



September Nurse's Notes

I will be sharing "Nurse's Notes" a bit differently this year in the form of a newsletter sent the **second Wednesday** of the month with general topics and tidbits. More time sensitive information will be distributed either by email, phone call or in the class newsletter on Fridays. If at any time you have questions or concerns, please reach out to me directly at s.queheillalt@cvillecatholic.org or 434-964-0400. Looking forward to a safe and healthy new school year.

Clinic Visit Notifications

Clinic Notes from FACTS are no longer being sent as Diocesan Policy. Depending on the nature and severity of the clinic visit, you may receive a written note in your student's folder, a phone call, or an email from me directly. If you have concerns about any incidents that occur at school, please reach out for further discussion.

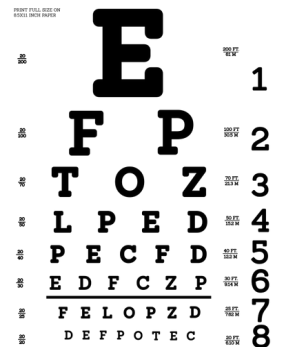
Injury Reporting

If your child suffers an injury that would require 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.

Hearing and Vision Screenings



A permission to screen forms have been sent home to families of kindergarten, 3rd and 7th grade students as well as new students (excluding JK). Your child/children will only be screened if a permission form is completed. **Forms need to be in by 9/20/23**



Classroom Snacks/Celebratory Treats

All classroom snacks and any snacks sent in for celebrations with the intention to share, must be peanut/tree nut free. A [Pre-Approved List of acceptable treats](#) is available here and in FACTS. All items will still be reviewed regardless of selection from the approved list.

Also consider these **alternatives** to birthday celebration treats:

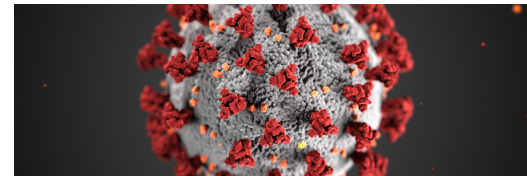
- Donate a book to the school or classroom library in honor of your child. Have them sign it or put an inscription inside.
- Bring in stickers, pencils, fun erasers, glow bracelets, or inexpensive toys such as stretchy frogs or plastic tops for the class.
- Donate a plant to beautify the school grounds, 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.



COVID

We will continue to follow the guidance put forth by the Diocese in July of 2022.

Pursuant to VDH guidance, masks are no longer required or recommended in any school setting (indoor/outdoor) except for isolation purposes after testing positive for COVID. In those cases, persons who test positive for COVID should stay home for 5 days from the onset of symptoms or the day of a positive test. Once symptoms resolve/improve and the individual is fever-free for 24 hours, they may return on Day 6. Masks are recommended through Day 10. While a negative test is not required to return to school on Day 6, it is recommended for individuals who do not wear a mask from Day 6 through Day 10.



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.

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.

