



# WAW GIWULK HA-MAMŞCAMAKUÐ CEKŞAÑ

## BABOQUIVARI UNIFIED SCHOOL DISTRICT

P.O. Box 248  
Sells, Arizona 85634

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### GOVERNING BOARD

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### VISION:

Our students will be loved, encouraged, and prepared to take on the world by embracing our Himdag.

### MISSION:

We create Healthy Inspiring, Motivating Developing Achieving Graduates.

### OUR PURPOSE

We create a positive academic impact on every child's life, everyday; with and additional commitment to support the Tohono O'odham culture and language

### PUBLIC SERVICE ANNOUNCEMENT

July 29, 2025

Dear Parents, Guardians, and BUSD Community,

With the arrival of cold and flu season, many of you may purchase over-the-counter (OTC) medications to treat the symptoms of these respiratory illnesses. While these medicines can be very helpful, they can also be misused. These cold and flu medicines contain substances that can be dangerous to young children. They can accidentally overdose on adult medications. Additionally, children's medications are flavored and children can think of these medications as candy. If you have these medications at home, please keep them secured for the safety of your family.

As a parent/guardian, keep in mind that many over-the-counter cold and flu medications contain substances that some children may use them to get "high." Common over-the-counter medications such as cough syrups that contain dextromethorphan (aka DMX), diphenhydramine (Benadryl), and/or pseudoephedrine can be abused. Please make sure these medications are kept away from children. If you have older children, ensure they take these medications under your care and supervision.

**Remember, students cannot carry any medications on campus. For students to carry medications on campus, the school's Health Aide must have written permission from a parent or guardian, and those medications must be kept in the Health Office.**

BUSD Health Office has also noted that many students are drinking energy drinks and sports drinks. Energy drinks have caffeine and other ingredients that are stimulants. At the Secondary Campus, the health office has seen students suffering from the effects of too much caffeine, such as anxiety, restlessness, rapid heart rate, and increased blood pressure. **The American Academy of Pediatrics recommends that children under the age of 12 should not consume caffeinated drinks. They recommend that teenagers should limit their caffeine consumption to 100 mg per day.** Some energy drinks contain more than 100 mg in a single can. For example, a 16 ounce can of Monster Energy contains 160 mg of caffeine.

Many energy drinks and sports drinks contain excessive sugar levels resulting in weight gain and cavities. Both types of drinks can actually cause dehydration. Water is still the best drink for children. It keeps them hydrated without the sugar and caffeine.

Respectfully,

Tricia Logan, RN  
District Nurse  
Baboquivari Unified School District