

NOTES FROM YOUR NURSE



Please have your child dress appropriately for the elements. The children do go outside for recess unless it is bitterly cold (we stay in if it is a wind chill at 20 degrees or below).

- * Please pack an extra set of socks and pants to keep in your child's cubby or backpack in the event your child gets wet outside.
- * Please send in snow pants and boots labeled with your child's name and teacher! We do not have many extras, and I quickly run out of any extras I do have!
- * Also, please make sure you send in shoes for your child to wear during the day - it is very uncomfortable and hot to have to wear boots all day.

SOME HEALTH TIPS TO PREVENT ILLNESS:



- Frequent hand washing!!!
- Properly dispose of tissues, and then wash your hands
- Cover your mouth and nose with your inner elbow (like a vampire,) when you cough or sneeze, and then wash your hands!!
- Don't share food utensils or cups.
- Encourage the use of a personal water bottle at school.
- Avoid close contact with sick individuals.
- Avoid touching your mouth, nose, and eyes, if you do wash your hands!!
- Encourage healthy habits such as proper rest, diet, exercise, and lots of fluids.
- PLEASE be courteous and STAY HOME IF YOU ARE SICK
- Consider getting a flu vaccine, particularly if there is a chronic illness such as asthma or diabetes.

REMINDERS:



- If your child is ill or was sent home ill during the day, please remember that they must be 24 hours fever or vomit free before they can return to school.

Please feel free to contact the Health office @ 758-7575 Ext. 6020 with any questions or concerns you may have.

Sincerely,

 Faith Kubow, RN

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Ichabod Crane Primary School