

SCHOOL NURSE-LETTER

From the nurse

This past month, we continued to have a lot of fun with “fake” germs during our final hand washing clinics. We learned about real germs, microscopes, and of course, the correct way to wash our hands. Please encourage hand washing at home, especially when getting home from school. Have your student “teach” you how to correctly wash your hands!

We are coming into the thick of “cold and flu season” so please help your student stay healthy by ensuring they are eating healthy, getting enough sleep nightly and taking vitamins daily. It’s also helpful to encourage our students to stay in their own spaces at school and deter hug giving (as sweet as it is) to help prevent the spread of germs. I have talked to them all personally about this as well during our hand washing clinics. Please reach out if you have any questions or concerns.

-Nurse Sam

This month:

- National Diabetes Awareness Month!
 - November 14 is World Diabetes Day! Please help spread awareness by wearing BLUE!
- National Epilepsy Awareness Month
- Good Nutrition Month

Clinic Donations

If you would like to donate clothes to the school clinic, we will take them and would greatly appreciate it! Pants sizes 5-10 and new underwear are always welcome!

Monthly Health Challenge

If you have not noticed them yet, every month I am sending out a new health challenge form for the students to participate in.

Last month was focused on mental health but this month, we will be focusing on eating breakfast with breakfast foods on the back of the form!

Please help your student(s) by hanging these on the fridge, or somewhere they will be reminded daily. Students who turn these forms back in completed, the following 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!

Fun (and healthy) Breakfast Ideas!

- Breakfast "sushi"
 - Peel a banana, coat in greek yogurt, roll in fruity pebbles, slice. Super easy but super fun [and healthy] for kids!
- Apple Fruit Donuts
 - Slice an apple, core center out, color cream cheese with food coloring (optional) spread on apple slice and top with fun sprinkles and/or a drizzle of honey.
- Breakfast Pizza
 - Using crescent rolls as the base, layer with sausage, hash browns and cheddar cheese, top with 3 scrambled eggs and parmesan cheese and bake!
- Carrot Cake Smoothie
 - Combine carrots, greek yogurt, banana, milk, nutmeg, cinnamon, maple syrup and ice!
- Baked Pancake Muffins
 - Instead of making pancakes on the griddle try baking them in a muffin tin with a variety of "topping" options! Chocolate chips, fruit, sausage and cheese, cinnamon sugar, etc!
- French Toast wrapped sausage
 - Flatten a piece of bread and roll breakfast sausage inside. Dunk roll into french toast egg mixture and cook like normal! Dunk in syrup or eat alone.
- Cinnamon Twists
 - Instead of rolling your cinnamon rolls up, cut them in half and twist them into spirals! Drizzle or dip into icing!

<https://www.tasteofhome.com/collection/fun-breakfast-ideas-for-kids/>



Good Nutrition

Please see my letter on the front of the monthly health challenge for more information on why good nutrition is so important for our students!

contact me

Samantha Labanowski, LPN
School Nurse



slabanowski@ocss-va.org



540.661.4420
option 3

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).
- **Please send in a coat with your student.** The cold weather has begun and we no longer have spare coats to loan out to students. If your student does not have a jacket and it is cold outside, they will be asked to have indoor recess in the front office.
- **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.
- **Please keep students home** until they are fever, diarrhea, and vomit free for a total of 24 hours without medication.