



Nurse's Notes

September, 2018

Dear All,

I hope that your children are now settled in and comfortable at Annin!

My wish for everyone is that with the support of family, school and community we will all be able to help make the world a kinder, gentler place by realizing what is most important in life.

In the words of Antoine De Saint Exupery: "One can see clearly only with the heart; what is essential is invisible to the eye."

September is Emergency Preparedness Month:

May we offer our positive prayers for health and rebuilding and renewal to all those who are now recovering from the recent fires, hurricanes and earth quakes. If you haven't already, please reach out to help in whatever way you can. In the words of Mother Theresa: "We can do no great things, only small things with great love."

For information to help you prepare in case of an emergency, please see: www.ready.gov

Healthy Suggestions to observe during Flu season as per CDC:

- "Avoid close contact with sick people" Stay at least six feet away from ill person (this was recommended during the H1N1 virus a few years ago)
- "Wash hands often" (remember "Happy Birthday" song to sing twice while washing with warm water and soap).
- "Cover your coughs/sneezes" (Cough or sneeze into inner aspect of upper arm while covering your nose/mouth). Use tissues and wash hands afterwards.
- "Avoid touching your face with unwashed hands" (Always keeps hands away from your face, especially eyes, nose and mouth as these are entry points to mucous membranes).
- "Clean and disinfect surfaces" (i.e., faucets, toilet handles, any shared surface).

Nurses' Office Requests:

- Please call the Nurses' Office **by 7:45am** if your child is absent that day (908-204-2615).
- Please provide any medication with the proper MD order forms (see District web site for forms) or call us and we will be happy to send to you.
- Parent written Physical Education exemption note is good for up to three days. A MD order is required after three days.

Annual information:

- Human Papillomavirus Vaccine (HPV) and Meningococcal information:
<http://www.cdc.gov/hpv/parents/vaccine.html>
<http://www.cdc.gov/features/meningococcal/>

Sleep is important for maintaining emotional and physical health. Please see National Institute of Health article: "Why is Sleep Important": <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why> and "How Much Sleep is Enough": <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>

Time Management is important for student success and will carry on to the adulthood working environment. Please see: <https://www.psychologytoday.com/basics/time-management>

Coming Attractions in the Nurses' Office: The 16th Annual Hand Washing Poster Contest will take place in October and is open to all students! This is a great way for students to learn about the importance of proper hand washing and avoiding illness.

I wish you and your children a wonderful, rewarding year ahead.

Until Next Time,

Keep Healthy and Happy,

Debbie Karuppan RN,C