



SCHOOL NURSE-LETTER

From the nurse

The winter weather is upon us and with that, unfortunately, brings illness too. The #1 way to prevent the spread of illness is by hand washing. I know it seems like I preach that but it really is true, along with encouraging our students to keep their hands away from their face as much as possible.

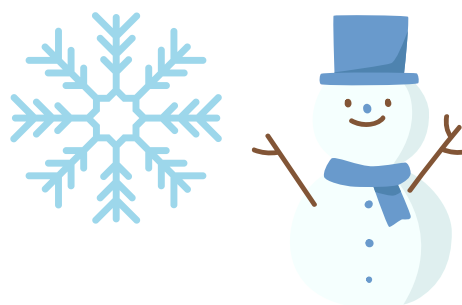
Through these harsh months, I have found success through my own kids and others with using a daily kid's vitamin that will help boost their immune systems. Look for Vitamin C and Zinc especially. Elderberry is a great natural choice as well! Getting an adequate amount of sleep each night (about 9 hours) is essential to staying healthy as well.

As always, please reach out if you have any questions or concerns.

-Nurse Sam

During December:

- safe toys and celebrations month!
- The 1st through the 7th is National Hand Washing Awareness Week!
- the 2nd through the 6th is also National Influenza vaccination week.
- Winter break!
 - 12/20 - 1/6



Monthly Health Challenge

Every month I send out a new health challenge form for the students to participate with. Last month was focused on eating breakfast but this month, we will be focusing on eating our vegetables with pictures of vegetables 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!



How to get your picky eater to eat more veggies!

With the holidays coming, we tend to stop thinking about healthy eating with all the fun treats all around us. Try making those treats something to look forward to after eating the healthy things first. For example, "First, you have a handful of carrots, then you can have the cookie."

Try incorporating vegetables more regularly into our student's snacks and meals. Bake a banana zucchini bread and have it for breakfast, substitute cauliflower for potatoes or pizza crust, or cut vegetables into fun shapes and let students dip them in ranch or their favorite dressing. Steam carrots with a small amount of brown sugar and butter (so good!).

I think most importantly, don't give up! Offer the option of vegetables but don't insist or punish for not eating them. Consistently offering veggies will make them a more normal thing and eventually, your student may decide to try them.



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 (especially 7-10) and new underwear are always welcome!

contact me

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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).
- **Please send in a coat with your student.** The cold weather has begun and we will no longer have spare coats to loan out to students, due to hygiene control. 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. Please reach out to Ms. Beard or Ms. Hopkins if you need assistance with a coat for your child.
- **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.**