

AUGUST
EDITION

Nurse Liz's NEWSLETTER



New Student Requirements

Incoming Kindergarten & Newly Enrolled Students, please ensure to have:

- ✓ Current Physical Exam
- ✓ Up to date immunizations
- ✓ Dental exam documentation
- ✓ Any vision documentation
- ✓ Any required health forms



Medication Drop-Off Reminder

Please submit:

- Physicians orders for any medications
- Medication in its original labeled box

***At the start of the school year, students will be sent home with over the counter medication forms. Please fill these out and return it to school as soon as possible.**



Food Allergy Awareness

Our school is committed to keeping students safe.

- ✗ Do not send peanut or peanut-containing products to school.
- ✓ Encourage your children to read food labels carefully.
- ✓ Remind children not to share food with classmates.



When to keep your child home

Students should be kept home if they are experiencing ANY of the following symptoms and may only return once symptom free for 24 hours without the use of medication:

- Fever of 100.4F or above
- Vomiting
- Diarrhea not caused by diet or medication
- Flu Symptoms: fever, cough, vomiting, sore throat, and rash.

If you are unsure about when to keep your child home, please contact me at the school.



Back-to-School Sleep Schedule

Start adjusting bedtime routines early. Elementary student require 9-12 hours of sleep each night.

Sleep Tips:

- ✦ Move bed times earlier by 15-30 minutes each night.
- ✦ Encourage a 15-30 min wind down routine before bed, which can include reading, listening to calm music, etc.
- ✦ Screen curfew: Turn off tv, tablets, and phones at least one hour prior to bed.
- ✦ Maintain a consistent sleep routine, even on the weekends.



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