

NEWS FROM THE HEALTH OFFICE

February 8, 2010

Dear Parents and/or Guardians,

As you are probably aware, we are currently at the peak of the cold and flu season. It is not unusual at this time of the year to see several illnesses, such as, stomach flu, earaches, coughs, and strep throat, occurring at the same time throughout our communities. This is a great time to review some basic hygiene reminders with your children.

The teachers and I remind the children daily to wash their hands before eating, after using the washroom, after coughing or sneezing into their hands, and after blowing their nose. We are also reminding the children to keep a distance from others, especially during the cold and flu season.

Along with all of the reminders it is important that children get a good night's sleep, exercise, and eat healthy foods. Kindergarten through 4th grade students need at least 10 hours of sleep each night. 5th through 8th grade students need at least 9 hours of sleep each night. Avoid video game playing and sugary or caffeinated snacks after dinner/before bedtime. Reading for 15-30 minutes before bedtime is a great way to help your child settle down before going to sleep.

Thank you for keeping sick children home and calling the office with your child's specific symptoms when they are ill at home. Please call me if you have any questions or concerns.

Sincerely,

Patty Lubash, RN
School Nurse
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