



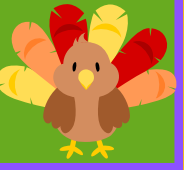
# Star View Elementary



## Monthly Health Office Newsletter



# November 2024



## HELLO!

🍂 Happy Fall, Students! 🍂

As we move through the school year, the health office would like to take this opportunity to talk about something so simple yet powerful- gratitude. Practicing gratitude can boost your mood, improve relationships, and even strengthen your immune system.

As we approach the season of gratitude, I would like you all to know that I am grateful to be able to serve the families of Star View and the health needs of your students.

Wishing you a fantastic fall filled with fun and friendship!

Ms. Rebecca

EMT/Health Technician



## Upcoming Events

~ 11/1- Student Free Day- NO SCHOOL

~ 11/7- 3rd Grade Field Trip- Nix Nature center  
9:15am-1:15pm

~11/11- Veteran's Day Observance- NO SCHOOL

~11/12- Island's Restaurant Night- 4pm-10pm

~11/14- 4th Grade Field Trip- Mission San Juan  
Capistrano- 9:15am- 1:15pm

**\*\*For all upcoming events please visit the Star View website**

## Did You Know...

### The Health Benefits of Gratitude

Gratitude isn't just good for our minds; it's good for our bodies too. Studies show that people who regularly practice gratitude have stronger immune systems, better sleep, and lower stress levels. Practicing gratitude can make a child feel more relaxed and content, leading to improved overall well-being. Our student can practice gratitude at school and at home in several ways:

1. Thank you notes to teachers, school staff, and fellow classmates.
2. Keeping a gratitude journal where your child can write down or draw something they are thankful for each day.
3. Modeling gratitude at school by being kind and showing respect to friends and teachers can help our children find the good in every day.
4. Taking time at home each day either at dinner, or bedtime to share with their family something they were thankful for about their day.



## Nurse's Corner

If you need to speak with or make an appointment to see our district nurse, Ms. Catherine, please contact the health office at 714-897-1009 Ext: 3054

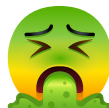
## A few reminders...

For the safety of your student and the other students on campus, please **DO NOT** send medications in your student's backpack or bag. ALL medications, even over-the-counter **MUST** be kept in the Health Office!!

## Here's a reminder on When to Stay Home?

We know that when your child wakes up and appears to not be feeling well, you need to make a decision as to whether they should attend school or stay home. This can be difficult, so here are some guidelines that may help you decide whether to keep your student home or send them to school.

- **Fever**- Any child with a fever of 100.0 degrees or more should to stay home. To return to school your child **MUST** be fever free for 24 hours, without the aid of over the counter medications (Tylenol, Ibuprofen, etc...) before they return to school.
- **Colds**- Your child may attend school with a mild cold if they seem well and are fever free. A child with a persistent cough or nasal drainage that is not easily managed, wheezing or difficulty breathing should stay home until symptoms improve.
- **Rashes**- DO NOT send your child to school with a rash unless there is note from your physician stating that they are not contagious. Your student may attend if you have already notified the school that your student is under the care of a physician and treatment has started.
- **Vomiting/Diarrhea**- A student who vomits or experiences diarrhea needs to stay home for a minimum of 24 hours from the last episode. If you student wears pull-ups or needs assistance with toileting while at school DO NOT send them to school if they are experiencing diarrhea.
- **Eye Irritation or Pinkeye**- If your student has red eyes with significant yellow mucus discharge, keep student home until symptoms improve or your student has been evaluated by their physician.
- **Stomachache**- If your student acts ill, or cannot comfortably participate in school activities, has severe pain for more than 2 hours, or if the stomachache is associated with diarrhea or vomiting.



Health guidelines are provided to the school district by the California Department of Public Health and Orange County Healthcare Agency. Updates will be provided as given by the CDPH & OCHCA.