

MACS Nurse's Notes

October, 2016

School Nurse



Greetings from the Nurse's Office,

I wanted to reach out to all MACS families to let you know that I have truly enjoyed getting to know the Micro City students this year. They have all been so welcoming! Please be sure to read this month's nurses notes for great tips on staying well this cold and flu season.



Sick Policy

With the cold and flu season upon us, 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 fever is gone (without the use of Tylenol or Motrin to reduce the fever)

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 :) The Centers for Disease Control and Prevention (CDC), recommends that "everyone 6 months of age and older should get a flu vaccine every season."



Over the Counter Medications

Over the counter medications such as Tylenol (Acetaminophen) and Advil (Ibuprofen) are not supplied by the school. If you would like to have them on hand here at the school should your child require them at any given time, please bring them in. They will be labeled with your child's name, and will be stored in a locked cabinet in the nurse's office. Medications must be brought in by an adult, and must be in the original container. The nurse requires written permission from a parent/guardian to administer any over the counter or prescription medication (prescription medication also requires a physician's order). Please contact me for the appropriate forms.



Change of Clothes

It is recommended that all student is grades K - 2 have a change of clothes readily available. Please send spare clothes (all articles should be labeled with the student's name) in a plastic bag with your student. They will be kept in the classroom, backpack, or in the nurse's office should they be needed.



Proper Footwear

Please send your child to school in appropriate footwear. Shoes and boots should be comfortable, and ideally should have slip resistant soles to help prevent falls and injury. With winter approaching, and the occasional rainy days - 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 Nut Free Snack Options

A couple of our classrooms (5th/6th grade) are nut free. Below are some healthy nut and seed free snack options. Please be sure to read labels on all snacks to ensure that they are nut and seed free as well as made in a nut/seed free facility. This will ensure the health, safety, and well-being of our nut-free kiddos!

- Utz Hard Pretzels
- Pirate's Booty
- Pre-packaged fruit and vegetables (pre-packaged prevents cross contamination)
- Bananas
- String cheese
- Plain raisins
- Applesauce
- Kashi Heart to Heart whole grain crackers
- Plain yogurt sweetened with honey
- Nutra-Grain Bars (apple, cherry, raspberry, blueberry)
- Wow Butter is a great peanut butter alternative, and is peanut and tree nut free!

Please contact me should you have any questions about nut/seed free snacks.

Cheers to good health this winter season!

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