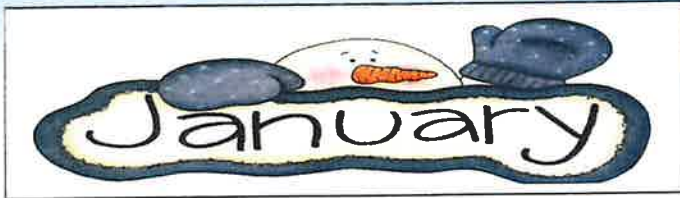


LCBOE Head Start January 2025 Nurse's Notes



HAPPY NEW YEAR

Cheers to the new year! We want to start by expressing our gratitude for your support thus far this school year. A number of medical records have yet to be returned to our office. We would appreciate it if we could get all of this health information in as soon as possible because it is very important. Check your mailbox for the reminder letters that have been sent out regarding health updates. If you have any questions, feel free to contact Nurse Robinson at 334-548-2145.

Parents, be reminded that your child **must** have an up-to-date shot record on file at the school at all times. Also, remember that your child will need to receive a complete physical exam every 12 months and a dental exam every 6 months.

~Nurse Robinson

Tips for Avoiding Winter Bugs:

- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise



HEALTH UPDATES

Remember, if your child received a letter or referral from Head Start, call to make an appointment for follow up care with the appropriate doctor. Conferences are being held for individuals who did not meet the 45/90 day deadlines.

Status Reports:

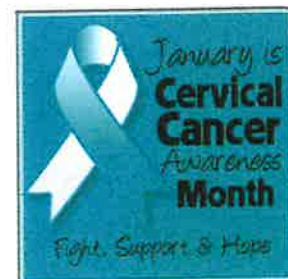
Mental Health: After classroom observations: 8 students have been referred for testing, meetings are pending. 10 students will be reevaluated for possible referrals. Conferences are scheduled for January 6, 2025.

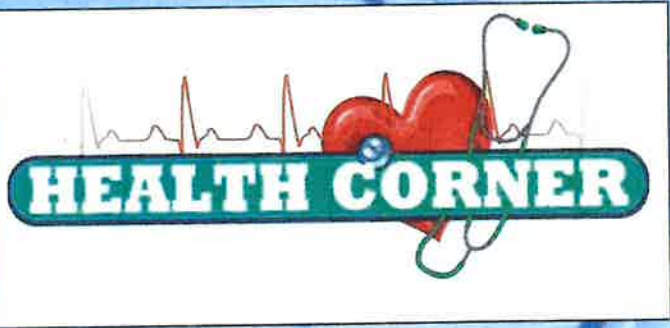
Missing Health Information:

- *Sickle Cell-0
- *Hearing-24
- *Vision-4
- *Hemoglobin/Hematocrit-11
- *Lead-0
- *Dental Exam-24
- *Growth Assessment-15
- *Immunization Record-0

If your child is missing any health information, contact us to update your child's records.

334-548-2021 (fax)
PO Box 158 Hayneville AL 36040 (mailing address)





Nurse's Notes

STRATEGIES TO MAINTAIN YOUR MENTAL HEALTH THIS WINTER

Don't worry if the thought of a long winter is making you shiver; there are things you can do to improve your mood and take care of your mental health. The cold weather blues can be avoided by implementing some of the coping mechanisms listed below.

***Get the right amount of sleep.**

Generally speaking, 7 to 8 hours of sleep per night can make you feel less stressed and more resilient and energized.

***Spend time with friends.**

Spending time with loved ones and interacting with others can often improve one's mood.

***Go on a media diet.**

Your mood may suffer if you are constantly exposed to distressing news and headlines that make you angry.

***Go outside.**

By causing the release of serotonin, a neurochemical that aids in mood regulation, sunlight can improve your mood.

***Keep moving.**

Your brain releases a variety of neurochemicals that enhance feelings of wellbeing and may even alleviate mild depression when you walk, jog, cycle, dance, or engage in other heart-pounding activities.



If you're having trouble coping, don't be ashamed to ask for help from a licensed mental health provider. Many therapists are offering virtual visits. For 24/7 emergency support, contact the [National Suicide Prevention Hotline](https://www.nimh.nih.gov/health/topics/suicidal-thoughts-and-actions/index.shtml) at 800-273-TALK (8255).

How to Stay Healthy This Winter

- Change your toothbrush after a cold
- Moisturize your feet to avoid cracks
- Let your kids get vitamin D when it's sunny outside
- Avoid dehydration by drinking plenty of water
- Eat fibers like apple, nuts and oats
- Slip zinc into your yogurt



Don't forget to review the section in the handbook on illness. Questions to ask! **Is my child's nose runny? Have they thrown up? Does my child have diarrhea? Do they have a fever? Do they have a rash? Are they coughing? Are my child's eyes red or running?** If you answer **yes** to any of these questions, please keep your child at home. Call or email the office to let us know about your child's symptoms.

334-548-2145 or jrobinson@lowndesboe.org