



Welcome back to school notes from Nurse Amelie

As we welcome students back to school, I would like to share a few reminders to keep your student's healthy and ready to learn.

- Each morning start with a good breakfast. Research shows that children who eat breakfast can concentrate better and are ready to participate in school compared to those who skip breakfast. Breakfast is available for purchase at school.
- Cold and flu season will be here before we know it. Remind your students to cover their coughs and sneezes into their upper sleeves or into a tissue, not their hands.
- Effective handwashing is the best way to keep germs from spreading. Remember to use plenty of soap and water, scrubbing the palms of hands, fingernails, around wrists and in between fingers for 30 seconds then rinse and dry well. Always wash hands before eating, after going to bathroom and when visibly dirty.

Emergency Medical Forms, Medications in school, & School Nurse Website!

Emergency medical forms were sent home with students on the first day of school. Thank you for filling out the forms and returning them back to school so promptly! If there are changes during the school year in regard to emergency contact names or numbers, please inform the main office.

Students who need medication during school hours (including inhalers and epi-pens) will need to have an adult or guardian complete the medication form accompanied by a physician's order to have medication administered during school. All medication received by the nurses office must be in its original pharmacy labeled container. Please note, narcotics will not be kept in school and any student requiring narcotics should remain home.

Please be sure to check out the School Nurse Website online under the parent section. All health related school forms are online and can be printed at home if needed. I have also included helpful information about school screenings, health links and substance use prevention & help.

Thank you for your cooperation and support! Please do not hesitate to call if questions or concerns should arise.

Sincerely,

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