

Healthy Habits: From The Building Nurse, Mrs. Malone

Winter 2022

COUGH DROPS

Students are allowed to bring a week's supply of cough drops (2 per day, for five days; a total of 10 for the week). They will be stored and distributed by the class room teacher as long as they are accompanied by a note from a parent. Any unused cough drops will be disposed of at the end of the school week.

https://www.complianceesigns.com/pdf/safety-poster/do-the-penguin-walk-poster-cs522703



Name: _____

Winter Word Search

e q d h o o e d c o a t
l w s g b l i z z a r d
f m d h k h m i t t e n
x s e s a w s n o w t k
j w s n o w m a n s v w
i n p o k m d r i f t i
c p o w a k s c a r f n
i t n b b r d c p n i t
c l x a v c m c t d c e
l e u l h w j z y u m r
e f o l i y a t u m r h

- | | |
|-------------|-------------|
| 1. snow | 6. blizzard |
| 2. snowball | 7. scarf |
| 3. coat | 8. winter |
| 4. drift | 9. icicle |
| 5. snowman | 10. mitten |

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Medication At School

When a student requires medication, in most cases this can be given at home, outside the regular school hours. However, if your student must receive medication in order to be in school, a **Medication Authorization Form** will need to be completed, signed by a health care professional, and turned into the health office.



- ◆ Please do not bring **medication/ointments/creams** in or send your student to school without a signed medication authorization form or it will have to be taken home until an order is obtained. Medication can not be stored at school with not an order.
- ◆ If a student is permitted by you and the health care provider to self-carry medication, (**applies only to specific medications**) a **Self Carry/Hold Harmless Form** will need to be completed, signed and returned to the health office.

As always, please feel free to contact me for any questions or concerns! Looking forward to caring for your student!
Phylcia Malone, RN—Building Nurse ~ Main Office Number (815) 436-9278 ~ Health Office ext. 5141