



## PRS Nurse's Notes

### Healthy Reminders and News from the Health Room



### April is National Month of Hope and National Volunteer Month

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#### **Springtime Allergies**

Spring is coming up quickly and with spring comes seasonal allergies. This is the time of year for the itchy, red and puffy eyes. One way to combat those allergy eyes is frequent hand washing. This will help to keep the allergens on your hands away from your face. Also, encourage children to shower regularly before bedtime. This will get the allergens that have clung to their hair and skin off before they go to bed. Keep windows closed in bedrooms where children sleep. If children are bothered too much by their allergies, you may want to see your doctor. If your child had a tough spring last year, this is the time to make the appointment with your doctor.

#### **Spring Time Reminders**

- Make outdoor time a safe time – wear a helmet when riding bikes, skateboards, and scooters. Knee pads and elbow pads are easy to wear and add more protection.
- Limit outdoor exposure when the pollen or mold counts are high if you have sensitivities.

You can check daily particulate counts on the weather channel.

- Poison Ivy, Oak, and Sumac contain oil causing an allergic skin reaction that looks like swollen itchy red bumps and blisters appearing wherever the oil has touched the skin. Check the areas around your home and teach your kids to recognize and avoid it. Leaves of three leave them be!
- Stinging insects – If you are stung, remove the stinger as soon as possible with a scraping motion. Wash with soap and water and apply a cold compress. If trouble breathing, severe swelling or fainting occurs, call 911 or an emergency number right away.
- Ticks – use tweezers or fingers to grasp as close to the head as possible and pull the tick away from where it is attached. Call the pediatrician for symptoms of a rash or fever.



## **Nosebleeds**

If your child suffers from springtime nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.



## **Pink eye (conjunctivitis)**

I have begun to see an increase in pink eye. Please make sure you read the following and are up to date with school policy.

Conjunctivitis, or pink eye, is an irritation or inflammation of the conjunctiva, which covers the white part of the eyeball. It can be caused by allergies or a bacterial or viral infection. Conjunctivitis can be extremely contagious, and is spread by contact with eye secretions from someone who is infected. Symptoms include redness, itching, and tearing of the eyes. It can also lead to discharge or crusting around the eyes.

It's important to stop wearing contact lenses while affected by conjunctivitis. It often resolves on its own, but treatment can speed the recovery process. Allergic conjunctivitis can be treated with antihistamines. Bacterial conjunctivitis can be treated with antibiotic eye drops.

Pink eye makes an irritating condition, it rarely affects your sight. If you suspect pink eye, seek medical attention. **School policy is:** A child is excluded from school until she/he has been under medical treatment for 24 hours.



### Bicycle Safety: Myths and Facts

Myth: My child doesn't need to wear a helmet on short rides around the neighborhood.

**Fact:** The majority of bike crashes happen near home. Wearing a helmet at all times helps develop good habits.

Myth: Any helmet will work just as well as a bicycle helmet.

**Fact:** Only a bicycle helmet is made specifically to protect the head from any fall that may occur while biking.

Myth: I should buy a bicycle that my child will grow into.

**Fact:** Oversized bikes are especially dangerous. Your child does not have the skills and coordination needed to handle a bigger bike and may lose control.

Myth: It's safer for my child to ride facing traffic.

**Fact:** Your child should always ride on the right, with traffic. Riding against traffic confuses or surprises drivers.

Myth: Children shouldn't use hand signals, because signaling may cause them to lose control of their bikes.

**Fact:** Hand signals are an important part of the rules of the road. Children should be taught before they begin to ride.

Myth: Bike reflectors and a reflective vest will make it safe for my child to ride at night.

**Fact:** It's never safe for your child to ride a bike at night.

\*Courtesy of American Academy of Pediatrics

To learn more about **tipp: The Injury Prevention Program:**

<http://patiented.solutions.aap.org/solr/searchresults.aspx?q=bike%20safety&restypeid=1>



## About Bicycle Helmets

**How can I tell if a helmet will keep my child safe?** You should only buy a helmet that meets the safety standards of the Consumer Product Safety Commission (CPSC). Check for this label inside helmet.

**Where can I get a helmet?** They are available at bike shops and some discount, department and toy

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### **Quick tip:**

*Bike riding is a fun way to exercise and stay in shape. Try out some of the beautiful bike trails in our area!*

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stores. They come in adult, children and toddler sizes.

**How should a helmet fit?** It should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back it will not protect the forehead. It fits well if it doesn't move around on the head or slide down over the eyes when pulled. Adjust chin strap to fit snugly



### **Dressing for the Warmer Weather :**

Now that spring **IS** here, I thought this is a good opportunity to review appropriate school attire for the warmer weather. This is from the BOE dress policy. If you have any questions, please feel free to email me or call.

To promote a positive, safe, and non-disruptive learning environment, proper attire should be worn. Therefore, the following attire is prohibited from wear in the South Windsor Public Schools during the academic school day:

Coats, jackets or other attire normally worn as outerwear

Footwear which marks/damages floors or is a safety hazard

Sunglasses (unless required by a doctor's order)

Spiked or studded bracelets and rings, chains more than 1/4 inch in diameter, studded or spiked belts, or any other article of attire with spikes or studs attached.

Attire or accessories which portray disruptive writing, pictures, sexual reference, or which depict logo or emblems that encourage the use of drugs, tobacco products, or a alcoholic beverages.

Revealing and distracting clothing that is disruptive to the educational environment, such as see-through clothing, mini-shorts, skirts, and pants which reveal the upper thigh or undergarments, and shirts which reveal the midriff

Students whose dress and grooming does not reflect these standards will be referred to the principal. If the student fails to remedy the problem, the parents will be contacted and the student will be subject to punishment up to and including expulsion as determined by due process procedures.



**Good nutrition is key to good health. Try a rainbow of fruits and vegetables for better health:**

Choosing in season fruits and vegetables with a variety of colors like red, orange, yellow, green, blue, and purple will give you a variety of healthy nutrients. See the suggestions below:

**Vary Your Veggies:** Go dark green and orange such as spinach, broccoli, brussel sprouts, lettuce, carrots, sweet potatoes, and squash.

**Fruit Focus:** Fruits are great for mealtimes and snacks. Include fresh, frozen, canned or dried.

**Red:** strawberries, apples, cherries, grapes; **Orange/yellow:** oranges, clementines, peaches, pineapples, bananas; **Green:** apples, grapes, kiwi; **Blue/purple:** blueberries, plums, raisins, blackberries, purple grapes. What color are mangoes anyway? Go easy on fruit juice.



## School Nurse Notes:

### Postural Screening

Postural Screening video will be shown March 27th for fifth graders. Fifth grade girls screening will be the week of April 1st during scheduled PE times. Boys will be screened in middle school. Girls will be screened by the school nurse in gym bathroom.

### Reminder:

Please send in a copy of your child's recent physical for the school health record. Students in 2nd grade need a physical before they may enter 3<sup>rd</sup> grade. Students in 6<sup>th</sup> grade will need a copy before entering 7<sup>th</sup> grade. Any updated physicals will be forwarded to the TE Middle School at the end of the school year.

Also as soon as you have an incoming kindergartener's physical -please send it in.

**Cough drops**

Please send cough drops in a bag with students' name. **ALL** cough drops need to have a **signed** permission slip (please download from website) and be brought to the nurses office.

**Spare Clothes**

Remember to send in spare clothes for those accidental days in wet conditions.