

From the Memorial
School Nurse

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December 2020

Health Office Hints

Happy Holidays!

Take time out this holiday season to teach your child the act of giving. Help someone in need!

Quick tips



Now that it is December and the cold weather has arrived, remember to dress your children appropriately when sending them to school. Our children have recess every day and usually go outside, unless it is raining or very cold. (under 20 degrees) This year, students are also going outside for Physical education class too! Coats, hats, and mittens are a must! Think about what you would be warm enough in and use that for a guide. I have extra hats/mittens in my office if any student needs them.

Winter Wellness

Cover your Cough

To help stop the spread of germs

- Use a tissue to cover your mouth and nose when you cough or sneeze.
- If you don't have a tissue, sneeze or cough into your upper arm.
- Clean your hands after with soap and warm water for 20 seconds or with alcohol-based hand cleaner.
- Wear a cloth or paper mask or mouth covering

If you get a cough:

- **Drink lots of fluids:** Water, juice, non-caffeinated tea or warm soup are good choices.
- **Get rest:** Stay home from work or school for a chance to rest.
- **Adjust the room's temperature and humidity:** Keep the temp comfortable and, if the air is dry, use a cool mist humidifier.
- **Gargling with warm salt water** (1/2 teaspoon of salt in 8 ounces of water) can relieve a cough and soothe a sore throat.

When to follow up with a doctor:

- Pain in the chest when coughing or deep breathing.
- Problems breathing with shortness of breath or difficulty getting enough air at rest.
- Green, rust colored or bloody mucus that comes up with cough.
- Cough that lasts more than 7-10 days.
- **This year with the COVID guidelines, any student with a cough (outside of asthma related) needs to be evaluated by an MD and a negative COVID test is required to return to school.**



All cough info courtesy of MA Dept. of Public Health-FLU flyer

Nursing Corner

- If your child has been tested for COVID for any reason (even if it is on a non-cohort day), please notify the nurse. Students cannot return to school if a COVID test is pending and we will need a copy of the results to return. Results can be sent via email to:

kmaguire@email.medfield.net

- Check out the nurses latest COVID update with many helpful resource and links including testing sites and new quarantine guidelines for close contacts as of 12/2020

Click below:

[Website Announcements](#)

Look for December 2020 update

[School Nurse Website](#)

Health info and forms

From the Memorial School Website

>>Staff (bottom left corner of front page)

>>>Look for my name in the list

Healthy Holiday Substitutions

*Try these tips to avoid bellyaches and extra pounds, and keep your family healthy this holiday season:

- Use half the sugar the recipe calls for or use a healthy alternative such as honey or maple syrup.
- Swap applesauce or prune juice for oil or butter
- Use an egg substitute instead of whole eggs
- Use low-fat or non-fat milk products instead of whole milk products
- Use plain nonfat yogurt in place of sour cream
- Serve fat-free sorbet instead of ice cream
- Make sure you offer your kids fresh fruits and veggies.

Look Who Lost A Tooth in
School this Month!



Maggie G
Eli C
Finnegan K

Don't forget to post your lost teeth at home on the tooth chart:

[Memorial School tooth chart](#)

