

## \*\*\*\*\*A NOTE FROM NURSE JULI\*\*\*\*\*

I hope this letter finds Whately families well and having had enjoyed a restful Thanksgiving. The beginning of this school year proved to be very fast paced and eventful. I am certain that the longer weekend was much needed. Being able to regroup and enjoy our families was a true blessing to all of us.

With the winter/holiday season upon us, I wanted to take this opportunity to give families some important reminders as we continue to provide a safe and healthy day while the students and staff of Whately Elementary are here at school.

1. It's getting colder outside...make sure your child dresses warmly. It's time to get out the long sleeve shirts and/or sweaters, winter coats, long pants, gloves, hats, snowpants, socks and boots. It would be great if extras of these items could be kept at school so students won't have to call home for clothes should what they are wearing gets wet.
2. In an effort to decrease exposure to illness, please keep your child home for the following symptoms:
  - fever of 100 or greater
  - coughing and/or sneezing with increase drainage
  - vomiting and/or diarrhea
  - a rash of unknown origin
  - symptoms of pinkeye which includes redness in one or both eyes accompanied by drainage
  - overall feeling of being unwell

If you are unsure as to whether or not to send your child to school, please call me at 665-5560 to review symptoms. Also we ask that should your child have a fever or has been vomiting, please assure that he/she does not return to school until the fever and/or vomiting has not been an issue for at least 24 hours without the use of medication.

3. I am getting through the classrooms again to reinforce good handwashing and would love to have your help. We are just starting to hear reports from families regarding viral illness. I am not able to pinpoint right now certain types of illness..it seems like a variety of symptoms have been called in from stomach issues, coughing, sore throats and runny noses. We haven't heard much about fever accompanying any of the illnesses. Handwashing is the best way to attack the spread of germs. Ask your student to tell you about good handwashing..how to do it right and when to do it!

4. Practicing good handwashing also helps us as we remember to observe the Nut Safe Policy. The holiday season often comes with wonderful food made from home and beyond. With the Nut Safe policy in place, on our website [www.wes.whately.ma.us](http://www.wes.whately.ma.us) you can find a copy of the policy and a list of foods that are alternative to foods that contain nuts. As you prepare your child's lunch and/or snack for the day, please remember to be mindful of the policy and check food labels. Remind your child NOT to share his/her food with anyone. Again, reminders to wash hands before and after eating is wonderful reinforcement to what your child is hearing at school. If you would like to send in any type of food for a celebration in which the whole class is to share, we would like to request that 48 hours notice be given and information about the food item to be sent in.

As always, I am very grateful that our Whately Elementary School families have proven to be compassionate and giving people who have the best interest of all students and staff at heart. I appreciate all you do to help us keep our school a healthy, safe and happy place to be!

All the best to each of you this 2010 Holiday Season.

Juli Mason, RN, BSN  
Whately Elementary School Nurse

