

NURSE'S CORNER

School Attendance

School attendance is important for effective learning and uninterrupted academic development. Most children, unless they have specific medical problems, should only miss a few days of school a year. It is important to notify the school nurse if your child suffers from a medical problem, particularly if it will impede his/her school performance or attendance. Absences should be reported to the Attendance Office. Communicable diseases and hospitalizations should also be reported to the school nurse.

A balanced diet and adequate sleep are good health habits to teach and model for our student. The amount of sleep affects how teens feel, perform, think, learn and remember. A balanced diet is important for growth and development. Frequent hand washing is our first defense against disease and protects us from surface bacteria and viral infections. Our physical health is also dependent on our mental health. Functional coping skills and a positive attitude reinforce our immunological response. When we encourage our teens to adopt a healthy lifestyle good school attendance follows.

Most adolescent illness is secondary to viral infection and not life threatening unless the student is physically compromised. If your child has a fever over 100 degree's Fahrenheit, or is experiencing vomiting or diarrhea **DO NOT SEND YOUR CHILD TO SCHOOL** for at least 24 hours. Severe pain, infection and rashes also warrant medical consultation. Purulent drainage from the eyes or ears or large wounds are symptoms of infection. Over-the-counter remedies may improve their discomfort but if symptoms persist or are severe consult your physician. Recurring symptoms also warrant physician follow-up. If you have any questions please feel free to contact the school nurse during school hours.

A common problem in the Health Office is transportation home for sick students. Your child needs parental permission to leave school, and it is also your responsibility to arrange transportation. It is important that your emergency numbers are up to date. Please contact the school whenever any telephone number changes.