




So here we are “Welcome to March Madness” In this case, not

referring to college basketball  competition but to the many health and safety competitions that your child/ children may participate in during the month. These include:



FLU SEASON:

Remember, if your child has a fever above 100.4 and/or coughing persistently they should remain home”;



SCHOOL NUTRITION/BREAKFAST Month:

Please encourage your child to eat a little something before school or arrive earlier and purchase at school;



POISON PREVENTION Month:

1-800-222-1222

Children are curious. Check cabinets and place hazardous items including medication, laundry, E-cigarettes, batteries, cleaning, and gardening (including plants) supplies out of reach. Be sure to discuss with your child not handling items, place items out of reach in cabinet with lock, discard medication in an appropriate manner (ie. local police department), never refer to medicine as candy, be sure you are giving the correct medication and the correct dose to child, NEVER use kitchen spoon to measure medication.

KEEP POISON CONTROL NUMBER available: DO NOT TREAT UNTIL AFTER YOU CALL.



SEASONAL ALLERGIES:

Please consider discussing with your child’s physician ways to treat your child’s allergy symptoms. All medications administered at school require a note from your child’s physician and medication sent from home (Delivered BY PARENT/ GUARDIAN);



FIELD TRIPS:

This is the season of class field trips. Please reach out to your child’s school nurse to be sure they have needed EpiPen, inhalers, etc. and physician’s order DO NOT WAIT UNTIL MORNING OF TRIP!



TIME CHANGE:

This is the month to change your clocks. **Spring Ahead.** Please consider the impact that this time change has on your child. They may have difficulty adjusting. Please begin a few days before to have them settle for sleep 30 minutes earlier.



SAFETY:

Please remember to change the batteries on smoke and carbon monoxide detectors.

For further information reach out to your child’s school nurse.

HAPPY & HEALTHY SPRING!

