



Notes From Your Nurses

Fall is in full swing and we are working hard to keep our classrooms healthy and ready to learn! With the change of weather, we often see an increase in contagious illnesses. Please remember to review our District Sick Day Guidelines as found on our “Health Services” page, found on our Wa-Nee webpage at this link: <http://www.wanee.org/healthservices.aspx>

If you have any questions, we are always happy to speak with you!

Flu season is just around the corner! 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. The best way you can help prevent the flu is to receive a flu shot.

Flu (Influenza)

Influenza is serious! Call your doctor at the first sign of flu symptoms. These symptoms may come on suddenly and may include:

Headache, high fever (over 100.4 degrees), chills, body aches, ear ache, nausea, vomiting, dry cough or sore throat.

State-Required Screenings

Vision screenings, as mandated by the state, will continue to be given to students who are in the 1st, 3rd, 5th and 8th grades. You will be notified if your student is recommended for further evaluation from an eye doctor.

If your child has eyeglasses, please encourage them to wear them every day.

The upcoming fall weather will bring about new allergens and other aggravators of asthma!

If your child has asthma please make sure their **Asthma Action Plan**, signed by their physician, is updated for the 2018-19 school year. Your school nurse has the form for you and a printable copy may be found on the “Health Services” tab on the Wa-Nee website. Please bring in your student’s inhaler and breathing treatment medications, so that we have them readily available. Asthma flare ups are preventable and can be the cause of missed school!

Your School Nurses.

Carol Botset, Woodview Elementary **Brigette Stump**, Nappanee Elementary

Billie Roeder and Jen Thompson, Wakarusa Elementary

Sundown Deisch, NorthWood Middle **Jen Edwards**, NorthWood High

Scan the QR code for more health information and district sick day guidelines

