMD is caused by a common virus. More information can be found here: <https://www.cdc.gov/hand-foot-mouth/about/index.html>

Impetigo is a bacterial skin condition in which medical evaluation and treatment by a physician is needed. More information can be found here about impetigo: <https://www.mayoclinic.org/diseases-conditions/impetigo/symptoms-causes/syc-20352352>

The best defense for both conditions is proper handwashing practices!

Highland and Monroe Center Families

As the weather changes, it's time to switch out the spare change of clothes that is kept at school for your student! These clothes may be used for your child in times when accidents, spills, and playground incidents occur. Having these items on hand may save you a trip to school someday!



Rethink Your Drink

Did you know that large amounts of sugar can be hiding in our and our children's beverages? "Sugary drinks are the leading source of added sugars in the American diet. Adults who often drink sugary drinks are more likely to experience health problems. These problems include weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis."

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Plain Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Sports Drinks	5	97
Brewed Sweet Tea	7	115
Energy Drink	9	162
Regular Soda	10	155
Fruit Juice Drink	10	186
Regular Orange Soda	13	195

Sugar content is derived from U.S. Department of Agriculture [FoodData Central](#).

Learn more about how to "Rethink Your Drink" here from the CDC:

<https://www.cdc.gov/healthy-weight-growth/rethink-your-drink/index.html>