



OCTOBER

Nurse Newsletter



Important Reminders

September immunization provisionals expire **mid-October through early November**. Please complete required vaccines or submit a valid **medical/religious exemption** before the due date. Students without updated requirements or an exemption on file **cannot attend school** until requirements are met.

Important Dates

October 14

Lifeserve Blood Drive

October 23

Flu Vaccination Clinic



Flu Vaccination Clinic

Central Decatur will hold its annual flu vaccination clinic on the afternoon of October 23 for staff, staff members' students, Medicaid-eligible students, and uninsured students.

If your student meets the eligibility criteria, please contact your school nurse to obtain the required forms. Completed forms must be returned to the school nurse before October 23.



Pick a costume that fits!

Make sure costumes aren't too long, tight, or difficult to see through.



Light up the night!

Carry a flashlight or add reflective tape or glow sticks so everyone can see you.



Wait to eat the treats!

Have an adult check your candy before you dig in. Toss anything that is open, damaged, or looks suspicious.



Allergy alert!

If your child has a food allergy, stick with treats you know are safe and remember to bring emergency medication if needed.



Trick-or-treat safely!

Use sidewalks and crosswalks, stay with a trusted adult or group, and look both ways before crossing.



Keep props kid-friendly!

Choose costume accessories that are soft, flexible, and easy to carry.



Give pets a break!

Costumes, doorbells, and lots of visitors can be stressful for pets. Keep furry friends safely inside and away from the excitement.



Most importantly... HAVE FUN!

Make Halloween a night full of giggles, costumes, and sweet memories!



Stay safe ♥ Have fun ♥ Be kind



Dress for the Weather

Cool mornings and warmer afternoons are here! Please dress students in layers so they can stay comfortable throughout the day.

Sleep Hygiene: Helping Students Be Ready to Learn

A good night's sleep is just as important to a child's health and school success as healthy food and physical activity. When students do not get enough quality sleep, it can affect their mood, behavior, attention, memory, and ability to learn. How Much Sleep Do Children Need?

According to the American Academy of Sleep Medicine, children should get the following amounts of sleep each night:

- Ages 6–12: 9–12 hours
- Ages 13–18: 8–10 hours

Many children and teens do not get the recommended amount of sleep each night, and the effects can show up at school.

Electronics and Sleep

Phones, tablets, televisions, gaming systems, and computers can make it harder for students to get the sleep they need. Using electronics close to bedtime can keep the brain alert and make it harder to settle down.

The blue light produced by many electronic screens can also interfere with the body's natural production of melatonin, a hormone that helps signal that it is time to sleep. In addition, social media, texting, videos, and games can be mentally stimulating and make it tempting for children to stay awake longer. Consider creating a screen-free period before bedtime and keeping phones and other devices outside the bedroom when possible.

Why Sleep Matters at School

Sleep plays an important role in how children function throughout the school day. Students who are well-rested are better prepared to:

- Pay attention and stay focused
- Learn and remember new information
- Solve problems and make decisions
- Manage emotions and handle frustration
- Interact positively with classmates and teachers
- Participate safely in physical activities

When students are tired, they may be more irritable, emotional, forgetful, distracted, or less motivated. In some cases, sleep deprivation can even look like hyperactivity or difficulty paying attention.



Simple Sleep Hygiene Tips

Parents can help establish healthy sleep habits by:

- ✓ Keeping a consistent bedtime and wake-up time, even on weekends when possible.
- ✓ Creating a relaxing bedtime routine. A bath, reading, quiet music, or another calming activity can help signal that it is time to wind down.
- ✓ Turning off electronics before bed. Aim for at least 30–60 minutes without screens before bedtime.
- ✓ Keeping devices out of the bedroom. Consider charging phones and tablets in another room overnight.
- ✓ Keeping the bedroom comfortable, dark, and quiet.
- ✓ Avoiding caffeine in the afternoon and evening.
- ✓ Encouraging physical activity during the day.

A Well-Rested Student Is a Ready Student

Getting enough sleep is not just about avoiding tiredness. Sleep helps students arrive at school physically, emotionally, and mentally ready to learn. A consistent bedtime routine and healthy limits around electronics can make a meaningful difference in how children feel and function throughout the school day.

As the school year gets busy, make sleep a priority. Sometimes the best preparation for tomorrow's school day begins the night before—with a good night's sleep!

—Heather Boswell, RN, BSN

