

LES Nurse News

February 2024

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 Dustin Green:

According to the [Texas Heart Institute](#), the heart weighs about 7 to 15 ounces which is roughly the weight of a juice box. Remember *that* the next time you're sipping on some apple juice!

Nutrition Tip from Christy Anderson:

Eating school lunch has an impact on kids. For children who receive a free or reduced-price school lunch, these nutritious and affordable meals fill in the gaps that many kids are missing at home. Better nutrition increases students' concentration, they are more attentive, can lead to higher test scores and a better education. Children who are nourished are less irritable, get along better with classmates, less likely to be tired, get sick or miss school.

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 be finished up in the next couple of weeks. If you receive a referral from a failed screening it is important to follow up with your student's doctor about the referral.

Nurse Contact Information

Question or Concerns??

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