

August / September Newsletter



SCHOOL CALENDARS

Anne Arundel County School Calendar

AUGUST 2015

- 24 Schools open for grades 1–5 and grades 6 and 9 only.
- 25 Schools open for students in grades 1 through 12.

SEPTEMBER 2015

- 7 Labor Day — All Schools & Central Offices closed.
- 14 Rosh Hashanah — All Schools & Central Offices closed. No extracurricular activities to be held after sundown the preceding evening.
- 23 Yom Kippur — All Schools & Central Offices closed. No extracurricular activities to be held after sundown the preceding evening.

Baltimore City School Calendar

AUGUST 2015

- 31 First day for students; start of 1st quarter

SEPTEMBER 2015

- 7 Labor Day; **schools and offices closed**

Baltimore County School Calendar

AUGUST 2015

- 24 First day of school

SEPTEMBER 2015

- 7 Labor Day- All schools closed
- 14 Rosh Hoshanah- All schools closed
- 23 Yom Kippur- All schools closed

Howard County School Calendar

AUGUST 2015

- 24 First Day of School for Students

SEPTEMBER 2015

- 7 Labor Day - Schools & Offices closed
- 14 Schools & Offices closed
- 23 Schools & Offices close

BUS SAFETY

All clients are to be transported to school via school/county transport that has been contracted for that school. Nurses will ride to and from school on the bus with the client each day.



WHEELCHAIR – Use lap tray/seat belt/harness to secure client in wheelchair completely before leaving home to load onto school bus.

BUS- Supervise the loading of the client onto the wheelchair ramp and upon arrival in the assigned space on the bus. Be sure that the safety harness/strap to secure the wheelchair in the bus is intact and properly attached. Supervise disembarking from the bus in the same manner to ensure the safety of your client.

Tips for Nurses Working School Cases

Please check with Shelly to be sure that all of your credentials are up to date in order to comply with the school district in which you are working.

Be Prepared!

Every day can bring new challenges in the school setting. Trying to anticipate both the good and the bad is nearly impossible, but keeping the lines of communication open with the school staff and the client's family can only help to make this year a success.

Remember to check your client's school bag each day.

Don't forget Sunscreen, extra epi-pens, bottles of water, extra mittens or a scarf- you never know what the weather may be so be proactive.



EXPIRATION DATES!!!

Check epi-pens, insulin pens, topical creams... anything that is not used regularly or has a longer than normal shelf life to ensure that the Rx is current and the medication has not expired. An ounce of prevention is worth... one less thing to worry about!

BULLYING COMES IN MANY FORMS--- BE ATTENTIVE !

Back To School Health Tips...



Practice Infection Control

Wash hands frequently and use hand sanitizer. Clean all cuts and scrapes immediately, and shower after athletic activity to prevent staph infections. Don't share drinking glasses, plates or other personal items. Avoid sharing hats or touching heads to prevent the spread of lice. Probiotics can also reduce the risk of some infections, particularly diarrhea

Keep Sick Kids Home

If a child has a fever, he or she should not go to school. Any potentially contagious infection should also result in a sick day. Make sure that you have child care arrangements set up ahead of time—if everyone kept sick kids home, fewer kids would be sick. Teach kids to cough and sneeze into the inside of their elbow to prevent germs from spreading.



Set a Routine, But Don't Over-Schedule

In order to sleep, eat and study, kids of all ages need a routine. That means doing the same thing at the same time every day, so they can run on autopilot. Schedule time for exercise and homework, and keep things consistent. But many experts say that children these days tend to be over-scheduled, which leads to stress, nervousness, and even depression.

Excerpts from : www.forbes.com/2010/08/20/school-health-tips-business-healthcare-children.html

DOG DAYS of SUMMER!

September brings cooler temperatures making being outdoors much more pleasant. However, the idyllic dog days of summer are still full of health hazards to be alert for.



1- **Bees**- swarms of yellow jackets around the trash can at the park or playground are a common sight in the late days of summer. Always check your beverage container before taking a sip if you have left it uncovered and/or unattended.

Likewise- avoid wearing strongly scented perfumes, hair care products or using soaps and detergents with strong fragrances- Especially floral scents!

1- **Sunburn**- The days are getting shorter and the nights may even be downright cold, but the sun is still quite potent during the late morning into the afternoon hours. Use sunscreen to protect against harsh rays and avoid prolonged exposure as much as possible to prevent potential skin damage.

2- **Heat-related illness**- This is more common during the last steamy days of summer. With the temperature not as high as during June and July, people are not expecting heat exhaustion, and make hydration less of a priority. The high humidity more than makes up for slightly lower temperatures in challenging your heat dissipation skills.



Tips on how to bridge the gap from summer to school...

- A few days leading up to the start of school, go to bed 10 minutes earlier each night and wake up 10 minutes earlier each morning until you get to your targeted wake-up time.
- Stay consistent with a steady, 7-day sleep-wake schedule. Don't try to catch up on the weekends
- Develop a relaxing bedtime routine.
- Drop the summer sweets and maintain a healthy, balanced diet.
- Limit electronics and homework at least one hour before bedtime.

Excerpt from : www.wfuv.org

Check these links for more Back to School Tips, Safety & Health tips and Fun Back to School Craft Ideas :

No Bullying- Back To School Safety Tips

<http://nobullying.com/back-to-school-safety/>

Back To School Health Checklist

<http://www.webmd.com/parenting/features/back-to-school-health-checklist>

Back To School Safety Check list- From the National Safety Council

http://www.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Back-to-School-Checklist.pdf

School Bugs and Germs

<http://www.webmd.com/digestive-disorders/diarrhea-10/school-germs>

Health Concerns During the Dog Days of Summer

<http://www.ushealthworks.com/blog/index.php/2013/09/health-concerns-during-dog-days-of-summer-2/>

Beat the Top Summer Health Hazards

<http://www.health.com/health/gallery/0,,20385879,00.html>

Back To School Crafts Ideas for the whole family

<http://www.pbs.org/parents/crafts-for-kids/category/holiday/back-to-school/>