

Notes from the Nurse...

Brrrr...It is cold and windy out there. Our classes go outside for recess almost every day. Physical activity and fresh air is important to their learning. It is very important that students come to school prepared for the cold. A winter coat/ jacket with or without a hood, a hat and gloves are must haves for these cold temperatures. Add snow pants if they are not wearing warm pants or leggings. Don't forget their feet. Warm socks go a long way for comfort out in the cold. When snow starts, throw an extra pair of socks in the backpack to change in case snow gets in their boots. The students will not be able to play in the snow unless properly outfitted. The Health Office is not equipped to supply coats, snow pants, socks, shoes or boots.

Please help us keep your child healthy and give her a well needed break in the busy school day; send her to school prepared for the cold!

AND....now that it is cold outside, the heat is on in the classrooms. Some rooms are very warm, so layering is a good idea and please remember to send in a water bottle with your child to keep them hydrated.

Please take the time to label your child's outerwear. We end up with piles of clothing in the lost and found without names, missing their owners!

Also: Please remember that all medications, including over the counter medication, must be accompanied by a physician's order if they are to be administered at school. This includes cough drops. Children are not allowed to carry any medication during the school day.

Please call me if you have any questions.

Thanks

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