


# News



# Nurse

May 2023


### Annual Physical Exam

If your child will be entering into 7<sup>th</sup> grade in the fall, they will need an updated physical and immunizations. If you have not sent them in already, the Nurse will send a letter home informing you of what is needed BEFORE the start of 7<sup>th</sup> grade.

### Medications





Allergy season is here! If your child takes medication for allergies, please make sure they take it before school.



It's getting warmer, please send your child to school with a water bottle. There are places within school they can refill, as needed.


### SMK & WMS Footwear

Per the handbook for SMK & WMS, open toe shoes/flip flops are not permitted for school. Please make sure your child has appropriate footwear for recess/gym.

### Sunscreen

If you want sunscreen on your child for recess, it will need to be applied at home before school. School staff cannot be in charge of applying and reapplying sunscreen.




### Ticks

We have been seeing more incidences with kids needing ticks pulled off them. Please make sure to start checking your child for ticks after they are outside.

### Clothing Donations

If you would like to donate clothes to the nurses offices, especially leggings and athletic pants, they would be greatly appreciated!

*If you have borrowed clothes from any of the school nurses, please return them so they can be used for another student.*



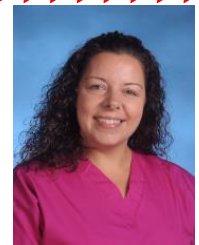

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## *A Message from the Ware River Valley Domestic Violence Task Force*

April was sexual assault awareness month, and the Ware River Valley Domestic Violence Task Force has some tips for how to talk to children about safety. While many of us still think about strangers when we think about sexual assault, research tells us that as many as 90% of situations where a child is sexually harmed, the child (and often their family) knows the person who has caused harm.

These suggestions for talking to your children are adapted from [Stop It Now!](#), a national organization that works to stop sexual abuse.

### **Model Healthy Boundaries**

Sometimes we unintentionally confuse kids by insisting they hug a relative or friend, or by saying “Do whatever the babysitter tells you to do.” Help your children practice setting healthy, respectful boundaries. If they don’t want to hug a relative, help them say no politely or help them find another way to greet their relative i.e. shaking hands, fist bump. Model saying “no thanks” or “I’d rather shake hands but I’m happy to see you!” If needed, step in and help your relatives understand that no disrespect is intended and that you are encouraging boundary setting for safety reasons.

### **Use Concrete Examples**

For example, talk through with your child what they would do if they were at a friend’s house and a friend’s older sibling asked them to play a game that made them feel uncomfortable or weird, or involved physical contact. Make it clear that they can tell you or another trusted adult and that they won’t get in trouble for telling.

### **Talk About Touch**

Tell your children something like “It is not OK for anyone to touch you in a way that makes you feel uncomfortable – even if it is someone you are close to and care about, and even if you like the person. Your body is yours and yours alone and you always have a right to say no.”

### **Explain About Tricks**

Explain that sometimes people use tricks or bribes to keep children from telling things. They might tell a child that the abuse is their fault and that no one will believe them, or that if the child tells something bad will happen. Reassure your children that they can tell you about any situation, even if it already happened. Remind them that you will always be there to keep them safe, that some secrets should not be kept, and that if someone tricks them it is never their fault.

### **Involve Other Adults**

Sometimes children find it easier to talk to other adults. Ask your child, “If you didn’t want to tell me something important, what other adult could you talk to?” Help them figure out who that other adult would be. Reassure them that it would be okay with you if they told this other trusted adult and that your main concern is their safety.

### **Be Approachable**

By making it normal to have these kinds of conversations and by answering questions accurately and respectfully, you send the message that your child can talk to you - even if something has already happened.

As always, thank you for everything you do to keep the Ware community safe.

Paul Regan, Melissa Hutchins, Monica Moran  
Ware River Valley Domestic Violence Task Force

**IF YOU HAVE ANY QUESTIONS ABOUT COVID PROTOCOLS,  
PLEASE CALL YOUR SCHOOL NURSE.**

# ALLERGIES, COLD, FLU AND COVID-19

## Most common symptoms for each

SYMPTOMS



SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/ diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

## SCHOOL EXCLUSION GUIDELINES

The decision to exclude students who have infectious diseases should be made in conjunction with health care providers, parents, and school. Students should be allowed to return to school once the exclusion is met or a health provider clears the student. Generally, if any of the following conditions apply, exclusion from school should be considered:

- ✓ If the student does not feel well enough to participate comfortably in usual activities
- ✓ If the student requires more care than school personnel are able to provide
- ✓ If the student has a high fever, behavior changes, persistent crying, difficulty breathing, lack of energy, uncontrolled coughing, or other signs suggesting a possibly severe illness

ILLNESS OR SYMPTOM	EXCLUSION GUIDELINES
<b>Chicken pox</b>	<b>Exclude</b> until <u>all</u> blisters have erupted & crusted over. Needs to be diagnosed by a physician. Please call the school nurse with any questions.
<b>Common cold</b>	<b>No exclusion necessary</b> unless symptoms are severe
<b>Conjunctivitis (Pink Eye)</b> Pink color of eye <i>and</i> thick yellow/green discharge	<b>Exclude</b> -(bacterial or viral), until approved for return by health care provider or until 24 hours after medical treatment started
<b>Cough (significant)</b> (Uncontrolled coughing; wheezing; rapid or difficult breathing)	<b>Exclude</b> -medical attention is necessary <b>Note:</b> Students with asthma may be cared for with a written health plan and authorization for treatment
<b>Diarrhea</b> Frequent, loose, or watery stools compared to child's normal pattern; not caused by diet or medication	<b>Exclude</b> -until symptom free for 24 hours
<b>Fever</b> (100.4 or higher)	<b>Exclude</b> -until fever free without the use of medication for 24 hours
<b>Fifth Disease</b>	<b>No exclusion necessary</b> , unless other symptoms such as significant fatigue, etc.
<b>Hand Foot and Mouth Disease</b>	<b>No exclusion necessary</b> , unless other symptoms such as fever or discomfort from sores
<b>Head Lice</b>	May return after treatment starts
<b>Impetigo</b>	<b>Exclude</b> until 24 hours after treatment starts
<b>Rash</b> <u>with</u> fever, behavior changes, joint pain, oozing rash, etc.	<b>Exclusion is recommended if</b> the student has other symptoms in addition to rash
<b>Ringworm</b>	<b>Exclude</b> from end of school day until after first treatment
<b>Scabies</b>	May return after treatment
<b>Shingles</b>	<b>No exclusion necessary</b> as long as blisters are covered
<b>Stomachache/Abdominal pain</b>	<b>Exclude if</b> pain is severe; <b>if</b> pain occurs after an injury; or <b>if</b> student has other symptoms in addition to the stomach ache/abdominal pain
<b>Strep throat</b>	<b>Exclude</b> until 24 hours after medical treatment started
<b>Vomiting</b>	<b>Excluded</b> for 24 hour from last vomiting episode

### References

- American Academy of Pediatrics (2016). *Managing Infectious Diseases in Child Care and Schools*, 4<sup>th</sup> edition.
- Massachusetts Department of Public Health (2007). *Comprehensive School Health Manual*.