



OCTOBER NOTES FROM THE NURSE - 2009

FYI - The ideal time for the influenza (flu) vaccination is October.

Fall is officially here! The air is cooler and the leaves on the trees are beginning to change colors. Hopefully your children are getting enough sleep, are on a regular routine and are eating well. Please make a concentrated effort to send in healthy snacks for your children. Help them make wise and healthy choices at lunchtime, a variety is good. Review the menu with them or have them help with the shopping if they pack a lunch. Also, please check with your classroom teacher to find out if snacks are allowed for classroom celebrations. We encourage that classrooms celebrate with non-edible treats for the students with items such as stickers, pencils and other trinkets that they can enjoy and bring home. Please remember our nut allergic students if ever sending in any food to be shared with the entire class – NO foods shared with the class can have any nut products listed on the label!



OCTOBER IS NATIONAL FIRE SAFETY MONTH

This is a perfect time to review your home fire safety plans, check your fire extinguishers and change your smoke alarm and carbon monoxide batteries. Ask your children about the fire drills they have had in school.

Here are some Fire Safety tips from the United States Fire Safety Administration.

- Make sure everyone in your family knows & practices escape routes from every room in your home.
- Remember to escape first, know how to notify the fire department, and when to call for help.
- Never open doors that are hot to the touch.
- Teach your family to stop, drop to the ground and roll if their clothes catch fire.
- Designate a meeting place outside. Try to make it a location away from your home, but not necessarily across the street.
- Teach your family to never re-enter a burning building.



SNEAKER REMINDER

PLEASE REMEMBER TO SEND SNEAKERS AND SOCKS TO SCHOOL WITH YOUR CHILD ON THEIR SCHEDULED GYM DAY. THEY WILL NOT BE ALLOWED TO PARTICIPATE IN ALL THE FUN DURING GYM CLASS THAT DAY IF THEY DO NOT HAVE APPROPRIATE FOOTWEAR.



THE HEALTH OFFICE CONTINUES TO NEED DONATIONS OF UNDERWEAR AND ELASTIC WAISTED PANTS!!!



CLOTHING AND FOOTWEAR REMINDERS

As the seasons change, so will the weather. Dressing in layers at this time of year is helpful since the mornings can be quite chilly at the bus stop, yet the afternoons heat up nicely. Many of your little ones can become overheated during recess. A sweatshirt or sweater is a great wardrobe addition that can be worn to, or even left, in school to be used throughout the day. Also, please make sure they have appropriate shoes for running & playing at recess. Sandals, clogs and shoes with even a small heel may cause your child to stumble, fall or twist their ankle. Sneakers are the best option for playing at recess. Feel free to send a change of shoes in the backpack for recess.



FLU....BECAUSE SO MANY OF YOU ARE ASKING FOR INFORMATION

(Courtesy of NYS Dept. of Health)

SOME THINGS TO KNOW ABOUT THE FLU – During the spring of 2009 a new flu virus started making people sick in the US and throughout the world. At first this illness was called “swine flu”, but now you may hear it called novel (new) H1N1 influenza. To date, most people affected with the novel H1N1 flu virus have experienced mild to moderate illness, similar to seasonal flu. However, the flu can be serious, and many more people may get the flu this school year.

WHAT CAN YOU DO?

- **Get the season flu vaccine now.** It won’t protect you from novel H1N1 flu, but seasonal flu is also circulating and can make you just as sick.
- **Get the novel H1N1 flu vaccine as soon as it available.** Speak with your primary care providers to see if they will have the vaccine available and if you are eligible. Pregnant women, health care workers and children and young adults aged 6mos – 24 years are priority.
- **SICK KIDS SHOULD STAY HOME!** They should NOT go to school, work, daycare or out in public. If YOU think you have the flu, you should stay home and away from others. Individuals with flu-like symptoms should remain home for **AT LEAST 24 HOURS** after the fever has disappeared (without the use of fever-reducing medication).
- **Practice healthy habits.** Cover your mouth and nose when you cough or sneeze with a tissue – not your hand. If you don’t have a tissue, cough or sneeze into your sleeve near the elbow. **WASH HANDS OFTEN** with soap and water, especially after you cough or sneeze. Wash and rub for 20 seconds. Use hand sanitizers if soap and water are unavailable.
- **AVOID touching your eyes, nose and mouth.** Germs spread that way!

FLU IN OUR SCHOOL – We expect that some people will get the flu. Treatment for novel H1N1 is the same as the seasonal flu. Rest, fluids and medicine to reduce body aches and fever, are all that most of us need to recover. For people with certain underlying medical conditions, such as those with asthma and other chronic diseases, flu can be more serious, and these individuals should contact their health care provider. If in doubt – **ALWAYS** contact your primary health care provider!!!

ABOUT SCHOOL CLOSURES – The H1N1 flu outbreak that first occurred in the spring of 2009 taught us that closing schools does NOT reduce the spread of the novel H1N1 flu. This flu moves fast. That’s why federal, state and local officials no longer recommend school closures due to the flu except in special circumstances. Know that the Arlington Central School District will follow all guidelines and recommendations from the NYS Department of Health.

More information about the flu is available at www.nyhealth.gov and www.flu.gov