

Dear Parents/Guardians,

Happy spring! We are approaching the end of the Flu season (Oct-Apr) and ready for warmer days of spring, I would like to send reminders about health matters that are ever present. Thank you for your partnership and working together to minimize illness and optimize healthy habits.

Prior to February break we saw the most of the Flu here at Driscoll. Daily attendance is monitored and requests for heavier cleaning are requested. This was done during Feb break and done based on clusters of illness. At school, we emphasize good handwashing, cough etiquette and staying home if sick. Thank you for reinforcing these practices at home. Following the guidelines from the health services page of “When to Keep Your Child Home” is highly recommended as it minimizes the spread of illness.

<https://www.brookline.k12.ma.us/domain/67>

Daylight savings makes me think about longer, warmer days and more outdoor activity.

**TO STAY HEALTHY, BE READY AND TO ENJOY I try to remember:**

Safety with sports and recreation (i.e. helmets especially with biking)

Sun protection (sunscreen; at home before school)

Tick monitoring (See attachment)

Balance activity with good sleep time

Healthy eating and hydration

Each spring students flock to the Health office seeking relief from their allergy symptoms. If your child suffers from seasonal allergies, (runny nose, itchy watery eyes sneezing and congestion), please consult with your healthcare provider now for appropriate treatment. Many students benefit from medications and eye drops which can be given at home in the evening or morning before school. Starting allergy medication early can help it be more effective in managing symptoms.

Medication may be prescribed or over the counter. Although it still feels like winter and snow is predicted for Friday and Saturday, starting the Claritin or Zyrtec, nasal sprays, inhalers now may be indicated. Allergy medication is not stocked at school. If your child may need allergy medication at school, you and your doctor must fill out a medication authorization form and submit these with the medication, including over the counter eye drops.

Benadryl should not be considered a standard allergy treatment. Students who receive Benadryl at school will need to go home for rest and observation.

Mandated Scoliosis screening for grade 5-8 will be starting after vacation on Monday April 24, 2018.

You will receive a separate email about the scoliosis screening early next week. If you don't want your child screened for scoliosis because they are under care for a previous diagnosis/treatment or for any other reason you may send a note with a physician letter stating the physician does an annual screening.

### Gentle Reminders

If any issue arises (not feeling well, injury, worry, loss) that may affect your child's school day, please let us know so we can be supportive.

Regular checks for nits/lice even if your child is independent with personal care is suggested at least on a weekly basis

I need to be notified of injuries impact the school day and a note from MD with any recommendation/restrictions for school.

If your child is entering K, 4th or 7th Grade in Sept 2018, I will need an updated health form with immunizations documented. (You can submit anytime starting now as long it will be within the year (Sept 1 2017-Sept2018))

Thank You,

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