

NOVEMBER NURSE'S NOTES!

RECAP!! By special request from some of our BUSD families: Do you know... about **Type 1 Diabetes (T1D)**?

During the winter months, BUSD typically has had one or more students diagnosed with Type 1 Diabetes. The T1D symptoms can often be mistaken for common illnesses such as flu or a cold. Misdiagnosis can have tragic consequences, so learning the warning signs can save a life. Early diagnosis is critical to treatment. **PLEASE, get to know the warning signs for T1D in children and young adults... Knowing these signs (which may occur suddenly) can save a life:**

Extreme thirst

Sudden weight loss

Heavy, labored breathing

Altered or loss of consciousness

Frequent urination

Sudden vision changes

Fruity or sweet breath odor

EXTREME FATIGUE

Increased appetite

Drowsiness, lethargy

Nighttime bedwetting

Hunger with weight loss

If your child or someone else you know begins to experience these symptoms, contact your pediatrician immediately. **Please share what you've learned with others you know.** More information, myths, and support for T1D can be found here: <https://www.jdrf.ca/who-we-are/type-1-diabetes/>

For 6th Grade students, will you be ready for 7th Grade?

IMMUNIZATION UPDATE!!! 7th Grade is set as a **gateway** for having immunizations up to date. Any exemption (medical/PBE) that is **not** through the state system (**CAIR-ME**) **expires at 7th Grade entry**. There is a requirement for TDaP booster for 7th Grade and a 2nd immunizations for Varicella which is often missed. **Your child may not receive their schedule or start school in 7th Grade without being up to date...** **6th Grade Families** - Call your child's health office today to make sure they are ready to attend and we have updated records for 7th Grade!!!

Resource for required vaccinations: <https://eziz.org/assets/docs/IMM-231.pdf>

Also – it may not be too late to get your flu shot!!

Check in with your medical provider or local pharmacy!!



Does your child have a medical concern that may require a health plan?

Here's the health team:

Tristan Kleinknight, MSN RN PHN: School Nurse for:

Blue Oak Elementary: Health Clerk II Joy Clark, MA
530-676-0164 x1830, Fax: 530-676-0758

Buckeye Elementary: Health Clerk II Rachel Kelly, LVN
530-677-2277 x1230, Fax: 530-672-1483

Camerado Springs: Health Clerk Sarah Lester, LVN
530-677-1658 x1530, Fax: 530-677-9537

Valley View Montessori: Health Clerk I, Carmela Bucci
916-939-9640 x3330, Fax 916-939-5015

Sandy Chavez, MSN RN PHN: School Nurse for:

Oak Meadow Elementary: Health Clerk I, Luz Shaw
916-933-9746 x2130 Fax: 916-933-9784

Rolling Hills: Health Clerk I, Bertha Chau
916-933-9290 x3030 Fax: 916-939-7454

Silva Valley Elementary: Health Clerk I, Tara Nakano
916-933-3767 x2730 Fax: 916-933-6389

William Brooks Elementary: Health Clerk I, Raffaella Avina
916-933-6618 x2430 Fax: 916-933-3910



REMINDER: MEDICATIONS-ALL medications require a permission form to be at school, whether prescription inhalers or over the counter creams, throat spray or even cough drops – for those consider sending lifesavers, peppermints or lemon drops instead!!! The BUSD medication permission form link is below – please print, sign and attach to a physician's order or have your pediatrician complete:

<https://drive.google.com/file/d/1f55Q97DffiATOX1zEhq8sRrnq-lbriPI/view>

STAY HEALTHY & HAPPY BUSD FAMILIES!!! FROM NURSE TRISTAN & NURSE SANDY