



## News from the Nurse

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FALL, 2020

Welcome back to another school year. I hope everyone had a fun, and relaxing summer break.

I would like to start off this school year with some housekeeping items:

1. Due to Covid-19 concerns, please monitor your child each morning for illness and keep them home for any signs of illness.
2. All 3rd grade students need to have a current physical on file per the DPH. If you have not sent in a copy of your 3rd grade student's most recent physical, please do so.
3. All students who have medication at school are required to have a written physician's order, and a parent permission form. The medication should be in it's original packaging.

Fall has arrived. We may still be having some warmer days with cool nights. Please dress your child appropriately. The students have outdoor recess whenever the weather permits. The teachers will also be taking the children out occasionally for mask breaks.

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With the concern of Covid-19, please send your child to school each day with 2 face masks. Keep your child home for any signs of illness. Review the importance of social distancing and not sharing any items.

Please review the Covid-19 information for parents:

[..\Downloads\parent education.docx](#)



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## Food Allergies and Snacks

Food allergies are a growing food safety and public health concern. Allergic reactions can be life-threatening and have far-reaching effects on children and their families.

All children need to learn about food allergies. This school year with all students eating in the classroom it is important to know and understand rules on hand washing, sharing food, and allergen safe zones. Many of the classrooms here at WVES have students with food allergies. .

This is a good time to think about the snacks your child is bringing in to school to eat. To help create an environment that is safe as possible and to reduce the exposure to food allergens we ask that you please refrain from sending in snacks with peanuts and tree nuts. Also, your child would benefit from a nutritious snack low in sugar and high in protein to help their concentration in class. Sugary snacks will give a sugar high, and then low.

Here are a few suggestions for Peanut/Tree nut free snacks: Fresh fruits and vegetables, yogurt, cheese sticks, cheez-its, cheese nips, Kashi tasty little crackers, animal crackers(Barnum and Austin Zoo brands), small bagels with cream cheese, pretzels(with the exception of Snyders' brands), nutrigrain cereal/yogurt bars.

For a more inclusive list please go to [snacksafely.com](https://snacksafely.com)

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Lastly, with Fall comes the start of another flu season. This would be a great time to take your child to their physician's office for their annual flu vaccine. The MADPH is now requiring all school aged students to receive the Flu vaccine by December 31, 2020.

For more information please go to <https://www.cdc.gov/flu/>

Please do not hesitate to contact me with any questions or concerns.

My phone number is 508-420-1100 ext 1511.

