

VOLUME 2• DECEMBER 2020

# NURSE SARAH'S NEWS

WATAUGA WILDCAT CLINIC NEWSLETTER

# DECEMBER

## MEDICATIONS

**Prescription Medications-** The nurse can give your child prescribed medications under the written orders of a physician, physician assistant, or nurse practitioner. Parents are responsible for keeping track and ensuring the resupply of medications at school.

**\*\*Medications must be delivered in original container with an authorized medication form.**

**Over-the-Counter Medications-** may be given to student with the written permission of a parent or guardian (ie. ibuprofen, tylenol). These medications must be supplied by the parent. We do not keep these supplied at school.

**\*\*Cough drops are also considered OTC. Your child may not keep these in their pockets or bookbag. A form must be signed and cough drops left in the nurse's clinic.**

## WHAT'S HAPPENING IN CLINIC THIS MONTH?

This month in clinic, I am trying to make sure I have all green forms, emergency medication forms, and physical forms completed before our Winter break. I will still be in office the next two weeks if you have any papers or medication you need to drop off. If your child returns from virtual at any point this school year, please get these to me as soon as possible.

This month, I will also be working to revamp some health educational materials. Teachers, if you have any ideas please send them my way!

I hope everyone has a Happy Hanukkah, a Merry Christmas and a Happy New Year. I have truly enjoyed being a part of your children's school year thus far. You all have been very welcoming and made this an easy transition in an otherwise tough year.



# DECEMBER



## COVID-19 NEWS

Again, thank you for all that each of you do in your part to keep our students and staff healthy! Unfortunately, our numbers are just too high in the community to safely stay open. We have been advised to have a break to allow cases to decline. Here are a few highlights for the month and to remember even while at home:

- 1) COVID-19 can continue to look like just a runny nose or a headache. Your child does not have to have a fever or appear extremely ill for them to have COVID-19.
- 2) Most of you have probably heard that the CDC may be changing the guidelines on quarantine periods. When we return, I will have updated guidelines for what the VDH has decided to follow.
- 3) At home we can continue to do our part so schools can reopen after break. Stay in as much as possible, utilize pick up and delivery. If you must be out, wash your hands, wear a mask, and social distance.



### Key points from Dr. Ratcliff's letter

- We all did an amazing job of not allowing any within school transmission or outbreaks.
- Unfortunately, the cases are too high for contact tracing to continue within the community, which puts our school in a vulnerable position.
- If your child is exposed/positive please continue to inform me. This information will be critical moving forward.

### COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

#### SALLY WAS EXPOSED TO COVID-19.

**DAY 0**  
Sally was exposed to COVID-19.

**DAY 10**  
Sally became symptomatic and tested positive.

**DAY 5**  
Sally got tested for COVID-19 and the results came back negative.

**DAY 8**  
Thinking she didn't have COVID-19, Sally attended school and a family cookout. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 17 people.



# DECEMBER

## Art Corner



Reece Hilt, 3rd Grade



Cahlienne Cox, 3rd Grade



Piper McGhee, 2nd Grade



Parker Hill, 2nd Grade



Harper Mensch, 1st Grade



Ava Thomas, Kindergarten

**THANK  
YOU**

**for your amazing  
entries!**





# DECEMBER



**If you have any questions or concerns, please feel free to contact me! I will still be in my office M, T, Th, F.**

PHONE: 276-739-3604  
(M, T, TH, F 8:30-3PM)

EMAIL: [SCTHOMAS@WCS.K12.VA.US](mailto:SCTHOMAS@WCS.K12.VA.US)  
(ANYTIME)

DOJO: SARAH THOMAS

VIRTUAL NURSE CLINIC

## DECEMBER REMINDERS & FUN

- Friendly reminder to wash your child's cloth mask before we return.
- Crockpot Hot Chocolate Recipe (this will be perfect for another snowy day.)
- Fun Salt Dough Activity to do at home:

### Salt Dough Hand Ornament



To make: 1/2 Cup Salt, 1/2 Cup Plain Flour, 1/4 Cup Water (give or take) Knead until dough forms.

Make impression and cut out hand shape with a knife leaving a border.

Poke a hole in top for hanging. Bake at 100C/200F for 3 hours. Paint, Seal and ready to hang :)

- Several of you have asked about donations for extra clothes here in the clinic (accidents, spills, etc.) We could benefit from underwear in boys sizes 8 and 10. As well as black leggings for girls (size 4t- youth L) and black sweatpants for boys (size 4t-youth L)

### Upcoming Dates to Remember

**-Virtual Learning (12/7-12/18)**

**-Winter break (12/21-1/4)**

**-Christmas (12/25)**

**-New Years Day (1/1)**

Send me your art and I will feature them in the January newsletter.  
(Please send no later than January 3rd)

Hot Chocolate

Snowflake

Snowman

