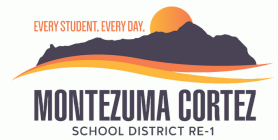


# MONTEZUMA - CORTEZ

## SCHOOL DISTRICT RE-1



### BREAST CANCER AWARENESS MONTH

Breast cancer accounts for 12.5% of all new annual cancer cases worldwide, making it the most common cancer in the world.

About 13% (or 1 in 8) of U.S. women are going to develop invasive breast cancer in the course of their life.

In 2023, an estimated 297,790 new cases of invasive breast cancer are expected to be diagnosed in U.S. women, along with 55,720 new cases of Ductal carcinoma in situ (DCIS).

In 2023, an estimated 2,800 new cases of invasive breast cancer are expected to be diagnosed in men. A man's lifetime risk of breast cancer is about 1 in 833.

Breast cancer is the most commonly diagnosed cancer among U.S. women. Approximately 30% of all newly diagnosed cancers in women each year are breast cancer.

*This information is provided by Breastcancer.org.*

Male breast cancer accounts for about 1% of all breast cancers. Although rare, it is often detected later and may cause the cancer to become further progressed and more fatal. Breast cancer in men has the same causes as for women, higher levels of estrogen, family history, genetics, lifestyle or other exposures.

*This information is provided by hisbreastcancer.org/*

### Events

#### October 20, 2023

New Hire Orientation  
District Office  
9:00am - 11:30am

#### November 10, 2023

1<sup>st</sup> Annual Wellness Fair  
(Post COVID Reboot)  
M-CHS Commons  
10:00am - 2:00pm

### Highlights

*Homecoming week was an enchanted success.*

*Thank you to all of the schools that participated*



# I AM AN ATHLETE



As school kicks off, sporting season begins. Organized school sports draw crowds and the question arises, “What is an athlete?” Have you heard a coach, student or community say, “They are not athletes!” in reference to various sports? Now is the time to reframe how we talk about our athletes, removing gender bias as well as “real sport” bias. The definition of an athlete is vague.

Athlete: An individual that dedicates time, effort and focus to an athletic persist. An athlete may be a professional, amateur or hobbyist doing their sport for the pure love of it.

If you are waiting for me to prepare a list of real “athletes” that can not be done. I challenge you to ask yourself, “Why do I consider this person an athlete and exclude another?” Whether it be lacrosse, gymnastics, cheer, swimming, or football, if I invest my time, effort and focus into my sport, **“I am an athlete.”**

# YOUR HEALTH

During the cold and flu season be sure you are taking care of yourself. See the CDC website for further details.

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>



## When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19.**

You should also isolate if **you are sick and suspect that you have COVID-19 but do not yet have test results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.



IF YOU TEST  
**Negative**

You can end your isolation



IF YOU TEST  
**Positive**

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

### If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop **symptoms** within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

### If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your **symptoms** started

