

MACS Nurse's Notes

December, 2016

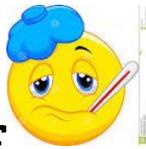
School Nurse



Greetings from the MACS Nurse's Office,

The holidays are upon us! I would like to wish all families a happy, safe, and healthy holiday break. I look forward to seeing everyone in the new year...it is hard to believe that 2017 is right around the corner. The link below will take you to a PDF outlining the MACS Winter Holiday Health Challenge. During the break, I encourage students and families to make health a priority by exercising every day.

<http://www.macsnh.org/uploads/4/1/7/3/41733695/macsholidayhealthchallenge.pdf>



Sick Policy Reminder

Unfortunately, the stomach bug has arrived. With reports of this “unfriendly bug” going through MACS households, and with the cold and flu season in full swing, below is a friendly reminder regarding our sick policy. Please do not send your student to school if they are exhibiting the following symptoms.

- *Fever of 100 degrees or higher
- *Vomiting and/or diarrhea
- *Severe cough and/or sore throat
- *Conjunctivitis

Your child is required to stay home for 24 hours after the last vomiting episode and/or fever is gone (without the use of Tylenol or Motrin to reduce the fever). If

your child is having loose stools, please also wait 24 hours from the time of the last loose stool to send your student back to class!



Norovirus Cleaning Tips

To help prevent the spread of the stomach bug in the house, I do recommend bleach wipes (rather than using a “Lysol” type of wipe). Bleach wipes can be hard to find at local stores - Amazon has them, and is a good option. A bleach spray is also a great option. According to the Cleveland Clinic, to make a bleach solution, use “5 to 25 tablespoons of household bleach per gallon of water. Stainless steel and similar surfaces need less, while more porous surfaces need more.” Follow the link below for more information on cleaning up during and after the Noro virus. And as always, proper hand washing is key to preventing the spread of the stomach bug!

<https://health.clevelandclinic.org/2014/06/how-to-clean-up-after-norovirus/>



Holiday Food Safety Tip

We eat so many yummy foods during the holidays! Don't you just love a wonderful spread of food? I know I do. Keep your family safe and healthy with leftovers by following the “Chill” rules below.

- Refrigerate leftovers promptly (fridge should be below 40 degrees F)
- Do not leave perishable food out for longer than 2 hours

Follow the link below for additional recommendations to protect yourself and your family from food poisoning.

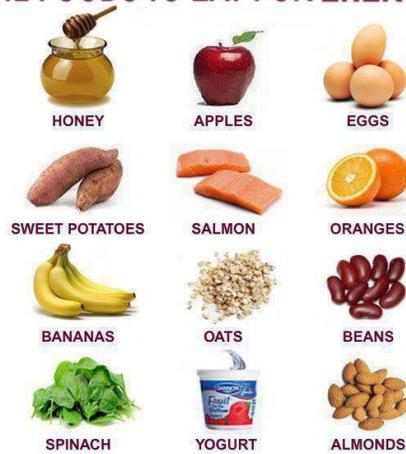
<https://www.cdc.gov/features/befoodsafe/>

Tips to keeping your child healthy during cold and flu season



- Try to get your student 15 minutes of extra sleep each night by going to bed earlier. ***I know that this is hard due to busy schedules, but extra sleep will help strengthen your child's immune system.***
- Ensure that your child is staying well hydrated by drinking unsweetened fluids.
- If your child is not taking a daily vitamin, the winter season is a good time to start. ***Contact your student's pediatrician for recommendations.***
- Lots of hand washing is key to staying healthy! Encourage your child to thoroughly wash their hands several times throughout the day.
- Teach your child the importance of NOT touching their face (eyes, mouth, nose)! ***Most germs enter the body through these mucous membranes!***
- If your child is sick, teach them to always cough and sneeze into their elbow.
- Ensure your child eats a well balanced diet with lots of whole fruit, vegetables, and whole grains.
- Ensure that your child gets at least one hour of physical activity a day.
- Fight stress: Stress can affect students, and can weaken the immune system. ***Exercise and doing anything they love (drawing, reading, yoga, etc.) are all great ways that your child can fight stress during this winter cold and flu season.***
- Have your child get a flu shot :) It is not too late in the season to do so. The Centers for Disease Control and Prevention (CDC), recommends that "everyone 6 months of age and older should get a flu vaccine every season."

12 FOODS TO EAT FOR ENERGY



Asthma Medications

Winter weather exacerbates asthma. If your child has asthma, an updated Asthma Action Plan is required as well as MD authorization to administer asthma medications. Please contact me for the appropriate forms, and to discuss your child's medical needs. Also, if your child carries an inhaler in their backpack, please let me know so that all staff are aware should an emergency arise where staff assistance may be needed and/or required.



Change of Socks

It is recommended that all students have a change of socks readily available in their backpacks. Student do go out in the snow to play in the winter during recess, and it is always nice to have warm dry feet. Extra socks are nice to have on hand should your students feet get wet.



Snow Boots

Just a reminder - if your child will be wearing snow or rain boots to school, please make sure they bring another pair of shoes to wear indoors.



Healthy Holiday Snacking

Please see the recipe below to make a healthy holiday snack for your family!

Greek Pizza Muffins

- 2 tablespoons extra-virgin olive oil
- $\frac{2}{3}$ cup finely chopped onion
- $\frac{2}{3}$ cup finely chopped red bell pepper
- $\frac{1}{3}$ cup whole-wheat pastry flour
- $\frac{1}{3}$ cup all-purpose flour
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons chopped fresh oregano, or $\frac{1}{2}$ teaspoon dried
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup low-fat milk
- $\frac{1}{3}$ cup crumbled feta cheese
- 1 large egg, well beaten
- 2 tablespoons tomato paste

- 2 tablespoons chopped kalamata olives

Preparation

1. Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.
2. Meanwhile, preheat oven to 400°F. Coat a mini-muffin pan with cooking spray.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
4. Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups (mini-muffin pan with 24 muffin cups) two-thirds full.
5. Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

<http://www.eatingwell.com/recipe/252246/mini-greek-pizza-muffins/>

Cheers to a wonderful holiday season!

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