



March Nurse's Notes

Sports Safety/Head Injuries

Head injuries and concussions are serious matters. We teach our students to play safely while at school, but sometimes accidents happen. Please reinforce with your child/children how to be safe at school. Remind them of playground rules, and PE class/ recess etiquette. We take all head bumps seriously and will notify you with concerns. Signs and symptoms of a concussion will need to be monitored closely and could mean your child needs to leave school. It's also important to let the school know if your child has had a head injury/concussion in the past.



If your child plays a sport, make sure they have the proper and necessary safety equipment such as helmets, face/mouth guards and shin or knee pads. Additionally, remember to buckle up and have kids in carseats (even in carline), and wear helmets when riding bikes, skateboarding, scooters or roller skating.

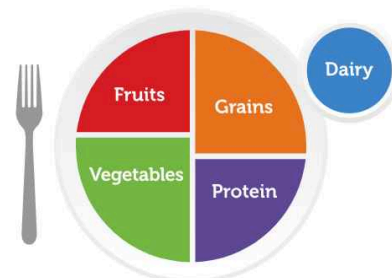
This link is a great resource for parents who want to know more.

[CDC Heads Up: fact sheet for parents](#)

National Nutrition Month

Take a look at the link to learn more about Nutrition and Dietary needs that can help you and your family grow stronger together.

[Eat Right](#)



MyPlate.gov

Immunization and School Entrance Health Forms

Students enrolling in **Kindergarten** need to have a [Commonwealth of Virginia School Entrance Health form](#). Physicals, including updated immunizations, must have been **on or after August 20th, 2023**. Please **submit the entire document**. This form should not

require an additional doctor's visit if they have been seen within this time frame. Many doctor's offices get busy over the summer with form requests, please ask for this as soon as possible. Your child **CAN NOT** attend school until these papers are provided and are reviewed by the school nurse. Feel free to start sending them in from now.

Rising 7th grade students must provide updated immunization forms showing that they have received a Tetanus, diphtheria, pertussis vaccine (Tdap) and the 1st Meningococcal (MenACWY) vaccine. HPV vaccine is recommended but not required by the Catholic Diocese of Richmond. A formal letter will be sent later this year. As stated above, students **WILL NOT** be allowed to start school without the appropriate immunization records. Please start sending them in from now.



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