It is that time of year again. Fall turns into winter and as the weather changes we are in the midst of Winter Colds, Viral Infections and the dreaded Stomach Bugs!

Nurse’s Office Visits

Mrs. Walker and I are constantly touching base about what illness trends we see in our offices. Because many of our students have siblings in each school, often the trends are pretty much the same. Sometimes one school will see a trend and it’s not long before the other school has the same. The time of year, close quarters in the classrooms and less sunny days for recess don’t help.

So what is going around these days? The JFK has been seeing a stomach virus (vomiting more so than diarrhea) making its way around. Luckily, (knock on wood) the South haven’t seen it yet but the absent line has had a few complaints of general stomachaches. With this stomach virus, we have noted that the adults that are getting hit harder with it. Both schools are seeing more students with viral infections, common colds and upper respiratory symptoms. And yes, Strep loves this time of year and it’s just beginning to show up again. Some of the viral symptoms come with fever and general aches and malaise.

So this is where we need your help.

If your child does not have a fever or anything contagious, treating the symptoms before heading out the door in the morning is key. Only if the student’s symptoms are severe enough that they are interfering with their ability to learn or disruptive to the class, then it may be best to remain home until the extreme symptoms resolve.

- If your child is feeling “under the weather” in the morning, please let the nurse know so we can better assess them. An email, note or a quick phone call is so helpful. If they will be absent, letting us know the reason for their absence via the student absent line is so helpful. This really helps us see trends in both schools.
- Please keep your child home if they exhibit symptoms that include a temperature greater than 100.0, vomiting or diarrhea, Strep or cold symptoms that include a sore throat, congestion and cough that are severe enough that they will be unable to learn. PLEASE call the nurse if your child is diagnosed with an illness at the doctors.
- A student with a rash that has not been identified and treated should be seen by their doctor to ensure it is not contagious. A doctor’s note upon return should be provided stating the child can return to school.
- Please ensure that all contact information on your emergency card is current. Also, the emergency contact should be someone that is within the area that can come quickly in the event a parent/guardian is unable to pick up.

(Nest Page)
Students will be going outside for outdoor recess if the weather permits, so please dress accordingly with coats, hats and gloves as needed. Please put student names on clothing as both schools lost and found tables are FULL of unclaimed items!

And this is one so important. The nurses can NOT give cough, cold or allergy medicine in school so we are limited as to how to help them feel better. If they need these medications, please give it to them before they leave in the morning. Please remember, medications should NOT be brought into school by a student. If your child requires any medication at school (prescription or over the counter), it should be brought in by a parent/guardian and be labelled. Any medication sent in a baggie or in an unidentified container will not be given.

Guideline on when your child should return to school include:

- The student is fever free for 24 hours WITHOUT Tylenol or Motrin.
- The student has been without vomiting and/or diarrhea for 24 hours and are able to return to eating.
- The student who has been diagnosed with strep may not return until they have been on the antibiotic for 24 hours and are fever free.
- A student with red/pink eye with thick white or yellow drainage and eye pain. The student should be assessed by their doctor to rule out conjunctivitis and may return to school after 24 hours of treatment.

HANDWASHING IS THE BEST PREVENTIVE!!! Together we need to keep encouraging students, parents and staff to keep washing those hands and good cough etiquette.

The basics will help keep you healthy.

- Wash your hands frequently.
- Cover your nose and mouth when coughing and or sneezing.
- Getting a good night sleep and eating healthy foods will provide your body with the stamina it needs to get through the day and fight off viruses.

- SMILE DAILY!

As always, please feel free to contact us with any questions and or concerns at anytime!

We’re here to keep you healthy!

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