



FROM THE HEALTH OFFICE

Fall 2018

As the holiday season approaches, so does flu season. It is strongly recommended that you have your child vaccinated every year for the flu. It is the hope of the health office that all students will practice the following habits at home as well as in school. This will help to stop the spread of germs, which will contribute to a healthier flu season and school year.

- Wash your hands frequently with soap and water or use hand sanitizer
- Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze
- Get plenty of sleep and eat healthy foods.
- Stay home if you are feeling ill. A student must be without fever for 24 hours before returning to school
- The Connecticut River Area Health District is providing flu clinics on the following dates:
 - ◊ Monday, November 19 at the Board of Ed Offices from 2:00 - 6:00
 - ◊ Tuesday, November 27 at Morgan in the Computer Room in the main hub from 2:30 - 6:00

REMINDER: FLU SHOTS ARE MANDATORY FOR ALL PRE-K STUDENTS AND MUST BE DONE BY 12/31/18 FOR RE-ENTRY TO SCHOOL ON 1/2/2019.

Food allergies are growing in schools across America. If your child has a new or known food allergy, please work closely with your respective school nurse to identify measures necessary to be safe during the school day.

Birthday celebrations are special times. We encourage families to consider sharing non-food methods of celebration (such as a craft or story) or non-food items (such as pencils/stickers). Students with food allergies will not be permitted to eat food that comes from any household other than their own, even if items are designated as “safe” by the providing family. By avoiding food, you are giving the students with food allergies the opportunity to participate in the celebration along with the class.

Chapped skin and chapped lips are skin that is sore, cracked or rough because it has been exposed to the cold or is wet too long. This happens a lot in the colder months because in the cold weather, the oil glands in the body secrete less oil. When you get chapped lips, it's usually because it is cold out and your lips tend to be very dry.

To take care of chapped lips and chapped skin:

Carry skin moisturizer and lip balm with you and use it a lot.

Only take 10-minute baths or showers to keep your skin from getting too dry.

Licking your lips will only make them worse!

Don't forget your hats and gloves!

Vision Screenings: We are very fortunate in Clinton Public Schools to have the Lion's Club conduct free vision screenings to our students at Joel and Pierson Schools. The state mandates screenings for the following grades: K, 1, 3, 4, 5. Joel school will include the 2nd grade class to be screened as well. Any concerns should be addressed to your respective school nurse. Joel's screenings will be conducted on November 14 and Pierson's screenings will be on November 16 during the school day.

Lice: Lice cases begin to increase at this time of year. Please read the district guidelines online at the district website on how to identify lice and remedies, which include calling your pediatrician for guidance. This district follows the guidelines set out from the Center for Disease Control (CDC), which includes a statement that it is not necessary to screen or notify classmates. Please make it routine in your home to regularly inspect your child's hair and notify the school if any active lice are found. Please click [here](#) for further information on health services and information on lice with helpful tips provided in English and Spanish.

FOR ALL STUDENTS: We have been spoiled by a nice moderate temperature this fall. But, as the weather turns cold, please send students to school with appropriate coat/hat/mittens. When we have snow, please have students wear boots. For our younger students, it may be advisable to send in a spare set of clothes in case they get wet.