

School nurses:

Kamella Peirce: [kpeirce@bedford.k12.va.us](mailto:kpeirce@bedford.k12.va.us)

Donna Hensley: [dhensley@bedford.k12.va.us](mailto:dhensley@bedford.k12.va.us)

### **Health Update (revised 1/4/10)**

Happy New Year! We hope that this letter finds all of our JF family healthy and happy. The flu season **is** in full swing and **prevention** is definitely the tool of choice.

Remember good hand-washing and healthy lifestyles are the top two rules of prevention! This would include a good eight hours of sleep each night, a healthy and balanced diet along with plenty of water and regular exercise. A daily dose of fresh air is always a plus!

If the flu should catch up with you, increase your rest and your fluids. Treat symptoms with over-the-counter medications. Above all, do **not** share your flu! Stay home until fever free for 24 hours.

### **Health and Safety Information:**

It is the goal of the school nurse to look out for the well-being of your children. We always put forth our best effort to make your student feel better and send him/her back to class. We understand the important relationship between attendance and good grades. However, a request to call a parent will not be denied. At that point, the decision to stay in school or go home becomes a decision for you and your child to make together.

### **Health Screenings:**

In regard to well-being of your child, some of you may receive phone calls relating to the screening letters sent home in October and November. We need to follow-up on the status of the vision, hearing and scoliosis referrals.

All children having received a scoliosis referral letter **must** be seen by a physician and a return letter **must** be given to the school either confirming the scoliosis or not.

Students having received a vision referral letter are strongly recommended to seek an eye exam done by an eye doctor. Our method of testing is not as accurate as that of a professional eye exam. Your child's eyesight will directly affect his/her ability to work well both in and out of the classroom setting.

### **Clinic Reminders:**

- *If your child does not have the required form for Tylenol/Benadryl we cannot administer it to them.*
- If your child wishes to carry OTC medicine with them (i.e.: Motrin, Midol, Claritin, etc) they **must** have the correct form on file in the nursing office.

As always, if you have any questions or concerns, please feel free to call the clinic and talk with a nurse anytime during the school day. Have a wonderful New Year!

Stay healthy and happy and remember to wash those hands!