

Hi Hedgehogs!

A message from your school nurse Mrs. Pags:

****If anyone has any clothing, they are willing to donate to the health room, that would be greatly appreciated. We are running low on clothing. Thank you so much!***

Even with the cold weather outside, there's nothing that can warm you up more than a great big smile from someone, especially a child. In February we focus on dental health. Good dental health is not just important for making your smile beautiful. Your teeth provide structural support for the face muscles, they are part of the digestive system, and they are essential for speech.

Taking care of your teeth helps prevent plaque, a clear film that sticks to your teeth. This, along with the bacteria and food particles left on your teeth, softens the enamel until a hole, or cavity, forms.

It's important to encourage your children to take care of their teeth by following these steps:

- Brush at least twice a day, after breakfast and before bedtime. Brush more often if possible, especially after eating sweet snacks.
- Brushing properly breaks down plaque. Brush all of your teeth, not just the front ones. Spend time on the sides and in the back of your teeth. Spend at least 2-3 minutes brushing. You can use a timer or a favorite song to pass the time.
- Be sure to use a toothbrush with soft bristles and apply only a pea sized amount of toothpaste to the brush. You should get a new toothbrush about every three months.
- Learn how to floss your teeth and do it daily.
- Visit the dentist regularly.
- Eat a lot of fruits and vegetables and limit the amount of sugary foods you eat.

So, for a lifetime of beautiful smiles, keep brushing 😊

Reminders:

- Continue to send **immunizations, dentals and physicals** as soon as possible. Thank you for those who already have!
- The weather is changing, please have your children bring in or wear a jacket as they may go outside for mask breaks, recess, and gym class.
- **If your student requires any medication**, scheduled or as needed, to be administered at school please make sure to bring that into the nurse as soon as possible. If you need a form for medication administration at school, please contact me and I will send you the form. A parent or a guardian needs to drop off the medication to the health room. The student should not be bringing any medication to school in their backpack.
- **Continue to keep your child home if they are sick.**
 - If student has a fever, they need to be fever free for a minimum of 24 hours without the use of any fever reducing agents or medications prior to coming back to school.
 - If student has diarrhea and/or vomiting keep home for a full 24 hours from the time it started.
- Continue to send a water bottle in with your student.
- Remind your children that that if they carry a smart device (phone, tablet, watch) they should not be using it during the school day, especially to call and say they need to be picked up due to an illness. If a student is ill during school, they will be sent to the health room. If the student needs to be sent home due to an illness the nurse will contact the parent or guardian.

Please feel free to reach out to the health room for any questions/concerns 😊

Alyssa Pagliaro RN, BSN, CSN