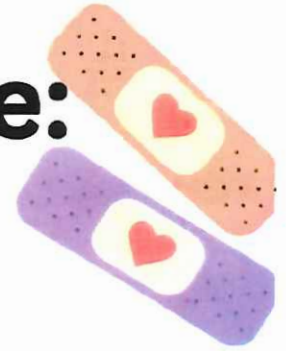




News from the Nurse:



Welcome back!

We are so glad you're here! I hope that you had a wonderful summer and that you are ready to be back for a new year. As the school year begins, here are two ways to keep you feeling your best.

BREAKFAST

Eat a good breakfast

Your brain uses the energy you get from food to help you learn. If you haven't eaten since the night before, your brain is pretty low on energy. Take the time to eat before leaving for class. Try to include protein in your breakfast to keep you going all morning. Foods like peanut butter, eggs, or meats are great options!



SLEEP

Getting enough sleep is so important to doing well in school! Kids your age need at least 10 hours of sleep each night. Try to start winding down the day 30-45 minutes before you go to bed. Setting a reminder alarm can help keep you on track. During your wind-down time, you can include bedtime routines such as brushing your teeth, choosing what you want to wear the next day, and doing a calm activity like reading or drawing. Try to turn off all screens and devices at least 2 hours before you go to bed to get the best sleep possible!



Following these routines can help you stay healthy & feeling great!

August health newsletter

supporting student health for a safe and successful school year

Welcome Back!

Hello, Anya Itpak families! My name is Nurse Maria, and I am thrilled to be starting my fifth year as your school nurse. I am excited to continue supporting our students and partnering with families to help everyone stay healthy, safe, and ready to learn. I look forward to a fantastic school year together!

Important Health Reminders

- Inform school nurse of any allergies, medical conditions or medications your student has.
- Return medication forms to school nurse.
- Please do not send medications to school with your student. All medications need to be brought to school by an adult and given to the school nurse.
- Prescription medications can only be given at school with a doctors order

Please reach out to me with any questions or concerns. I am happy to help.

Stay healthy, stay happy!

Nurse Maria RN

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National Wellness Month

Tips for practicing self-care

- Eat healthy. Eat more protien, fruits and vegetables.
- Drink plenty of water. It's the best drink for your body and brain.
- Get enough sleep
- Play outside/Exercise
- Limit screen time. Balance phone, tablet, video games, and TV with real life activities

Important Dates

- Lice checks.
1st Tuesday and Wednesday of each month.

- Vision & Hearing screenings begin.

Please request an opt out form if you do not want your students hearing and vision checked.

When To Stay Home

Coughing



Stay home when:
Coughing won't stop or other problems with breathing

Return to school when:
Cough is mild and infrequent and evaluated by doctor if needed

Rash



Stay home when:
Body rash with itching and/or fever

Return to school when:
Free from rash, itching or fever and evaluated by doctor if needed

Diarrhea or vomiting



Stay home when:
Diarrhea or vomiting within the past 24 hours

Return to school when:
Free from diarrhea and or vomiting for at least 24 hours and evaluated by doctor if needed

Strep



Stay home when:
Receive a positive strep test which can come with fever and or vomiting/stomach ache

Return to school when:
Free of a fever and have taken antibiotics for at least 24 hours.

Head Lice



Stay home when:
Itchy head, active head lice

Return to school when:
After first head lice treatment

Eye infection



Stay home when:
Eye is red and oozing a yellow or green discharge

Return to school when:
24 hours after starting antibiotic eye drops or ointment

Fever



Stay home when:
A temperature of 99.0° F or higher

Return to school when:
Fever free for 24 hours without the use of fever reducing medication