

Healthy Habits Newsletter

Volume 1, Issue 1, August 2013

Welcome to the first issue of the CUSD#10 **Health Habits Newsletter** designed to give students, parents, and staff information about common health issues affecting school health and wellness, immunization requirement updates, CUSD#10 health procedures, and upcoming health events. This newsletter will be published in August and April of each school year. *Enjoy!*

Introduction of the CUSD#10 Health Staff: The health staff strives to work as a team within our daily assignments. It is possible to see any one of us in your child's school buildings servicing student needs. We are much more than boo-boos and bandaids. Among other responsibilities, we collect state required health records, administer medications in accordance with the district medication policy, administer care in emergent situations, conduct vision and hearing screenings, facilitate dental clinics, provide medical treatments as ordered by the physician, maintain an atmosphere that deters the spread of communicable diseases, and advocate for the needs of our students. Lead Nurse/Certified School Nurse (RN, MSN, IL-CSN) Lisa Brown Sabatino; Certified School Nurses (RN, IL-CSN) Angie Kimbrell, Regina Prior, Gloria Rios, Debra Welch; Registered Nurse (RN) Marcia Bohle; Licensed Practical Nurse (LPN) Jennifer Wilke; Health Aides Diane Masloski, Mary Louise Rauh, Kim Gorka-Smith, Kim Winters, Christy Way, and Courtney Hay. Many of our health staff serves on district/community committees such as the CPR/AED program, Wellness Team, Student Assistance Team, HART Team, Character Education Team, and/or Crisis Team.

Centralized Registration: July 23, 24, 25, and 29 from 1:00-7:00 PM at the CHS campus: You will be receiving registration packets in the USPS mail. Included in the packets are two very important information pages that you must review/correct/complete. The [Student Enrollment and Transportation Verification Form](#) lists all of the contact and phone numbers that can be used. If your child is ill or has an emergency, these numbers are invaluable. It is our goal to keep your child in school when at all possible, but there are times when it is necessary to discuss health issues with you or send your child home. The [Student Health and Emergency Verification Form](#) provide the nurse, principal and necessary staff pertinent information about our child's health. It is important to list any health concerns, allergies, and medications on this form. This form is kept confidential and only shared with necessary staff who are in direct contact with your child's daily education and care. If the school nurse has further questions, she will contact you as needed.

Food Allergies: If your child has a food allergy and needs emergency medication and /or special diet accommodations, please contact your building school nurse.

School Health Exams: Physical exams are due by the Tuesday following Labor Day (Sept 3, 2013) to the school nurse for grades K (or entry level), 6, and 9. Sports physicals are due yearly as per IESA/IHSA. Dental exams are due by May 15 of grades K, 2, and 6. Eye exams are due by Oct 15 of grade K and for all transfer students who have not previously attended and Illinois school. Immunizations records are to be up-to-date per state requirements. If you have a question or need assistance with resources to obtain any of these exams, please contact the building school nurse. *New: at least one Tdap needs to be given by grades 6-12.*

Vision and Hearing Screening is conducted yearly according to IDPH state requirements. All students in the following grades will be screening unless a written doctors note is on file and within one year of the required screening date. Vision-EC, PreK, K, 2, 8, all special education, color screening grade 2. Hearing-EC, PreK, K, 1, 2, 3, all special education.

Medication Policy: The district medication policy can be found in your handbook or on the district website. Your school nurse can assist you in obtaining the proper documentation necessary for medication to be administered in school. No medication (script on nonscript) is to be given to at school without a permission to administer medication form signed by both physician and parent. Exceptions-cough drops can be used with a parent note (should be in an unopened bag); inhalers and EpiPens may be carried by the student with permission. No other medication is to transported to school on the bus or carried by the student. If your child is in need of medication at school, please contact the school nurse.

Illness Exclusion: Please keep your child home if they are ill. Call the school nurse if you are unsure. **Stay home** with vomiting and diarrhea for at least 24 hours following the last episode/fever of 100 degree F or greater (without fever reducing meds) for 24 hours following last temperature spike/unexplained rash until cleared by physician/drainage wounds until cleared by physician/if your child is feeling extremely poorly. Please do not send your child to school expecting the school nurse to send them home with an excused absence. This puts other students at risk! If you are asked to pick up a child due to illness from the school health room, please make every effort to arrive as soon as possible.

Healthy Observance Dates: 9/18/13 National School Backpack Awareness Day (www.kidshealth.org), 10/23-31/13 Red Ribbon Week (www.redribbon.org), 12/1-7/13 National Handwashing Awareness Week (www.kidshealth.org), February – National Children’s Dental Health Month www.ada.org (learn more about mouth guards for sports), March – Brain Injury Awareness Month www.biausa.org/brain-injury-awareness-month.htm (learn more about concussions and helmet safety), March 17-23 National Poison Prevention Week www.poisonprevention.org/poison.htm (Poison Control 1-800-222-1222).

Healthy Recipes for Kids: Creamsicle Slushy: Ingredients 1-1/3 cups orange juice, 1 Tbs honey, 1 cup vanilla nonfat yogurt, ¼ cup frozen orange juice concentrate. 1. Pour oj into an ice cube tray and freeze, about 3 hours. 2. Empty tray into blender or food processor and combine with honey, yogurt, and frozen oj concentrate, blend until smooth. Makes 2-1/2 cups. Nutritional Info per serving of 1-1/4 cups: Calories 50, Total Fat 0, Cholesterol 0, Sodium 14g, Total Carbohydrate 12g, Fiber 0, Sugars 10g, Protein 1g, Vitamin C (40%DV); percent daily values based on a 2,000 calorie diet.

Special Events: Flu Vaccinations for Staff in October, Hepatitis B for OSHA approved staff Oct/Nov/April, Student Exclusion Date for lack of required health exams is September 3, 2013 or as discussed with your building school nurse. **Dental Safari Clinic:** DIS Feb 21, Caseyville Feb 20, Maryville April 14, Twin Echo April 14, Renfro April 15, Webster April 16, Jefferson April 9, Summit April 9. Talk to your building school nurse for more details. **CPR** training for seventh graders in October and April during health class www.americanheart.org.

Reminder: Please refer to your building handbooks for answers to questions at www.kahoks.org

Special Interest Topic: Backpack Safety

As practical as backpacks are, they can strain muscles and joints and may cause back pain if they are too heavy or are used incorrectly. The American Academy of Pediatrics (AAP) recommends that parents look for the following when choosing the right backpack: light weight material, two wide/padded shoulder straps, a padded back, a waist belt, and multiple compartments to help distribute the total weight.

See www.healthykids.org or www.nsc.org for more information on backpack safety.



Back pack is not wider than child's shoulders and not taller than child's shoulders when sitting