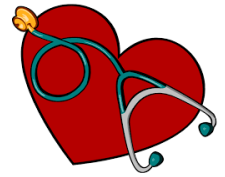




STEELVILLE

School District

Cardinal Care Health Services Newsletter DECEMBER 2018



THE DREADED STOMACH BUG

Colder weather brings about lots of dreaded illnesses - influenza, colds, RSV, and of course the stomach bug. PLEASE make sure that you are following our school policy for keeping students out of the classroom during and after such illnesses. If your student is sent home with fever, vomiting, or diarrhea - or if they develop these symptoms at home - *they are to be kept home until they are symptom free for a FULL 24 hours.* If your student returns to school before this designated amount of time has passed, they **WILL** be sent back home. This is done to help keep all of our staff and students free of illness throughout the school year. Please see "DISTRICT SICK POLICY" for more information on keeping students home when ill.



STUDENT WELLNESS

Our district wide Student Wellness Program has been underway and is off to a great start! All of our students, from the Pre-K to the High School, have the opportunity to participate in our Monthly Exercise Logs -- all they must do is complete a monthly calendar and **log AT LEAST 10 hours of after-school physical activity** (sports practices count, too!). However, quite a few students have turned in their logs with just a simple activity noted, not the actual amount of time they participated; these logs DO NOT count as we do not know how much time they have put towards their monthly goals! Please encourage your students to participate in this easy and great program. Each month we draw winners from every building for some great prizes! A copy of the monthly log may be found on our district site under the "NURSE" tab.

STAYING UP-TO-DATE

Don't forget to stay up-to-date with happenings and information from your school nurses by visiting our page on the district website! Here you will find information on our Student Wellness Program, Monthly Newsletters from BJC's Steelville Clinic, and more important information related to the health and well-being of your students!

SMILE MOBILE

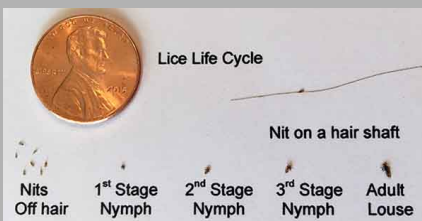
Your Community Health Center will be bringing the **Smile Mobile** back to Steelville Schools this spring! They are scheduled to visit our campuses in April of 2019; if your student is in need of dental attention, or just a routine cleaning, please keep an eye out for more information to come in March!



HEAD LICE CHECKS

Winter is here! With that comes coats, hats, scarves, and other warm items from home that may unintentionally carry little critters into the classroom - head lice, to be exact! Christmas Break is a great time to do weekly head checks on your student to make sure that they are free of any live lice AND nits -- our district carries a NO NIT policy, meaning that students are to be exempt from the classroom until all live lice AND nits are free from their hair. Tips for keeping your child and home free of head lice are:

- Instruct your student not to share items with friends that touch the hair -- coats, hats, combs, pillows, brushes, etc.
- Avoid head-to-head contact with friends and family
- Pull longer hair back into a ponytail during the school day
- Using a shampoo with tea tree oil or adding a few drops of tea tree oil into shampoo/conditioner may also be used as a lice repellent



DISTRICT POLICY - ILLNESS

Please keep in mind that students should be kept **HOME** for any of the following:

- fever of 100• or greater
- vomiting/diarrhea within the past 24 hours
- reddened/pink eye with copious amounts of drainage and pain/itching
- head lice (live lice OR nits)
- symptoms of strep throat -- reddened, enlarged tonsils with white exudate/pus, typically with fever
- body aches, chills, increased fatigue
- If they exhibit 2 or more of the following symptoms -- headache, stomachache, excessive fatigue, sore throat, restless sleep, body aches, overall just not feeling well

Remember--students must be free of vomiting, diarrhea, and fever for **24 hours** WITHOUT the use of tylenol/ibuprofen in order to return to school. If your student is diagnosed with a contagious illness (specifically INFLUENZA or STREP THROAT), please contact your school nurse so that we are able to keep track of the spread of illness throughout our district. Any questions about your student returning to school after a contagious illness, please don't hesitate to reach out to Nurse Sonya or Nurse Reanna for more information.



IMPORTANT DATES TO REMEMBER:

December 18th - Last day before Christmas Break!

January 3rd - Students return !

December 19th - January 2nd:
CHRISTMAS BREAK

