

From the Memorial
School Nurse

Kim Maguire, RN

December 2019

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. 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.

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.

Winter Wellness

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 call 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.
- **Have your child checked by their doctor if their cough persists or they develop a fever.**

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

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.

Visit: <http://www.mayoclinic.com/health/healthy-recipes/>

Look Who Lost A Tooth in School this Month!



Cole K, Sophie P,
Quinn M, Caroline S,
Sarah V, Kate C,
Harper G, Olivia M,
Ava D, Christina Z,
Elizabeth Z, Annabella
M. Lily Z, Rowan N,
Lily M, Amelia B,
Nora M, Jackson L



Nursing Corner

- Health screenings have been completed on all students at the Memorial School. If a referral was sent home, please make every effort to follow up with your child's pediatrician or specialist. Also, please return the doctor's report you receive to me so we may make accommodations for your child if needed.
- If your child has borrowed clothing from the nurse's office, please wash and return them as soon as possible. My supply of girls pants, especially, has become very low. Any donations of gently used sweat-pants/leggings would be greatly appreciated!

School Nurse Website

Health Info and Forms

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

Link is also next to my name under

Staff (bottom left corner) on Memorial School Website