

School Nurse Newsletter—November 2024



Do you know the symptoms of diabetes? They can include increased thirst or hunger, increased urination, a fruity smell on your breath, and nausea or vomiting. November is **National Diabetes Month**, and according to the CDC an average of 11.3 percent of the United States population are diabetic.

School Nurses are trained to help your diabetic students.

- We meet with families of diabetic students and providers to establish a care plan that ensures their safety and wellbeing at school.

- Work with the student to monitor their diabetes at school and communicate with parents, teachers and providers on needs of students.

- Train Diabetic Care Managers in each school to assist when the school nurse is not available.

School nurses also provide Case Management Services for at least 2 diabetics per year. These services include education, care planning and coordination of care with providers.

If you have any concerns about your students, please let your school nurse know!

November fun facts

- November is the 11th month of the year and the last month of the Fall season.
- November has 30 days.
- Flower: Chrysanthemum
- Birthstone: Citrine and Topaz
- Zodiac signs: Sagittarius and Scorpio
- November got its name from “novem” which is Latin for the number nine.

Holidays Celebrated in November

- World’s Diabetes Day
- Veterans Day
- American Indian Heritage Month
- Thanksgiving
- Aviation month
- National Peanut Butter Lover’s Month
- American Diabetes Awareness Month



What’s in season

Generally speaking these foods are in season in the month of November and can be enjoyed at their very best

Apples, Cauliflower, cranberry, collards, kale, mustard greens, plantains and Swiss chard

As the season changes and temperatures drop, it's not uncommon to find yourself sneezing and coughing. And there are four viruses that can really put a damper on fall activities: the flu, common cold, COVID-19 and RSV (respiratory syncytial virus)



1. The flu

Flu season generally begins in October, which is why it's important that everyone in your home schedule their [flu shot](#).

Flu symptoms include:

- Fever (although not everyone gets a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Aches in your muscles or body
- Headaches
- Feeling fatigued
- Vomiting and diarrhea, which is more common in children than in adults

Children under the age of 5 are considered at high risk for having complications related to the flu , including pneumonia and dehydration, so it's important to take preventive measures. The flu vaccine is recommended for children six months and older.

2. The common cold

A stuffy nose and scratchy throat — we've all, unfortunately, had those symptoms before. In fact, a cold is the most common reason for missing work or school. Unlike the flu, a common cold isn't as severe, but colds are much more common in the colder seasons.

The two can get mixed up, but there is a distinction. It's most likely a cold if your symptoms are all above the neck.

Common cold symptoms include:

- A runny or stuffy nose
- Congestion
- Headache
- Sore throat
- Sneezing
- Coughing
- Watery eyes



Although a cold usually starts with just a runny nose or sore throat, it can get worse. Symptoms can last between 7 and 10 days. Even if you or your child feels fine, you're still contagious — even more so during the first few days.

3. COVID-19

With COVID-19 continuing to circulate, knowing the symptoms can help you act quickly to find relief as quickly as possible.

COVID-19 symptoms include (but are not limited to):

- Congestion or runny nose
- Cough
- Diarrhea
- Fatigue
- Fever or chills
- Headache
- Muscle or body aches
- Nausea or vomiting
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Sore throat



4. RSV (respiratory syncytial virus)

Respiratory Syncytial Virus or RSV, is another common condition that appears more in the fall. RSV is a common respiratory virus that shares cold-like symptoms, although some adults might not have any.

Early symptoms of RSV in adults include:

- Coughing that can turn into wheezing
- A runny nose
- Decreased appetite

Symptoms of RSV in infants are much more serious. They may look like:

- Decreased activity
- Decreased appetite, difficulty feeding
- A runny nose
- Coughing

- Breathing difficulty with or without wheezing
- Apnea (there are pauses in their breathing)

5 tips to fight off viruses

To lower everyone's chances of getting sick with the flu, a cold, COVID-19 or RSV, work with your child to start practicing these 5 tips to stay healthy this season:

- Get vaccinated, including your annual flu shot and your COVID-19 vaccine.
- Stay away from people and children who are sick. If your child is sick, keep them home. You want to avoid close contact, including kissing and sharing cups or utensils.
- Wash your hands frequently with soap and water. Don't touch your mouth, eyes or nose with unwashed hands.
- Wipe and disinfect surfaces and toys.
- Always cover your nose and mouth when you sneeze with a tissue or your upper shirt sleeve.

Sweet Potato Salad

Ingredients

- 3 large sweet potatoes, peeled and cubed (about 2 lb.)
- 1 small red onion, thinly sliced into half moons
- 2 Tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/2 c. dried cranberries
- 1/2 c. crumbled feta
- 1/4 c. freshly chopped parsley



For the dressing

- 2 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey
- 1/2 tsp. ground cumin
- 1/4 tsp. ground paprika
- 1/4 c. extra-virgin olive oil

Directions

Step 1 Preheat oven to 400°. On a large rimmed baking sheet, toss sweet potatoes and red onion in oil then season with salt and pepper.

Step 2 Distribute them evenly on sheet in a single layer. Bake until tender, about 20 minutes. Let cool for 10 minutes then transfer to a large bowl.

Step 3 Meanwhile, make dressing: In a small bowl or in a medium liquid measuring cup, whisk together vinegar, mustard, honey, and spices. Gradually pour in oil, whisking constantly until emulsified. Season with salt and pepper.

Step 4 Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.