



# SCHOOL NURSE-LETTER

## From the nurse

Hi families!

I'm happy to report that our illness rates and absences have gone down dramatically! I love seeing it and seeing our Cardinals healthy and present!

Encourage your students to continue to be healthy and get outside and enjoy the warming weather! Fresh air and exercise is so good for them!

-Nurse Sam

## During March:

- Daylight Savings! 3/9
- National Nutrition Month
- National Sleep Awareness week 3/9-3/15
- No school - 3/17
- World Down Syndrome Day 3/21

Happy  
St. Patrick's  
Day

## Clinic Donations

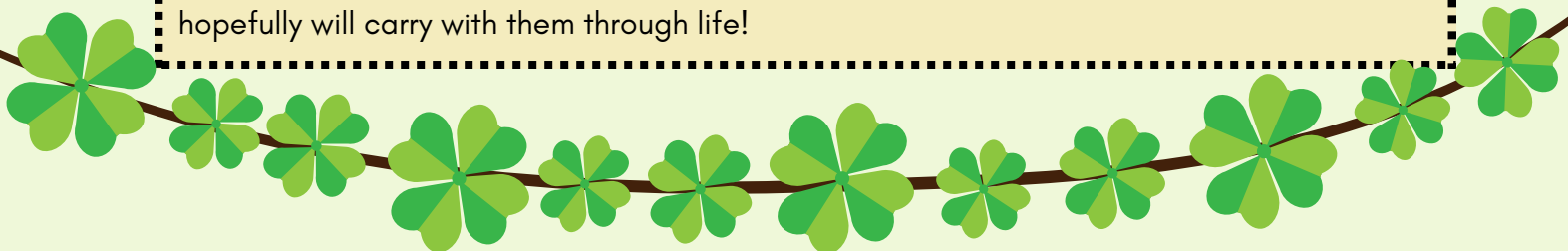
If you would like to donate clothes to the school clinic, we will take them and would greatly appreciate it! Pants sizes 5-12 (especially 6-8) and new underwear are always welcome!

## Monthly Health Challenge

Every month I send out a new health challenge form for the students to participate with. Last month was focused on brushing our teeth but this month, we will be focusing on getting enough sleep with pictures of beds 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!





## Getting enough sleep for our Cardinals means what?

Did you know, school aged children should have between 9-12 hours of sleep?! According to John's Hopkins, their studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

Creating a routine at night is a great way to help children transition to bedtime and encourage good sleep habits. It will even help the brain begin "powering down" and help children to fall asleep faster. Giving a 30 and 10 minute warning until bedtime is a great idea. Washing up, brushing teeth, and reading a small book are all good routines to have. It is also a good idea to turn off all electronic screens about an hour before bedtime to help the brain signal to the body that it's ready for sleep.



## Medication at school

If you feel your student would benefit from having an over the counter medication (such as Tylenol, cold medicine, etc.) available at school for them, you are able to do so! Please make sure the medication is in a new, unopened bottle and the parent/guardian is the one delivering to the school. There will be a form to sign, giving me permission to administer the medication to your student. Please note: Students are not allowed to transport medication to and from school.

## 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.** We 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.**

## contact me

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