November

health newsletter

supporting student health for a safe and successful school year

Cold & Flu Season Reminders:

Please Do NOT send your child to school if they have:

- Fever (99.0 or higher)
- Severe pain (sore throat or headache) or severe cough
- Vomiting or diarrhea in last 24 hrs

Please reach out with questions or concerns

Health office reminders

- Lice checks continue to be done on the first Tuesday and Wednesday of every month.
- Please note that the school enforces a no nit policy per the student hand book. This means if your child has lice, nits, dead or live they will be sent home and can not return until all lice and nits have been removed. Please see the Lice hand out for more information regarding lice treatment.
- When your student returns to school they need to stop by the nurse's office first to be cleared to return to school. If your child has any nits when they return they will be sent home again.
- Please help by checking your child's hair daily to help eliminate the need to have them sent home and reduce the number of days your child is absent from school.

November is National Diabetes Awareness Month!

This month, we take time to learn about diabetes, a condition that affects how the body uses sugar for energy. Diabetes can affect children and adults, and with proper care, people with diabetes can live healthy, active lives. We encourage families to help children develop healthy habits such as eating nutritious foods, staying physically active, drinking plenty of water, and getting enough sleep. By learning more about diabetes and supporting those who live with it, we can help create a healthier and more caring school community for everyone.

Nurse's Corner

The Importance of Sleep

Getting enough sleep is one of the most important ways children can stay healthy, happy, and ready to learn. Sleep helps support growth, strengthens the immune system, improves concentration, and boosts mood and behavior throughout the school day. School-age children typically need 9 to 12 hours of sleep each night to perform their best. Establishing a consistent bedtime routine, limiting screen time before bed, and creating a calm sleep environment can help children get the rest they need. A well-rested child is better prepared to learn, play, and enjoy each day to the fullest!

Editable in Canva • School Nurse Studio Co