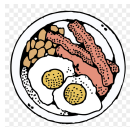




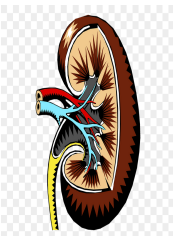
## Notes From The Nurse...



Friday, Mar 3, 2023



Studies have shown that children who eat breakfast have higher test scores, retain information better and tend to have more focus than those who do not. Our brain requires food for fuel, just as our muscles do, but while our muscles can use stored energy from food we ate yesterday, our brain prefers energy from food we have eaten recently. When there is not adequate glucose, or blood sugar, for the brain to use as fuel, we don't concentrate as well or feel as alert. Eating breakfast ensures that blood sugar levels return to normal after sleeping overnight. This is why you often hear that breakfast is the most important meal of the day. The following link talks about proper nutrition to help your child's brain develop, <https://www.childrens.com/health-wellness/brain-foods-for-kids>.



March is National Kidney Month, and March 9th is World Kidney Day. The main job of the kidneys is to cleanse the blood of toxins and transform the waste into urine. Kidney disease is a condition in which the kidneys are damaged and can't filter the blood the way they should which can cause wastes and fluid to build up in the body. Finding out if your kidneys are struggling before you have symptoms gives you the opportunity to make changes to help keep your kidneys healthier for longer. See [www.kidney.org](http://www.kidney.org) for additional information.

**Kidney Fact:** You Only Need 1 Kidney to Live. While most people have two kidneys, you only need one functioning kidney to lead a healthy life.

### **Reminders:**

- Any child who vomits, has diarrhea, or has a fever of 100.4 or higher, should not attend school until they are fever-free (with no fever-reducing medicine) and/or have not vomited or had diarrhea for a full 24 hours.
- See [www.redcross.org/](http://www.redcross.org/) or [heart.org](http://heart.org) if interested in CPR/AED training.
- Please continue to encourage your child to cover their coughs and sneezes and to wash their hands often with soap and water or sanitizer.
- To stay properly hydrated, children should drink at least 6 to 8 (eight-ounce) cups of water a day.

Thank you very much, feel free to contact me with any questions or concerns.

John Tuttle, RN

Public Health RN, Perry Public Schools

[tuttlej@perry.k12.mi.us](mailto:tuttlej@perry.k12.mi.us)