

Happy New Year!

From the Nurse

The INFLUENZA season is entering its most active months. The best prevention is an annual flu shot. If your child hasn't had it yet, it's not too late. Please contact your child's health care provider and follow their recommendations.

Many students are leaving class to come to the nurse for Chap Stick. This is an unnecessary loss of instructional time. Please try to keep some lip balm (great stocking stuffer) or Vaseline in your child's desk/backpack through the dry, cold months.

As the days grow colder the children spend more time inside doing sedentary activities. It is important that they get some form of exercise for an hour a day. To help out with this there are several exercise videos for kids. Many include dance and music and are a lot of fun. Otherwise you can jog in place, walk up and down the steps, take a few laps around the house or turn on the radio and dance. Be creative, the more fun it is the more often they're going to do it.

Have a Great January.
With Healthy Regards
Teresa Kulick RN