

# A WORD FROM THE NURSE

May-June 2017



## Health News

Enjoy your summer,  
stay active, and have  
fun!

Once again, another school year is ending. Several important announcements and reminders need to be addressed before school is out.

## FREE SUMMER MEALS FOR 18 AND UNDER



## LET'S STAY ACTIVE THIS SUMMER

### Summer Youth Program Information

The Parks and Recreation Department offers a quality, affordable Summer Youth Program, where youth find sports, craft projects, active games, art exploration, fitness and nutrition, reading opportunities, and math and science enrichment activities. There is something for every child's special interest! Community center sites are open to participants ages six to 14 and school sites to children age's six to 12. Swimming opportunities offered for program participants at limited community center sites.

The program runs Monday through Friday. Lunch and an afternoon snack are included. Fees based on a sliding scale, according to income and family size. Program hours are 7:30 a.m. to 5:30 p.m. The school sites utilize school gymnasiums and outdoor enclosed areas.

**MORE INFORMATION ATTACHED....**

**Have a wonderful and VERY safe summer!**

## IMPORTANT INFORMATION

### Please remember to pick up

PARENTS MUST PICK UP ALL STUDENT MEDICATIONS FROM THE NURSE'S OFFICE. ALL WILL BE DISCARDED ON THE LAST DAY OF SCHOOL.

### If your child needs medication next year

1. Asthma action/ Seizure Care Plans, Medication Forms for next year are now available and can pick up forms in clinic.
2. Please bring the completed and signed paperwork to school prior to the first day of the new 17-18 school year.
3. Remember to sign the parent permission form, obtain a doctor's signature for all prescription medications, and fill in the dosage, frequency, and symptoms for administration.
4. All medication brought to school must be in the original container by a parent or guardian.
5. Please list your child special diet or health concern on the emergency card so that health care plans can reflect this for the new school year.

Should you have any questions, feel free to contact clinic by calling 210-397-1859 or by email [aileen.noll@nisd.net](mailto:aileen.noll@nisd.net).

### Safety Tips: For the summer

**Playgrounds:** Children who fall off climbing equipment, slides, and swings usually injure their face, head, or arms.

**Heat exposure:** Heat exhaustion or dehydration happens when in the hot sun for too long. Symptoms include pale skin, dizziness, headache, fatigue, nausea, and vomiting. Make sure they have plenty of fluids even if not thirsty.

**Bicycles:** Kids often crash into obstacles or lose control of their bikes, but the most serious injuries occur when struck by cars. Make sure your child wears a helmet **every time** they ride a bike.

**Skateboards and Scooters:** Head injuries and wrist fractures are a common occurrence. Helmets, wrist guards, non-slip shoes, elbow pads, and kneepads must be worn.

**Lawn Mowers:** Tragic accidents commonly happen when a child falls off a riding lawn mower or accidentally run over. Always look around the mower before putting into motion, especially when backing up.

**Food Poisoning:** Bacteria grow quickly in perishable food that has been left out too long. Symptoms include nausea, cramps, vomiting, diarrhea, and in severe cases, fever and bloody stool. Make sure food is cooked thoroughly. Wash your hands and never leave food out for more than an hour when it is hot outside. Store food in a well-insulated cooler with plenty of ice when outside at picnics and barbecues.

**NEVER LEAVE A CHILD IN A CAR  
WHICH CAN HEAT UP QUICKLY**