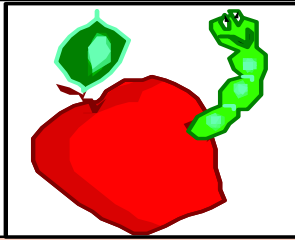


HealthBeat



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Health Services

Did You Know...

Periodically, we like to remind our parents/ guardians how the health services are set up and ways they can communicate with us. Here's a summary:

The Health Services at LCSD consists of 3 part-time registered nurses and 4 health aides. One RN is at LHS every day and the other one covers the rest of the district PS-8. The health aides have various backgrounds and are supervised by the RN. The RN is at each of the buildings one day each week to follow-up on students, attend IEP/ team and various other meetings. The RN's respond to all emergencies, set up protocols for special needs students, work with families and staff regarding students with medical and/ or behavioral/ emotional issues, are part of IEP teams, etc

Each building Pre-School through 4 has a health aide whose responsibilities range from collection of required information and distribution of medications to basic first aid/ keeping the district RN's informed of higher needs students, emergent needs, and situations to follow-up on.

On the LIS/LMS campus, two clinics were combined into one to accommodate grades 5-8. This clinic is staffed by one health aide. The campus clinic at LIS/ LMS is located behind the entrance to LIS.

If you ever need to reach any of the district nurses, feel free to call 677-7973 and leave a message or go to www.lovelandschools.org ; go to Programs then Health Services for our email addresses.

Handwashing is the single most effective way to prevent infection/ illnesses. **HANDWASH! HANDWASH! HANDWASH!** We are seeing many illnesses that could mostly be prevented with this simple thing!!

- How eating healthy foods affects learning? There is a direct link with good nutrition and high energy levels and increased brain power. Please make sure your child **EATS** and **DRINKS** in the morning. This will help prevent them from making trips to the clinics for headaches, stomachaches, etc and help us determine if it's illness or lack of food causing these. Their grades will probably go up, too!
- October 23-30 Loveland Schools will be participating in **Red Ribbon Week** highlighting the need for education and teamwork by parents, our community and schools on the dangers of drug and alcohol use for our students. We will focus on awareness, promote positive messaging, and good decision making. During this week our high school ambassadors will be giving presentation on the 2nd Healthy Habit, "**Begin with the End in Mind**". Please take this opportunity to start this very important conversation about drugs and alcohol. For tips on how to start talking about this, go to www.starttalking.ohio.gov . The five minutes you take to start will be the best five minutes you spend this week.
- The Loveland Drug Task Force is sponsoring a presentation on November 16, 2016 at the LMS auditorium. Vendors start at 5:45p followed at 6:30 with the program called "**Right Under Your Nose**". It is an adult only event and will give you some insight into teens, drugs and alcohol and how being aware can make a huge difference. A local family will be sharing their heartfelt story to help all of us understand how drug related tragedies can happen to anyone.
- October 22, 2016 there will be a Rx Drug Take Back day at Loveland Elementary and the Safety Center 10am-2pm.

Reminders

- All prescription and over-the-counter medications need to have a "permission to dispense" form filled out by the doctor and parents and turned into the clinics. You can download the form at www.lovelandschools.org under "Forms" on the left hand side. Questions? Call 677-7973. Inhalers/ epi-pens may be carried if approved by MD but we still need a Permission to Dispense done.
- Flu season is coming and the CDC recommends that all children receive the flu shot. It will help prevent days lost from school/ work and they won't get the flu!