

Health Office Hints



Happy Halloween! Stay Safe!



3 Tips for Backpack Safety

Wear both straps

- Use of one strap causes one side of the body to bear the weight of the backpack.
- By wearing 2 shoulder straps, the weight of the backpack is better distributed across the shoulders.



*Info provided by American Physical Therapy Association

Wear the backpack over the strongest mid-back muscles

- Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back
- Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms.
- Straps should not be too loose, and the backpack should not extend below the lower back.

Lighten the Load

- Keep the load at 10-15% or less of the child's bodyweight.
- Carry only those items that are required for the day of school. Find a new lightweight backpack.
- Organize the contents of the backpack by placing the heaviest items closest to the back.
- A backpack with wheels can also help if the child has to carry greater than 15% of their bodyweight.

Healthy Halloween Treats

When gathering the treats you will offer this year think about some possible low-calorie, low-fat options:

- Cheese and cracker packages
- Sugar-free gum
- 100% Fruit Juice box packages
- Small packages of raisins
- Packages of instant cocoa mix
- Small packages of pretzels or popcorn

Or you can consider giving some "non-food" treats such as stickers, crayons, pencils, colored chalk, erasers, whistles, baseball cards, or small rubber spiders and worms.

Look Who Lost A Tooth in School This Month!



Luke B, Emily T,
Cora A, Maeve P,
Billy K, Nora M,
Ellen T, Ian L,
Alex C, Mallory H,
Maggie A, Jonathan C, Chase G



Quick tips

**Change your Clock,
Change your Battery:**

*November 3rd is the day we turn our clocks back one hour (Daylight Savings Time). This is also a good time to change the batteries in your smoke detectors. Buy batteries along with your Halloween treats!



Nursing Corner

- This month, I began the state mandated Health Screenings with the students. If your child has difficulty with the hearing or vision screen, I will retest them in two weeks and you will be notified in writing if there is still a problem.
- Height/Weight (BMI) screenings are done for 1st grade students only. Screening schedule is posted on my website under "Health Screenings". I do not notify of BMI results, but If you would like your child's, contact me at (508) 242-8576.

School Nurse Website

Health Information and School Health Forms

<https://sites.google.com/mail.medfield.k12.ma.us/memorialschoolnurse>

Link is also next to my name under

Staff (bottom left corner)
on Memorial School
Website