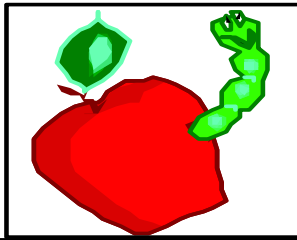


HEALTHBEAT

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My Voice, My Choice

FOOD ALLERGIES

Get psyched for our MVMC campaign! It is our anti-bullying campaign and one of our goals is empowering our students to speak up for their classmates when others aren't treating them well. We have a lot of things planned with an emphasis on improving their skills for dealing with bullying situations. Here are a few of the things we have planned:

1. Continue our tradition of recognizing our students that stand up for others. Look for those recognitions that happen three times a year. Encourage your child to be an "Upstander"!!
2. All staff will don their MVMC T-shirts and spread our favorite hashtag: #MVMC.
3. Coming soon, we hope to pull together as a community and designate one week highlighting our campaign's focus- empowering bystanders to take a stand **Be an Upstander!** Look for our local businesses to support us advertising on their signs and in their work places.
4. Plans are in the works for bringing a guest speaker or two who are knowledgeable on cyberbullying, bullying and ways to recognize and prevent it.
5. We are hoping to re-energize our high schoolers to lead the way for our younger Tigers. Watch to see how we encourage this to happen.

Did you know that:

- 2 to 2.5% of the population suffers from food allergies and 90% of these are allergic to peanuts, tree nuts, fish, shellfish, eggs, milk, soy & wheat. Peanuts are the leading cause of severe allergic reactions.
- Here are some things to do: check with the teacher before sending in treats or use non-food treats, teach your child not to share food, understand this could be deadly for another child, and help keep all kids safe!!
- For parents of food allergic students, make sure you have medication forms filled out properly (forms can be found on our website at www.lovelandschools.org under the parent tab). One medication per form. No students are allowed to carry medications unless approved by the school nurse (Exception: Epi-Pens and inhalers are allowed to be carried by students with physician permission and documentation). Also, connect with your building health aide/ nurse to make sure she is aware and a health plan is written. Keep your emergency numbers up-to-date!

MEDICATIONS

REMINDER!! Do not send any medications into school with your child. All medications, even over-the-counter ones, need to have the proper documentation by a physician and the parent. The parent will need to transport any medications to the building clinic. Information on medications can be found on our website under parent information and in your child's handbook. For safety purposes, **the maximum number of medication doses accepted in the clinics is 30.** Please let us know if you have any questions. Call 677-7973 and leave a message.

Things to Know...

- Clarkson eyeglasses has a great student package until September 7 especially expensive flexible frames like miraflex and other quality glasses. Check this out: <https://appt.clarksoneyecare.com/promo/>
- Here's some information to keep you up-to-date on the latest vaping new: <http://www.dph.illinois.gov/news/illinois-resident-experiencing-respiratory-illness-after-vaping-dies>

Lice is more prevalent at the beginning of the year, so remind your child not share hats, combs/brushes/ hair items.