

# Hi Hedgehogs!

*A message from your school nurse Mrs. Pags:*

## Welcome Back and Happy 2025!

I know it may seem a little cliché, but New Years is the perfect time to set age-appropriate resolutions as a family for a healthier and happier year ahead. Unfortunately, many New Year's resolutions are abandoned before the month of January is over. How are your family's resolutions so far? Here are some tips on creating and attaining any goal you set your mind to:

### Set SMART Goals

Instead of typical resolutions, try setting SMART goals, which are:

- **Specific:** List exactly what you want to achieve (instead of "running faster" think "run a 5k in under 30 minutes").
- **Measurable:** How will you keep track of your goal and determine whether you've been successful?
- **Achievable:** Your goals don't have to be easy, but they need to be possible. Do you have the means and ability to make your dream a reality?
- **Relevant:** Does this goal serve your greater focus and purpose in life?
- **Time-bound:** Give yourself a deadline. Aim to reach milestones by certain dates.

**Wishing you a happy, healthy, and safe 2025!**

### Reminders:

- Send in all physicals for and K or new students for the 24-25 school year.
- Send in dentals for any K, 3<sup>rd</sup> graders or any new students for the 24-25 school year.
- If you do need a physical and/or dental form, they can be found on the district website under health services: State Health Mandate:  
<https://www.parklandsd.org/departments/health-services>
- If your child has any Diagnosis that require medication or any medical needs please **make sure to contact me and have the following form filled out by your primary care provider**

**for any medication to be administered at school** (this includes scheduled or as needed medications). Medications need to be dropped off to the health room by a parent or guardian. Students are not permitted to keep medication in their back packs.

[24-25 Medication Administration Consent & Liscensed Presriber Order Form.pdf](#)

- Please continue to keep your child home if they are sick.
  - If student has a fever, they need to be fever free for a minimum of 24 hours without the use of any fever reducing agents or medications prior to coming back to school.
  - If student has diarrhea and/or vomiting keep home for a full 24 hours from the time it started.
- Make sure to send a water bottle in with your student.
- Remind your children that that if they carry a smart device (phone, tablet, watch) they should not be using it during the school day, especially to call and say they need to be picked up due to an illness. If a student is ill during school, they will be sent to the health room. If the student needs to be sent home due to an illness the nurse will contact the parent or guardian.
- **Please feel free to reach out to the health room for any questions/concerns.**

*Alyssa Pagliaro* RN, BSN, CSN

[pagliaroa@parklandsd.net](mailto:pagliaroa@parklandsd.net)