

Parent Letter

Parents-

It is hard to believe the year is half over. The beginning of 2nd semester also corresponds to the peak of flu season. Influenza cases are on the rise in Kansas and we are now at a regional level of activity. We will probably be at widespread influenza activity in the next month. SMSD has a new policy guided by the KS Department of Health and CDC recommendations. All influenza cases diagnosed by a doctor or an illness with symptoms consistent with influenza (fever, body aches, headache, cough, congestion, sore throat) will require students to stay home 7 days from onset of symptoms. This will mean students will need to stay home a minimum of 5 days (weekends count as part of the 7 days) when they have influenza. This is the best way of preventing widespread outbreaks in the community. The influenza vaccine is the best way to prevent complications from the flu. It is not 100% effective at preventing influenza but it minimizes the severity if you do get it. It is not too late to get a flu shot. You can contact your healthcare provider to get a flu shot. CVS, Walgreens, Walmart and Target also have them available in their clinics/pharmacies.

HPC dental clinic for those students signed up to receive dental care at Shawanoe will be scheduled again soon. I will put information on my website when those dates are scheduled.

I have a new website on our school webpage. I am trying to update it weekly with information about symptoms going around, important information about health services and other useful information. The direct is below. You can also find it by going to the school webpage hovering the cursor on "Families" and then clicking on "health services".

<https://shawanoe.smsd.org/families/health-services>

Kim Martin RN, M.S.Ed, BSN
Shawanoe Elementary Nurse

Health/Safety Informatipm

A healthy child is better able to learn. To help your child be at optimal wellness for learning please make sure they are getting proper sleep and eating healthy meals. Kids age 4-5 need approximately 10-13 hours of sleep per 24 hours (can include naps) and kids age 6-12 need approximately 9-12 hours per 24 hours.

A healthy breakfast is one of the most important things a child needs to be able to learn. Please make sure your child eats a breakfast containing both protein and carbohydrates every day. We serve breakfast from 7:30-8am daily for \$1.40 per day full price. If you qualify for reduced meal prices, the reduced breakfast price is \$0.30 per day, and it is free if you qualify for free meals. To fill out an application to see if you qualify for your student to receive free/reduced breakfast and lunch prices, please go to this [link](#).

Links and Useful Information

Here is a great Health Resource for kids' health topics.
KidsHealth.org

Another favorite of mine

[American Academy of Pediatrics](http://AmericanAcademyofPediatrics.org)

Flu Surveillance Data

[CDC Influenza Information](http://CDCInfluenzaInformation.org)

Thank you for entrusting me with the care of your children every day. Please let me know if you ever have any questions or there is anything I can do to help your child or you. The best way to contact me is email kimberlymartin@smsd.org.