

SEPTEMBER NURSING NEWSLETTER

Nurse Heather Boswell

WELCOME BACK

Welcome back to school! I hope you had a restful break and are ready for a fantastic school year ahead. Remember, I'm here if you need any health support or have questions—let's make it a great year together!

CONTACT INFORMATION

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HYDRATION

Dear Parents,

As the school year begins, we want to emphasize the importance of hydration for your child's health and well-being. Ensuring that each student brings a water bottle to school daily is crucial. Our water bottle filling stations are designed to provide easy access to clean, fresh water throughout the day, helping your child stay hydrated and focused.

Why Hydration Matters?

Proper hydration supports overall health, concentration, and energy levels. Dehydration can lead to various symptoms, including headaches, dizziness, fatigue, and trouble concentrating. These symptoms can affect your child's ability to learn and participate fully in school activities.

Watch for signs of dehydration such as:

- Persistent headaches
- Dry mouth and throat
- Dark yellow urine
- Lethargy or irritability

Encourage your child to drink water regularly and remind them to use their water bottle throughout the day. By making hydration a priority, we can help our students thrive both academically and physically. Thank you for your support in this essential aspect of their health.

Sincerely,

Heather Boswell RN, BSN

REMINDER OF HEALTH REQUIREMENT 2024-2025

KINDERGARTEN

Immunization Record
Blood Lead Screening
Vision screen
Dental Screen

3rd GRADE

Vision Screen

Reminder that every Central Decatur student is required to have an up to date immunization record, medical exemption, or religious exemption on file. If this state requirement is not met your child is not eligible to attend until this requirement is met. Your student may be eligible for a provisional certificate of immunization if they have received at least one of each required vaccination. Required vaccinations in Iowa include

- **Diphtheria, tetanus, pertussis:** At least one dose of each vaccine is required.
- **Polio:** Four doses are required, with at least one after age four.
- **Varicella:** Two doses are required, or proof of having chickenpox.
- **Measles/rubella:** One dose is required after age 12, and a booster at least 30 days later.
- **Hepatitis B:** Three doses are required before kindergarten.

Students in grades 7–12 are also required to receive the meningococcal vaccine.

Parents have until 60 days after the first day of school to submit documentation of required vaccinations or the students provisional expires and the student may no longer attend school until required documentation has been submitted.

DIETARY MODIFICATIONS

If your child has any special dietary needs, such as allergies or intolerances, please ensure that a dietary modification form, completed by your doctor, is submitted to your school nurse and Central Decatur's dietary department. This will help us accommodate your child's needs effectively. Thank you!

HEAD LICE

School is an ideal environment for the spread of head-lice especially for elementary aged students. Head lice are tiny insects that live on the scalp and feed on blood. They often cause itching, redness, and irritation of the scalp.

To check for head lice, examine your child's scalp and hair for live lice or nits, which are small oval-shaped eggs attached to the hair shaft near the scalp. Use a fine-toothed comb to check for both, and be sure to check all members of the household to prevent the spread of lice.

Head lice are spread through head-to-head contact as well as when sharing hats, brushes, combs, clothing, and other personal items.

Head lice can be treated with over-the-counter medications or prescription medication if necessary. Follow instructions carefully and repeat treatment as directed to eliminate all lice and nits.

If you have more questions about Central Decatur's head-lice policy please refer to the Elementary Handbook or reach out to the elementary school nurse.