

School Nurse Newsletter

Winter 2018



Colder weather has snuck up on us quickly, so it's time to start preparing. There is a lot of fun to be had during the winter months, but let's talk about safety.

Winter Concerns

Hypothermia/Frostbite: It is important to dress appropriately for cold weather. Please help your child choose warm, comfortable clothing for school each day. Make sure they are wearing a coat, snow pants, boots, hat, and gloves every day to school. Even in cool weather, children need exercise and fresh air during recess. When it is cold outside, remember to set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best. If your child's clothing becomes wet, have them come inside to change to prevent frostbite from happening.

Nosebleeds: If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.

Know what to do About the Flu: Get a flu shot. Wash your hands often with soap and water. Avoid contact with sick individuals. Stay home if you are sick- **for at least 24 hours after fever is gone.** Cough and sneeze into your arm. Stay hydrated, and drink plenty of fluids.

A note from the nurse: Vision and hearing screenings have been conducted at Northwest Primary. A note was sent home to those students having difficulty with the vision and/or hearing screening. If your child received a referral letter, please let me know if your child was seen by a Doctor, and the results of the exam. Because both hearing and vision can affect learning, it is important that students get the help they need. If you need any assistance, please feel free to contact me. If you have a change in address or phone number, remember to contact the school office. It is very important to be able to reach you in the event your child becomes ill at school.

**If your child has outgrown sweatpants or other comfortable pants that you would like to donate, please consider sending them to the school. I am especially low on boy's pants.



Fun outdoor winter activities:

- Sledding
- Ice-skating
- Skiing/snowboarding
 - Build a fort
- Build a snowman

Have a safe and HEALTHY winter!

Thank you,

Brittany Rajda, RN

Northwest Primary School Nurse