



## From the Nurse's Office

**Welcome to a new school year!** Just a few reminders and healthful hints from your school nurse!

**Forms:** Pink (or white) Emergency Care Information forms are to be completed by parents/guardians each year. It is important to be able to reach you in case of a medical emergency, so please return these forms to your child's teacher as soon as possible.

**Medications:** Whenever possible, medication should be scheduled during non-school hours. However, in the event your child needs medication during school hours, please be sure to have the *"Authorization to Administer Medication"* form completed by your child's physician and returned to the school nurse. All medications (prescription and non-prescription) must be sent in the original container, sealed, and labeled with the child's name. Non-prescription medication (Tylenol, Advil, cough syrup, etc) may not be administered without physician authorization. Prescribed antibiotics may be given with a physician's note, but need to be in a properly labeled pharmacy container that can remain at the school.

Epi-Pens, Inhalers, and Injectable medications require a separate authorization form. All medication must be hand-delivered to the nurse's office by the parent/guardian. Children should not be transporting medication to school in their backpacks or lunch boxes unless the teacher/nurse have an email notifying her that the medication is in their bag .

**Uniforms:** At times, children may soil or rip their clothing. Thanks to the parents/guardians who have donated outgrown uniforms, we usually have clothes for them to wear home. Please return these items washed as soon as possible so they are available for other students. If your child has ongoing bathroom issues, please put an extra change of clothes in their backpack for personal use.

**Screenings:** All students in Preschool through Third grade, as well as students who are new to the district will have a hearing screening performed this year. All students will have  
(over)

a vision screening. If there is an abnormal finding, parents will be notified by letter/email. Please contact the school nurse if you have any concerns regarding your child and the screening process.

**Illness/Injury:** If your child is ill or injured during school hours, he/she will be assessed by a Registered Nurse. You will not be contacted each time your child visits the school nurse, however, in the event your child appears to have a serious illness/injury, every effort will be made to notify you. Please be sure all phone numbers and health care information is kept current throughout the school year.

Children with temperature of 100 degrees or higher will be sent home immediately. Please keep students home from school until they remain fever-free (below 100 degrees) for 24 hours without fever-reducing medication. Children with other symptoms of a possibly communicable disease will also be sent home from school at the discretion of the school nurse. If your child has been diagnosed with a possibly contagious illness, such as flu or strep throat, please notify the school nurse.

**Lice:** Head lice are a common community problem. They are not dangerous and do not transmit disease. The school nurse will notify parents of the student with lice or nits and recommend treatment that evening. The student will not be sent home for nits and may return to school the next day if they have received home treatment. A letter will not be sent to other parents in that classroom unless an unusual clustering of active head lice cases (2 or more) is discovered in the classroom.

**Food Allergies/Outside Food:** Many students at CJB have food allergies. It is imperative that parents notify the school nurse and the child's teacher of any food allergies as soon as possible. In order to keep all students safe, we ask that parents **DO NOT** bring in outside food, other than lunches and healthy snacks for their own child's consumption. *A food allergy can turn into a potentially life-threatening situation.* Parents are encouraged to consider books, pencils, or other non-food items for birthdays, parties, and end of year celebrations.

Please contact me at [kskinner@cjbschool.org](mailto:kskinner@cjbschool.org) or 708-403-6525 if you have any questions or concerns. Have a safe and healthy school year!

Karen Skinner, RN BSN  
Cardinal Joseph Bernardin School Nurse

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

Cardinal Joseph Bernardin

Karen Skinner, RN, Nurse/Student Health Coordinator



## BEST BITES

### Math + fitness

Give your child a chance to

combine math practice and exercise with daily

“math breaks.” Give directions that include a math problem and a fitness activity. For example, say, “Do  $2 + 2$  jumping jacks” or “Do  $11 - 2$  cartwheels.”



### Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

### DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he’s having trouble waking up early enough, move his bedtime back.

### Just for fun

**Q:** What’s the worst thing about being an octopus?

**A:** Washing your hands before meals!



## Snack attack

“I’m starving!” When your child bursts through the door after school or day care, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

### Build your own

Let your child get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ♥

## Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth (“I love how you tried to get the rebound”). ♥



2016-2017

Health Update

Dear Parent/Guardian,

Every year we have you update your child/children's health information. Please let us know of any chronic health problems, allergies and medications your child/children take. This could include anything from the need to use the bathroom frequently to frequent headaches or asthma. This helps us know your children and plan for their educational needs. This information will remain confidential. If you feel your child will need meds at school, even an over the counter med like Tylenol, a Medication Authorization Form will need to be filled out by the doctor. This form can be accessed on the school website. You will need to provide the medication in the original bottle.

Please fill out this form and return it to school even if there are no problems, medications or changes.

Parents of children with severe allergies need to fill out an Allergy Action Plan. If you need an Allergy Action Plan, you can access one on the school website.

Child's Name

Grade

Health Issue/ Medication

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Thank you,

Nurse Karen