

LES Nurse News

November 2022

Are you checking your student before school!!

Do they have any of the following symptoms?

- A cough and/or difficulty breathing
- A 100 degree or higher fever or feeling feverish
- A runny or stuffy nose and/or sore throat
- Headaches and/or body aches
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

If your student is experiencing any of these symptoms KEEP them home!!

Flu Season is Upon Us!!

**With the temperatures getting colder and children waiting at the bus stop please make sure that your child has the proper clothing on to stay warm.*

Reminders:

1. School Policy states that your child **MUST BE** Fever Free, Vomit Free, and/or Diarrhea Free for 24 hours **WITHOUT** the use of medication before they can come or return to school.
2. Make sure the school is aware of any Health Issues and has the proper documentation for your student.
3. Check your student's hair at least once a week. Report any findings.

Health/Wellness Committee information can be found on the school's website.

www.louisiana.k12.mo.us

Health Info from Coach Elmendorf:

We have started our fitness testing for 3-5th grade. Pacer test, sit and reach, push-ups and curl ups. The kids really enjoy this and have been competing very well. We do it 3 times a school year.

Nutrition Tip from Christy Anderson:

Your kids are drinking reduced fat/fat free milk at school. Why not try it at home?

Milk is one of the most nutritious drinks in the world and is a convenient source of calcium and vitamin D

Medication Administration

Medication can only be given to students if the proper paperwork has been completed. Medication has to be provided by the parents and should not be sent to school with the students.

Medication Paperwork can be picked up in any school office.

Vision and Hearing Screenings

Screenings will begin shortly for First, Third, Fifth, and Seventh grade students. First and Third Graders will get both Vision and Hearing screening. Fifth and Seventh students will only have Vision screenings completed. If your child is not in one of these grades and you would like for them to be screened please contact me for the information.

Nurse Contact Information

Question or Concerns??

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