

September health newsletter

supporting student health for a safe and successful school year

Dear Families,

It's hard to believe we are already in our second month of school! September is a great time to reinforce healthy habits, review health records, and ensure all required medication forms have been returned. Thank you for working with the health office to support the well-being of our students. Please see the important information and reminders below.

Health Office Reminders

Please notify the school nurse if your child has:

- **New allergies**
- **Asthma**
- **Diabetes**
- **Seizure disorders**
- **A recent hospitalization or surgery**
- **Any changes to emergency contacts or health information**
- **Keeping health records updated helps us provide the safest care possible during the school day**

Please reach out with questions or concerns I am happy to help.
Nurse Maria RN
928-346-2300
maria.gholson@anya-itpak.com

September is National Head Lice prevention month

Remind children not to share hats, brushes, combs, headphones, or hair accessories.

Conduct routine head checks at home and notify the school nurse if head lice are detected. Early detection and treatment help prevent the spread of lice.

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

Nurse's corner

When Should My Child Stay Home?

Keeping sick children home helps prevent the spread of illness and supports a healthy learning environment for everyone.

Please keep your child home if they have:

- 🌡️ A fever of 99.0°F or higher
- 🤢 Vomiting or diarrhea
- 🦠 Symptoms of a contagious illness
- 😞 Symptoms that make it difficult to participate in learning and daily school activities
- **When in doubt, please contact the school nurse for guidance. Working together helps keep our students healthy, safe, and ready to learn!** 🍎🏠