

# January Nurse Newsletter

## Covid-19, Flu, Cold or Allergies?

Scan the QR code, and learn the difference!



## Reminders

- Students must be fever free without medication for 24 hours before returning to school (**Fever is considered 100.0 or above**)
- Students with 3 vomiting or 3 loose stools within an hour should remain home for 24 hours or until symptoms are gone.
- **Students should not carry any medications. This includes cough drops and over the counter medications.**

## Upcoming Events

### Parent Preview Films

4th-5th grade films open from, Monday, January 13th through Friday, February 14th. (See following pages 3-6 on how to access films)

### Vision/Hearing Screening Wednesday January 29th

Please encourage your student to wear their glasses or contacts!

### Immunization Drives

1/10- Jones Middle School (12:30pm-3:30pm)

1/16- Pease Middle School (9am-12pm)

\*Appointment required\*

\*Must bring copy of vaccine record to appointment\*

Call 210-358-7020 to book your appointment or visit [healthyUexpress.com](http://healthyUexpress.com)

Prevent  
Illness!

# WASH YOUR HANDS



WATER AND SOAP



FOCUS ON WHISTS



PALM TO PALM



BACK OF HANDS



BETWEEN FINGERS



FOCUS ON THUMBS

[www.belarabyapps.com](http://www.belarabyapps.com)

January 2025

Dear Parent/Guardian:

Northside Independent School District's Health Services Department would like to inform you about our Growth and Development Education Program. The purpose of this program is to help promote an understanding of the physiological changes occurring at this age. Personal hygiene, body changes, and the reproductive system will be discussed.

The program is taught by Northside school nurses to 4th grade (girls only) and 5th grade (boys and girls) students with parent permission and includes videos which are appropriate for the students in this age group. These materials have been carefully screened and approved by the NISD School Health Advisory Council.

These videos will be presented on a specific date arranged by your student's school. Permission slips will be sent out from the campuses ahead of time. If you would like for your student to attend the presentation, please return the signed permission slip to consent for your student's participation.

A parent preview window has been set up online. Parents/guardians can view the videos beginning Monday, January 13th-Friday, February 14, 2025 at:

[nisd.tech/NorthsideHealth](http://nisd.tech/NorthsideHealth)

You will be asked to log in using your student's credentials.

**\*\* Instructions for logging into this can be found on the next page \*\***

If you have any questions, please feel free to contact your child's school nurse or by contacting Health Services at (210) 397-3551.

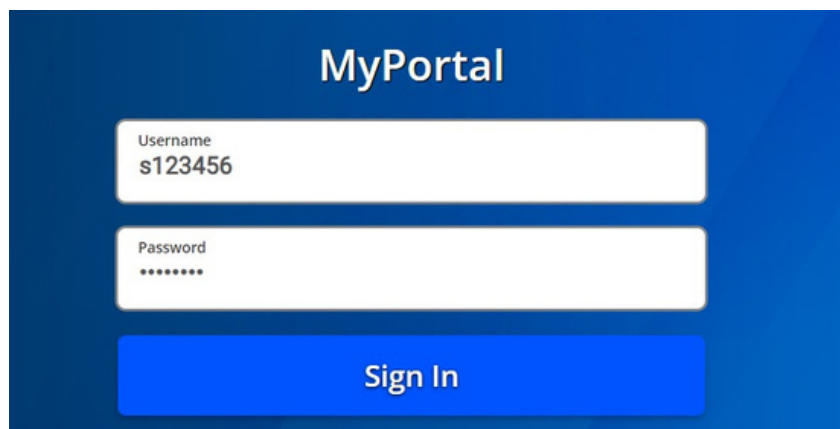
Sincerely,

Northside ISD Health Services Department

# HOW TO LOGIN INTO YOUR STUDENTS ACCOUNT

Here are some best practices to view the Health Services materials through your student's account:

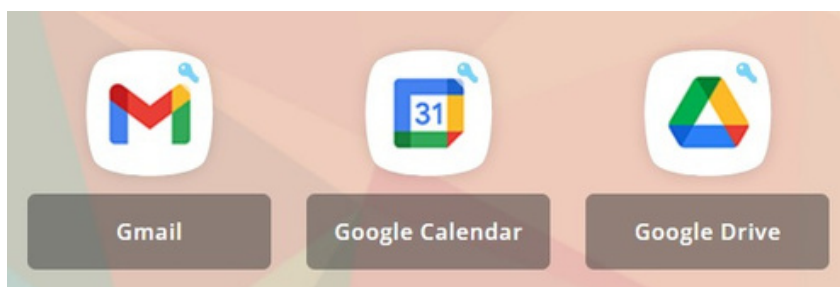
1. Using a web browser, navigate to [myportal.nisd.net](http://myportal.nisd.net)
2. In the Username field, enter your student's sNumber (ex:s123456)
3. In the Password field, enter your student's password (smit1234)



The image shows a login form titled "MyPortal" on a blue background. It contains two white input fields. The first is labeled "Username" and contains the text "s123456". The second is labeled "Password" and contains seven asterisks "\*\*\*\*\*". Below the fields is a blue button with the text "Sign In" in white.

NOTE: If you do not have the S Number or password readily available they can be located on the Home Access Center (HAC) or by contacting your student's school

4. After successfully logging into the portal, open a Google application such as Gmail or Google Drive.



5. Open another browser tab and navigate to [nisd.tech/NorthsideHealth](http://nisd.tech/NorthsideHealth)

The NISD Growth and Development website will load allowing you to preview the videos and resources provided. These will only be available for a limited time.

Enero de 2025

Estimado padre/tutor:

El Departamento de Servicios de Salud del Distrito Escolar Independiente de Northside (NISD) desea informarle acerca de nuestro Programa Educativo sobre Crecimiento y Desarrollo. El objeto de este programa es ayudar a promover la comprensión de los cambios fisiológicos que se producen a esta edad. Se cubrirán temas como higiene personal, cambios corporales y el sistema reproductivo.

El programa está a cargo de enfermeras escolares de Northside y está dirigido a estudiantes de 4.º grado (solo niñas) y 5.º grado (niños y niñas) con permiso de sus padres; incluye videos que son apropiados para los estudiantes de esta edad. Estos materiales han sido cuidadosamente seleccionados y aprobados por el Consejo Asesor de Salud Escolar del NISD.

Estos videos se presentarán en una fecha específica acordada por la escuela de su estudiante. Los establecimientos enviarán talones de autorización con anticipación. Si desea que su estudiante asista a la presentación, devuelva el talón de autorización firmado como prueba de su consentimiento para la participación de su estudiante.

Se ha creado una ventana de vista preliminar para los padres en Internet. Los padres/tutores pueden ver los videos a partir del **lunes 13 de enero y hasta el viernes 14 de febrero de 2025** en:

[nisd.tech/NorthsideHealth](http://nisd.tech/NorthsideHealth)

Se le pedirá que inicie sesión con las credenciales de su estudiante.

**\*\* Las instrucciones para iniciar sesión se pueden encontrar en la página siguiente \*\***

Si tiene alguna pregunta, no dude en comunicarse con la enfermera escolar de su hijo o comuníquese con los Servicios de Salud al (210) 397-3551.

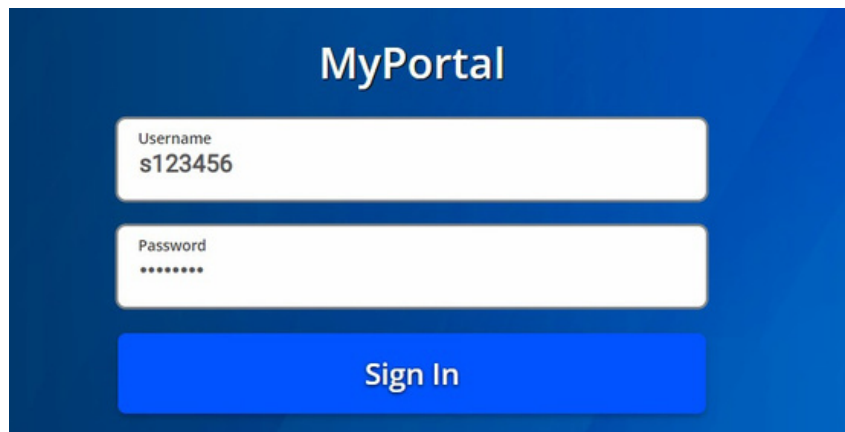
Atentamente,

Departamento de Servicios de Salud del ISD de Northside

# CÓMO INICIAR SESIÓN EN LA CUENTA DE SU ESTUDIANTE

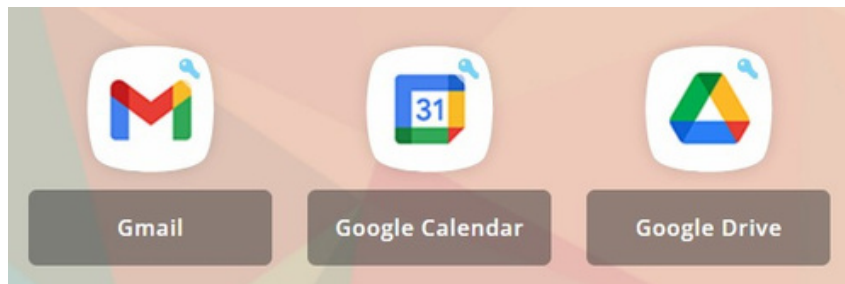
Estas son algunas buenas prácticas para ver los materiales de los Servicios de Salud a través de la cuenta de su estudiante:

1. Con un explorador de Internet, ingrese en [myportal.nisd.net](http://myportal.nisd.net)
2. En el campo Nombre de usuario, ingrese el Número de su estudiante (p. ej.:s123456)
3. En el campo Contraseña, ingrese la contraseña de su estudiante (smit1234)



NOTA: Si no tiene el Número de Estudiante o la contraseña a mano, puede encontrarlos en el Centro de Acceso desde el Hogar (HAC) o comunicándose con la escuela de su estudiante.

4. Una vez que ingrese al portal, abra una aplicación de Google como Gmail o Google Drive.



5. Abra otra pestaña en el navegador y diríjase a [nisd.tech/NorthsideHealth](http://nisd.tech/NorthsideHealth)

El sitio web de Crecimiento y Desarrollo del NISD se cargará y le permitirá ver los videos y recursos proporcionados. Estos solo estarán disponibles por tiempo limitado.