



PS #19 HEALTH OFFICE

Fall newsletter



Dear Parents and Guardians,

Welcome back! I hope you and your families had a wonderful and restful summer and that the new school year is off to a great start. As the leaves begin to change and we embrace the cozy vibes of fall, it's the perfect time to remind everyone about the importance of health and wellness during this season. With sweater weather approaching, we want to ensure our students stay healthy and ready to learn! The purpose of this newsletter is to keep parents and guardians informed about important school events, updates, and helpful tips for supporting students' learning and well-being. Let's work together to ensure a healthy, successful season for everyone! Feel free to contact the health office with any questions or concerns throughout the school year.

Best Regards, Nurse Osmanovski (Tel: 973-321-0199) & email: aosmanovski@paterson.k12.nj.us

The fall brings colder outdoor air, seasonal allergies, and cold viruses, which means runny noses and coughs. It can be difficult to distinguish between what is an allergy, a cold or the flu. Here are suggestions to navigate through this time of year:

- Know the symptoms:
- Allergies: Sneezing, itchy eyes, runny nose, no fever.
- Cold: Mild fatigue, runny/stuffy nose, sneezing, rarely a fever.
- Flu: Sudden onset, high fever, body aches, headache, fatigue, sometimes vomiting.
- Prevent illness: Encourage frequent handwashing, covering coughs and sneezes, staying home when sick, Getting your flu vaccine is the and keeping up with vaccinations including flu and
- Support your child: Make sure they get plenty of rest, eat balanced meals, and stay hydrated.
- Consult your healthcare provider: If you are unsure about your child's symptoms or if they have a high fever, difficulty breathing, or worsening condition.



WHEN TO STAY HOME

Keep home if your child has:

- Fever $\geq 100.2^{\circ}\text{F}$ (37.8°C)
- Vomiting or diarrhea within 24 hours
- Persistent cough or breathing difficulty
- Sore throat with fever
- Unexplained rash
- Eye redness with discharge. Children must be fever-free for 24 hours without medication before returning.

THE FLU VACCINE IS THE BEST PROTECTION AGAINST INFLUENZA. LOCAL PHARMACIES SUCH AS WALGREENS AND CVS ALSO OFFER FREE FLU VACCINES.



Reminders:

Nut-Free School District

To protect students with allergies, Paterson School District is strictly nut-free. Even lunches and snacks from home must not contain nuts or nut products. Thank you for supporting a safe environment for all.

No outside food or candy is permitted for classroom celebrations. Other fun and safe celebration ideas:

- Stickers, pencils, bookmarks
- Donate a special book to the class
- Small craft kits or activity supplies
- Chalk or jump ropes for recess
- Classroom privileges such as “special helper” day

These options let every student celebrate together with inclusion, safety, and smiles.



Halloween Safety Tips

- Costumes should fit well and allow good visibility
 - Face paint is safer than masks that block vision (no masks allowed in school)
 - Choose bright or reflective elements for evening events
- Walk with trusted adults or in groups
- Visit well-lit homes only
 - Have an adult check treats before eating
- Flashlights and glow sticks enhance visibility
- Review safe street crossing rules beforehand



Upcoming:

Students' Screenings:

Students are screened every year in schools to help identify any health concerns that could affect his/her learning. Early detection will prevent potential struggles academically and socially. Good vision is very important for learning. When a child has difficulty seeing, it may not always be obvious. Sometimes they may seem to be “tuned-out” of the lesson, have frequent headaches, frequent health office visits and even seem as they are not paying attention when they simply can’t see well. To support families, information on free local eye exams is attached. If further assistance is needed, feel free to contact the health office at 973-321-0199. I wish everyone a healthy, happy and academically successful school year.