



SCHOOL HEALTH

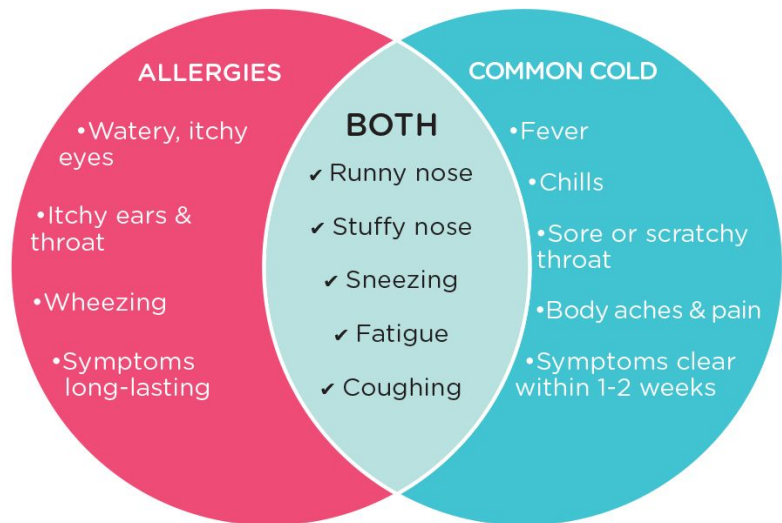
September 2017 Newsletter

Welcome Back!

School is back in full swing and we are excited to see how much everyone has grown over the summer! Here are a few reminders from the health office as we kick off the 2017-2018 school year:

Coughs & Colds are common this time of year. Whether it's allergies or a virus here are some things to remember:

- **Send a water bottle with your child.** Keeping hydrated will reduce symptoms and help them feel better.
- **The health office does not supply cough drops, however, you may send some with your child, along with a written note.** Younger students are encouraged to keep their cough drops in the health office. Find the form you need at: <http://strideacademy.org/forms/>
- **When coughing is constant** it is difficult for your child to learn and an indicator that they need more rest. Please keep them home. They will feel better sooner and miss less school overall.



- **If your child has a temperature at 100.0°F** or over they should stay home to rest until they have been fever free for 24 hours without any fever-reducing medication such as Tylenol or Ibuprofen.
- **Notify the health office when your child is diagnosed with an illness** such as strep throat or pneumonia. It's important for us to monitor what is going around the school and to watch for outbreaks of illnesses in individual classrooms. Working together we can keep students healthy!

STRIDE is supporting the **Once a Week, Take a Peek** campaign which aims to encourage parents to work together to beat head lice.

Head lice are a normal part of childhood- with as many as one in ten children experiencing head lice at any time. Although anyone can get head lice, they are particularly common amongst children of primary school age, who spend more time in close contact with their friends. So you need to be vigilant and check your child's hair regularly- ideally once every week. The best known symptom is itching, but not all children will itch at first so don't rely on this. Leaving lice untreated can be a cause of distraction and irritation for children. The good news is that you can deal with head lice quickly and easily if you take the right action. Here is a great link to help you out:

<http://www.onceaweektakeapeek.com/managing-head-lice.html>

SO HOW DO YOU FIND HEAD LICE?

If you're feeling unsure don't worry, you're not alone - 1 in 4 parents aren't sure how to check for head lice properly.

To diagnose a case of head lice you need to find them **alive**. This is when you need to use a treatment. They move fast and are small – from the size of a full stop to a sesame seed - so they can be hard to find!



Actual size in stages of growth.

HOW TO PEEK

- Good lighting is important and so is comfort
- Comb for lice, parting hair in small sections, and return from time to time to areas you've already covered just to make sure
- Combing through thick, curly or Afro-Caribbean hair will be more difficult so a good idea is to dampen the hair and comb through with a normal comb first to remove any tangles
- You can also oil the hair using a light oil, such as grape-seed, which will help let the fine-tooth nit comb pass through easier during your search
- If head lice are spotted, take a close look at all the family, including yourself, and ask close family and friends to check as well

And remember, if you find head lice on one member of your family you need to check everybody to make sure they don't have them as well.

WHERE TO PEEK:

- Close to the scalp
- Behind the ears
- The back of the neck
- The top of the head
- Under the fringe

Questions or Concerns?

Contact Emily Piller, Licensed School Nurse at 218-368-7370
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