

# Norridge District 80 Monthly Nurse Newsletter March

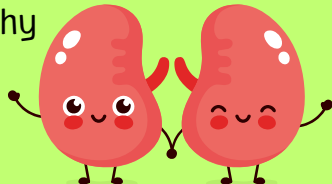
## National Kidney Month

### March is National Kidney Month!

Your kidneys filter all of your blood up to 25 times per day, removing wastes and extra fluid from your body. Your kidneys maintain a healthy balance of water, salts, and minerals in your blood. Without this balance, nerves, muscles, and other tissues in your body may not work normally. Your kidneys also make hormones that help control your blood pressure, make red blood cells, and keep your bones strong and healthy.

Conditions such as high blood pressure, diabetes, or heart disease can increase your risk of kidney disease. Talk with your doctor and practice a healthy lifestyle to prevent kidney disease.

References: [NIH](#)



## Purple Day for Epilepsy Awareness

### March 26 is World Epilepsy

**Awareness Day.** Show your support for epilepsy awareness by wearing purple. Epilepsy is a brain disorder that causes seizures. Epilepsy can affect people in different ways as there are many different types of epilepsy and types of seizures. Visit the [CDC website](#) to learn more about epilepsy.

## Reminders

- **Dental Exams** are due May 15th, 2024 for Kindergarten, 2nd and 6th grade students. Find the dental exam form [here](#).
- If you received a Hearing or Vision Referral, please have it completed by a medical provider and returned to the school nurse as soon as possible.
- Visit the [Health Services page](#) on the District website for more information and copies of health related forms.

*Leigh School*

Dolores Fischinger RN & Hannah Willis RN  
[dfischinger@norridge80.net](mailto:dfischinger@norridge80.net)  
(708)-722-2747

*Giles School*

Patty Lubash RN  
[plubash@norridge80.net](mailto:plubash@norridge80.net)  
(708)-453-4847

