LCBOE Head Start February 2025 Nurse's Notes



We hope you are enjoying the winter months with your kids, and the year is off to a wonderful start so far. Keep yourself healthy and safe. 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.

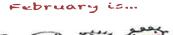
Don't forget to review the section in the handbook on illness. Questions to ask! Is my child's nose runny? Have they thrown up? Does my child have diarrhea? Do they have a fever? Do they have a rash? Are they coughing? Are my child's eyes red or running? If you answer yes to any of these questions, please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

The flu season is upon us; schedule your child an appointment to get his/her flu vaccination. Keep yourself and others well.

~Nurse Robinson

BLACK HISTORY MONTH









HEALTH UPDATES

There are still pending health documents. This health information is important and we would appreciate it if you could turn them in as soon as possible.

Status Reports:

Mental Health: After classroom observations: 8 students have been referred for testing. 10 students will be re-evaluated for possible referrals. Testing will begin this month.

Missing Health Information:

- *Sickle Cell-0
- *Hearing-25
- *Vision-3
- *Hemoglobin/Hematocrit-16
- *Lead-0
- *Dental Exam-26
- *Growth Assessment-18
- *Immunization Record-0

To update your child's records, get in touch with us as soon as possible. In March, we will schedule conferences for families who are missing health information.

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

All centers will take part in **FREE** vision and dental Screenings in March!

Nurse's Notes

MENTAL HEALTH NOTES

According to psychiatrist Stuart Brown, M.D., "play is the purest expression of love." Laughter improves your resistance to illness by lowering stress hormones and boosting immune cells and antibodies that fight infections. Additionally, laughter causes endorphins to be released, which enhance general well-being. The adage "Laughter is the best medicine" has some merit. Therefore, find enjoyable activities to enjoy to lower stress and improve your sense of well-being! Here are some fun and silly activities for you and your kids.

- *Do fingerpaint portraits of each other with wild, exaggerated features.
- *Go "bowling" using empty soda bottles as the pins.
- *Play music using instruments made from items found around your house.
- *Use hair gel to make funny hair-dos.
- *Try to pat your head and rub your tummy at the same time.

Send us some pictures or videos of your fun times

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call:1-800-662-4357





During American Heart Month in February, everyone can concentrate on their cardiovascular health. One of the main risk factors for heart disease and stroke is hypertension, or high blood pressure, which is being highlighted by the Division for Heart Disease and Stroke Prevention.

February is American Heart Month

High blood pressure (hypertension) is a leading risk factor for heart disease and stoke. Here are five surprising facts about hypertension:*

- High blood pressure may be linked to dementia.
- 2 Young people can have high blood pressure, too.
- High blood pressure usually doesn't have any symptoms.
- Many people who have high blood pressure don't know it.
- Women and African Americans face unique risks when it comes to high blood pressure.

For more information and resources on American Heart Month check out the CDC website <u>here</u>

hadapted from emporitor with policy dispersions 5 carefully a fight