



# SCHOOL NURSE-LETTER

## From the nurse

This past month, we've had a lot of fun with "fake" germs during some of our hand washing trainings. We're learning about real germs, microscopes, and of course, the correct way to wash our hands. If you notice your child's teacher on the dates for a second time, it's because something took up more of my time that day than normal and it had to be rescheduled. No worries, I will get to every class!

-Nurse Sam

## 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.

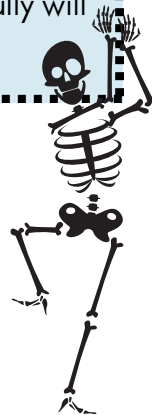
Last month was focused on water but this month, we will be focusing on mental health with hearts on the back of the form!

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!

## Hand washing Clinic Dates!

- October 1
  - Ms. Simprini
- October 2
  - Ms. Sossoman
- October 3
  - Ms. Swingler
  - Ms Meyers
  - Ms O'Brien
- October 4
  - Ms. Junior
- October 7
  - Ms. Saulle
- October 9
  - Ms. Wenzel
- October 10
  - Ms. Macina
- October 15
  - Ms. Barnes
- October 16
  - Ms. Mathis
- October 17
  - Ms. Nash



## Positivity is more than mental

Believe it or not, there are physical health benefits to having a positive outlook or mindset!

Some of these benefits include:

- a longer lifespan
- stronger immune response, meaning we can fight off sickness better and we don't stay sick as long
- lower pain levels or higher pain tolerance
- improved heart health
- reduced blood pressure



## Did you know??

It takes 17 muscles to SMILE but 43 to frown. Work less, smile more!



## 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!



### contact me

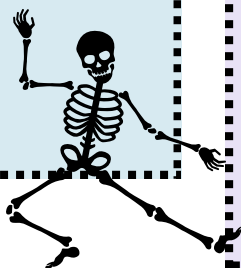
Samantha Labanowski, LPN  
School Nurse



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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).
- **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 continue to keep students home until they are fever, diarrhea, and vomit free for a total of 24 hours without medication.