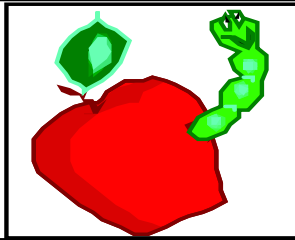


HEALTHBEAT

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THINGS TO REMEMBER

Here are a few tips and things to remember:

- Did you know that the quality of the food you give your child often has a direct effect on how they perform at school? Starting the day off with some protein (peanut butter, nuts, eggs, cheese, etc. are quick, easy sources of protein) and fruit would be an awesome breakfast- great way to start the day!
- Did you know physical activity helps your child stay focused? Make sure to have them exercise/ play for at least 45 min a day if possible. Here's an idea- have the family attend the **Loveland Family Fun and Fitness Day on September 13 in downtown Loveland starting at 2pm.**
- Loveland Schools has an updated wellness policy which focuses on safety and health. Go to any of your child's buildings on the website and look under Health Services (it's under Service/ Programs). The food allergy program and policy is there.
- The **MY VOICE/ MY CHOICE anti-bullying campaign** keeps looking for ways to involve our students, staff , families and community. This years theme is for all of us to be **UPSTANDERS.** An upstander is a person who knows something that is happening is wrong and **DOES** something to make it right. Talk with your kids about being an upstander. It takes courage to stand up for someone else, but it's the single best way we all can make Loveland Schools an even better place to live, work and go to school. **GO UPSTANDERS!!**

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. Please let us know if you have any questions. Call 677-7973 and leave a message!

FOOD ALLERGIES

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 then go to forms). 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!

THINGS THAT ITCH!

Lice is more prevalent at the beginning of the year, so remind your child not to share hats, combs/brushes/ hair items. If your child complains of an itchy scalp, please check their head and look for any signs of lice such as a very small bug that moves quickly, oval shaped pearl/ translucent and/ or black colored nits that stay on the hair shaft even when you try to flick them off. If you find any lice, please treat them prior to returning to school and notify us. If they have been playing closely with friends, notify those families so they can check also!