

# Mustang Nurse News

*Prepared by Your RSU 57 District Registered Nurses*

## Dear RSU 57 Community,

Congratulations! Together, no matter how challenging it has been through Distance Learning, you did it! Whether you are a parent, student, RSU 57 district employee, or other member or supporter of our school community, you all have had an immense impact on our success.

As we welcome warmer weather and venture outdoors, please remember the importance of sun safety and the prevention of tick-borne illnesses. With proper precautions in place, most of the conditions caused by sun or tick exposure are preventable.



## Sun Safety: Highlights

It only takes about 15 minutes of sun exposure before the ultraviolet rays can cause skin damage. Some ways to protect you and your loved ones are to:

- Wear protective clothing/accessories: long sleeves, sun protective clothing, coverups, hats with visors/brims, sunglasses
- Apply sunscreen with at least 15 SPF and reapply as directed
- Find shaded areas to enjoy the outdoors; under trees, tents, umbrella's etc.
- Avoid midday sun exposure when the ultraviolet rays are strongest (10 am - 4 pm)
- Hydrate, hydrate, hydrate to avoid dehydration! Our bodies are made up of about 60% of water and much is lost through perspiration. Choose water or an alternative low sugar beverage.

For more information on Sun Safety please visit the following CDC link:

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



## Tick Prevention

We encourage getting outside and exploring all nature has to offer, and knowing how to protect yourself from tick borne illness/disease is important. The following recommendations can be found on the Center for Disease Control and Prevention (CDC):

- Wear EPA-approved tick/insect repellents.
- Avoid walking through tall grass, wooded areas, and piles of leaves. This is where ticks like to hide.
- Wear long-sleeved, light-colored clothing so ticks are more easily seen.
- To help keep ticks away from your skin, tuck your pant legs into your socks and your shirt into your pants.

- As soon as you return indoors, remember to do a “tick check”. This involves checking your clothing and entire body for the presence of ticks. Under the arms, behind the knees, between the legs, in and around the ears, in the belly button, around the waist, and in the hair require special attention since ticks can be easily missed in these areas.
- Taking a shower can also help remove any unattached ticks from the body. This is most effective when showering within 2 hours of returning indoors.

For additional information and resources, please visit the CDC website at [Tick Prevention](#).

### Looking ahead:

- Need to register a student for school? Please complete the online registration at the link below. All RSU 57 registration paperwork is processed through the district registrar’s office. [RSU 57 Student Registration](#)
- An up-to-date immunization record is required for all students enrolled in RSU 57. Please be sure that your child has received all the age/grade appropriate, state required immunizations for school enrollment. The number in parentheses denotes the number of doses that need to be given:
  - **Pre-K entry: (4) DTaP, (3) polio, (1) MMR, (1) varicella or proof of disease**
  - **K entry: (5) DTaP** (4 doses if 4th dose was given on or after the 4th birthday); **(4) polio** (3 doses if 3rd dose was given on or after the 4th birthday; 5 doses if 4th dose was given before 4th birthday); **(2) MMR, (1) varicella or proof of disease**
  - **7th grade entry: (1) Tdap; (1) Meningococcal conjugate vaccine (MCV4)**
  - **12th grade entry: (2) Meningococcal conjugate vaccine (MCV4)** (Only one dose is required if the 1st dose was administered on or after the 16th birthday)
  - **Immunization Exemptions:** currently granted for philosophical, religious, or medical reasons. In order to be in compliance, a completed [Immunization Exemption Form](#) must be provided to the School Nurse, annually, before the first day of the school year. (Please be advised that Maine State Law in regards to Immunization Exemptions is changing for the start of the 2021-2022 school year. More information to follow next school year.)
- Please remember to provide your School Nurse with any medical plans or medication orders that apply to your student’s specific health needs: [Allergy and Anaphylaxis Emergency Plan](#); [Asthma Plan](#); Seizure Plan; diabetes orders; [Medication Orders](#), etc. All of the above mentioned plans require a physician’s signature. If you have any questions, please email your child’s school nurse directly. Emails are listed at the end of this newsletter.

## RSU 57 Resources Available

Be sure to check out the districts website for the latest updates on Distance Learning and other district news and offerings.

- <https://www.rsu57.org/>

## Out-of-District Resources

- [Free Summer College Courses for Graduating Seniors](#)
- [Tips for Teens: Facts About Substances and HIV](#)
- Looking to get outside and hike in Maine? [Maine Trail Finder](#)
- Want to enjoy the outside but not sure what is local and open to experience? Check out the link below courtesy of the York County Public Health Council:  
[York County Physical Activity Resource Guide](#)

## Healthy Ideas and Tips

*What Can you do?*

Contact your child's medical provider now to schedule appointments for immunizations, sports physicals, and to have physician's orders/medication administration forms completed for the upcoming school year. Medications will have to be brought into the school by a responsible adult once the buildings reopen. Immunizations are still expected by the State of Maine to be administered as previously stated. We understand that there remains uncertainty with how school entry will look in the fall, however we need to plan as if we are returning as scheduled.

**Contact us!**

*Do you have more questions? Contact your school nurse!*

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