



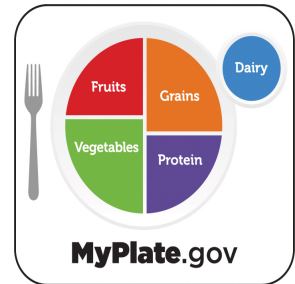
## October Nurse's Notes

If at any time you have questions or concerns, please reach out to me directly at [s.queheillalt@cvillecatholic.org](mailto:s.queheillalt@cvillecatholic.org) or 434-964-0400.

### Healthy Eating Habits

Good nutrition habits are important for your child's success throughout the school day. Please remember to pack healthy snacks and a nutritious lunch.

This link offers some wonderful resources for planning healthy snacks and lunches [What is My Plate](#) ; [discover my plate](#)



Also consider these alternatives to birthday celebration treats:

- Donate a book to the school or classroom library in honor of your child. Have them sign it or put an inscription inside.
- Bring in stickers, pencils, fun erasers, glow bracelets, or inexpensive toys such as stretchy frogs or plastic tops for the class.
- Donate a plant to beautify the school grounds, such as flowers, bulbs, trees, or bushes.
- Donate a board game to be used for indoor recess or a sturdy jump rope or ball for outdoor games.
- Have a family member come to class to read a story or share a special talent or skill, or allow the child to share their talent with the class.
- Send in markers and a blank t-shirt so the class can sign with special messages to the birthday kid.

### Illnesses Among Us

'Tis the season for any multitude of viral and bacterial illnesses. I have not seen any consistent patterns in the school such as strep, hand, foot and mouth, stomach bugs or COVID, however, they are all here. Please remind your child to wash hands often and cover their mouths when they cough or sneeze and remember to keep your child home if they have any of the following symptoms

- Fever

- Vomit/Diarrhea
- New/Undiagnosed Rash
- Red/Irritated/Draining Eyes

### **Absences/Illness reporting**

If your child will be absent from school due to illness or injury, please remember to include the clinic on your communications with the school. Also, it is important that you email everyday your child is absent, not just on the first day of a few days of illness.

**REMEMBER with all illness, the student must be free from fever, diarrhea or vomiting for 24 hours without the use of medications before returning to school. I also encourage you to be sure your child is well enough to successfully make it through the day before returning.**

### **Injury Reporting**

If your child suffers an injury that requires any special assistance or modifications of daily activities, we **MUST** have written communication from a medical provider and/or parent. We cannot take the word of the student as to what they can and can't do following the injury.

### **Substitute Request**

If you are a nurse and would like to be included on a substitute list, I would greatly appreciate it. Substitutes would typically be given notice if a day is requested such as a pre-planned absence or additional coverage for a field trip. I'm happy to have anyone interested shadow me for a day.

