Hi Hedgehogs!

My name is Nurse McFadden. I am Parkland's district nurse and will be here at Cetronia Elementary until November 3rd until Mrs. Pagliaro is here full time. Please do not hesitate to reach out to me by phone or email, I am happy to help in any way I can.

Autumn is here! The days are getting colder and shorter, but the colors are just beautiful. It's important for your children to spend as much time outside as possible, exercising and soaking up the natural light (remember though, if you can't be socially distant, you should wear a mask even outside). Here at school there will be outdoor recess all year, weather permitting, so dress your child for the temperature; coat, hat and gloves when appropriate.

Children should be taught lifelong healthy habits from an early age. According to the CDC, research shows that early prevention pays huge dividends later. Because healthy behaviors are often established in childhood, positive choices need to be promoted early in life. Even though you've been hearing a lot about respiratory etiquette lately, it's always a good idea for you to frequently review good hygiene practices with your child, such as hand washing, covering coughs and sneezes with a tissue (or the bend in the arm if necessary, (not the hands), keeping hands away from the nose and mouth, and the importance of not sharing things with others. And, of course, encourage physical play and exercise.

Please continue to complete the Wellness Form **every day, for each student.** Just copy and paste the link (https://forms.gle/7ZRDRiA9SRkP6p676), answer the questions and, following these guidelines, do **NOT** send your child to school if:

1. S/he has a fever of 100 degrees or higher
2. S/he has shortness of breath, difficulty breathing
3. S/he has a cough
4. S/he has a lack of smell or taste
5. S/he has 2 of these symptoms: congestion/runny nose, headache, sore throat, nausea or vomiting, diarrhea, fatigue, muscle pain or chills.

Hopefully everyone is settling into a routine by now. Here in the Nurse's Office we are right back into the swing of things. We have been busy doing heights and weights, hearing and vision screenings on your children. You will receive a referral for a doctor's exam if your child fails the hearing and/or vision screening. Please schedule the exam and return the completed doctor's form to me as quickly as possible.

Also, please continue to return your completed physical and dental exam forms.



Thank you for your cooperation!



Nurse McFadden