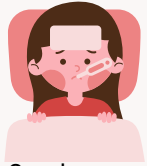


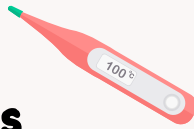
Winter 2024



Nurse Office NEWS



Let's Talk Temperatures



Students with a fever of 100.0° F need to stay home from school. If they have a fever greater than 100.0, they need to stay out of school until they are 24 hours fever-free WITHOUT the use of fever-reducing medications like Tylenol or ibuprofen. Please do not give them fever-reducers before sending them to school. They will wear off and we will send them home.



Washing Hands

Please be sure to wash your hands and encourage your kids to wash hands before & after eating and using the restroom. Washing hands can reduce respiratory illnesses (like the cold or influenza) by 16-21%!

Soap and water should always be used when washing hands. Scrub for 20 seconds or twice through the Happy Birthday song!

Get A "Head" of the Game



It's the time of year that head lice seem to begin their reign in schools. Please be sure to check your child's head weekly. Most often you will see nits (the egg sacks) before you will see the lice. Remind them not to share their hats or coats with other students.

How to Dress for UC Recess

Based on the "Feels Like" temperature via National Weather Service
www.weather.gov

0° & ↓	Inside recess
1-40°	Coats & gloves required (hat/hood suggested) Snow pants & boots required to play in snow
41-60°	Personal preference (required to take a coat, jacket, or heavy sweatshirt outside)
61°+	Go have fun in whatever you are wearing!

Weather Awareness

With the weather changing and getting colder, please be sure to send your student with appropriate outdoor attire (see chart for guidelines). I have some extras in case someone forgets, but not enough for the whole school. Please reach out if your children doesn't have the required outdoor gear and you need assistance obtaining the proper apparel. My contact information is below.



Christmas GIVING TREE

If you are interested in helping some families in need with gift shopping this holiday season, please reach out to Nurse Samie for more information!

