

SCHOOL NURSE-LETTER

From the nurse

As I've mentioned before, my goal as a school nurse is to not only be there for our students when they are hurt or sick but to also be a positive healthy influence! To help with this, I like to be involved with all the kids and be present in the school. A couple things that will be starting in the month of September are monthly health challenges and hand washing clinics in each classroom! Please help me by encouraging healthy habits at home. Consistency is key! I encourage you to have conversations with your students about these challenges and clinics. Also, by asking your student to try and teach you something pertaining to them, is a great learning tool as well! The past 2 years, we have seen the benefits of proper hand washing related to the spread of illness in our students.

-Nurse Sam

Monthly Health Challenge

Please be on the lookout for our first monthly health challenge in your child's red folder! For the month of September, we will be focusing on drinking more water, with pictures of water glasses on the back of the form! Our students should be getting a minimum of 5 cups per day!

Please help your student(s) by hanging these on the fridge, or somewhere they will be reminded daily. Students who complete and turn these forms back in after the end of the month, will earn a prize from me! Remember, these challenges are taking place to teach our kids good, healthy habits that hopefully will carry with them through life!

Hand washing Clinic Dates!

- September 9
 - Ms Hamilton
- September 10
 - Ms Ryan
- September 11
 - Ms Dominguez
- September 12
 - Ms Field
- September 13
 - Ms Mitchell
- September 16
 - Ms Hertenstein
- September 17
 - Ms Kerr
- September 18
 - Ms Mehling
- September 23
 - De Hoyos
- September 24
 - TBD
- September 25
 - TBD
- September 26
 - Ms Rogers
- September 30
 - Ms Checklick



The importance of water hydration

Did you know: (share these with your students!)

- water helps the body digest food to help avoid stomach aches
- water helps move waste out of our bodies
- water keeps us hydrated and headaches at bay
- every time we breathe, we breathe out water
- water helps us think and have more energy
- water helps our skin to be soft and healthy!
- our bodies are made up of 75% water!?



If your student struggles to consume water throughout the day, consider using low calorie/no sugar, water enhancers! They come in powder and liquid form and can often be found in the grocery store aisle with other drink mixes.

live
HEALTHY

This month:

- Fruits and Veggies month
- National childhood obesity awareness month
- National yoga month
- the 17th is "get ready for flu" day
- September 19-23: National Farm Safety and Health Week
- September 20: National Concussion Awareness Day
- the 24th is National family health and fitness day!

Reminders

- **Please send in a change of clothes with your student(s).** Accidents happen, and not just the bathroom kind. If your child does come home with a change of clothes from the clinic, please wash and return them so they can be used again for others (with the exception of underwear).
- **Pink slips follow students to and from the clinic.** They are my way of communicating home to parents that a child was seen in the clinic. Please note serious visits will warrant a call home as well. If you have any questions please feel free to reach out.

contact me

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