

Healthy Habits: From the Building Nurse, Mrs. Malone

Fall 2018



Healthy Villages

We are off to a great start here at Central Elementary. Looking forward to a safe, healthy, and fun filled year!!

Healthy and helpful information will be found in this quarterly newsletter.

Tips for Moms, Dads, and Kids from your Building Nurse:

- *Get Lots of rest- it can take several weeks to get into a new routine! Lots of Good Rest helps!
- *Eat fresh fruits, veggies, whole grains and lean meats as part of a healthy diet!
- *Start your day off with breakfast at home or at school!
- *Exercise outside of school together as a family.
- * Talk about the day with your child, what was good, bad, fun, funny, and hard and so on. Communication is comforting!
- *Wash hands and use Hand Sanitizer often!

*****Flu Season is just around the corner!!!**
Staying healthy, and getting a flu shot helps your body fight the flu!!!



In October, we will be conducting our vision screenings for K & 2nd grade And hearing screenings for K, 1st, 2nd and 3rd grade.

You will be notified of any need for follow-up! Please check your child's bag/backpacks daily so that no important information is missed!



Asthma Medications and Action Plans:

The upcoming fall weather will bring about new allergens and other aggravators of asthma!

If your child has asthma please bring their completed Asthma Action Plan and Medication Authorization Form from their physician, Inhaler and Breathing treatment medications, so that we have them readily available. Asthma flare ups are preventable and can be the cause of a lot of missed school!



www.pollen.com/allergy-weather-forecast.asp gives up to date information about pollen allergy levels by region. Check it out to monitor levels in Plainfield, IL!



Medications:

No student is to carry prescription or over the counter medication with them while at school.

All Medications, prescription and over the counter, must be brought into the health office. A completed and signed **Medication Authorization form** must be return to the health office before any medication can be administered at school.

Antibiotics should be given at home before and after school.