Dear Parents:

Roberta Ryan and I would like to extend a warm welcome to all students and their parents. I am looking forward to working with you and your children at Saylesville Elementary School during the 2013-2014 school year. To ensure your child’s health and safety I would like to share a few items with you.

**HEALTH CONCERNS:** Please inform your school nurse of any severe allergies, surgeries, accidents or new health problems that occurred during the summer months or which may occur during the school year.

**MEDICATIONS:** NO child is to take or carry PRESCRIPTION OR OVER THE COUNTER MEDICATIONS to school. If a child, by order of a physician must receive medications in school, a change in state law now requires both parent and physician signature prior to administering medication. Therefore, a prescription label IS NOT acceptable in lieu of an MD’s order. A written order must be obtained.

Our new Medication Permission Form must be completed and signed by both physician and the parent. This form along with the prescribed medication in its original container must be brought to school by the parent/guardian on the first day of school. All medication MUST be administered in the nurses’ office. If you administer medication to your child before he/she comes to school, which could affect their performance, please send in a note to the teacher.

**ILLNESS/ABSENCES:** Please contact the school office in the morning if your child is to be absent and inform them why he/she will not be attending. If your child has been ill, he/she should be free of a temperature for 24 hours before returning to school.

If your child is diagnosed with any of the following communicable diseases please notify the nurse: strep throat, chicken pox, impetigo, scabies, head lice, pink eye, viral/diarrhea illness and Fifth’s Disease. The exclusion time for each is:

- Strep Throat and Impetigo – 24 hours after initial dose of antibiotic
- Chicken Pox – 7 days or until lesions are crusted over
- Scabies/Ringworm – 24 hours after initial of medication and an MD note
- Pink Eye (Conjunctivitis) – 24 hours after initial dose of medication
- Fifth’s Disease – exclusion at discretion of family MD or until fever subsides
- Head Lice – after hair has been treated and nits removed
SCREENINGS: As per RI State Law the following screenings will be done at Saylesville Elementary School. During the school year information will be provided through the newsletter giving specific dates for the hearing and dental screenings, so please watch for this information in the newsletter.

- **VISION SCREENING:** will be conducted by the school nurse throughout the school year. If your child wears glasses **please remind him/her to wear them every day.** You will be notified only if your child does not pass the screening.

- **HEARING SCREENING:** Done by the Rhode Island Hearing Center. The date of the hearing screening for this year will be **Wednesday, January 15th, 2014.**

Hearing screenings are important. Permission slips for this screening will be sent home by January 2nd, 2014. It is your responsibility to send those slips back so that your child can be screened. If the permission slip does not come back it is almost impossible for me to call every parent to remind them, so please make every effort to return them as soon as possible. Without this completed form we will not be able to screen your child.

- **DENTAL SCREENING:** No date at this time. The dentist will screen all children unless a stamped dental card completed and signed by their dentist in on file in the nurse’s office or a parent informs the nurse that they do not want their child screened. Cards are available in the nurse’s office or your private dentist can send a note to school with your child informing me that they have been seen.

HEALTHY SNACKS AND LUNCHES: The Lincoln School Department has implemented a Wellness Policy. The purpose of this policy is to develop healthy lifestyles for students, and establish policies that improve school nutrition and physical activity. The School Improvement Team at Saylesville Elementary has developed a target for children to increase their consumption of healthy food and increase their physical activity at school. It is therefore, our goal that children will develop healthy eating habits during lunch and snack. **Just a reminder that snacks eaten in the classroom must be peanut free. However, children are allowed to eat peanut/nut snacks in the lunchroom since we do provide a peanut/nut free table.** We are encouraging you to help us meet this goal by packing healthy lunches and snacks for your children.

Flu season will be upon us very soon so we think it is a good time to provide you with some suggestions and helpful information about the flu.

**FLU FACTS/INFORMATION:** The flu is a highly contagious viral infection of the respiratory tract. Although the flu affects everyone, children tend to get it more often than adults. The season for the flu is usually from November to April with most cases occurring between late December and early March.
Information was sent home with your children about the upcoming Flu Clinic to be held at the Lincoln Middle School on Thursday, October 3, 2014 from 4:00 pm to 6:30 pm. Students, parents and siblings are all welcome to attend this clinic.

The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and stuffiness of a cold.

**Symptoms of the Flu may include:**

<table>
<thead>
<tr>
<th>Fever</th>
<th>Chills</th>
<th>Headache</th>
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<tr>
<td>Muscle aches</td>
<td>Dizziness</td>
<td>Loss of appetite</td>
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<td>Tiredness</td>
<td>Cough</td>
<td>Sore throat</td>
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<td>Runny nose</td>
<td>Nausea or vomiting</td>
<td>Weakness</td>
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<td>Ear infection</td>
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<td>Diarrhea</td>
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Symptoms can last for a week or two. The flu is very contagious. It is spread by coughing or sneezing into the air. People who are infected with the flu are contagious as long as they show symptoms (most of the time that means about a week for adults, but for children it can mean up to two weeks).

**Ways To Prevent The Flu:**

- To have the flu shot if your pediatrician feels you should have it.
- **Wash your Hands** thorough and frequently
- Never pick up used tissues.
- Never share cups and eating utensils.
- Stay home from work or school when you’re sick with the flu.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze.

**How Do You Treat The Flu?**

- Stay home from school
- Drink lots of fluids.
- Get plenty of sleep and take it easy.
- Call your doctor for a fever or achiness so that he/she can let you know what to take to make your child feel better.
- Return to school when your child is better.
I hope this information is helpful to you. I know both Roberta Ryan and I hope you have a safe and healthy school year. If we can be of any help throughout the year please don’t hesitate to call us at school.

Mrs. Roberta Ryan, RN

Mrs. Mary Anne Mignacca, RN