

Bryant School Winter Health Newsletter

I want to take this opportunity to introduce myself.

I am Mrs. Reyes Bryant school nurse. Thank you for helping to make your child's school experiences a very successful & positive one thus far!!

Winter Weather Is HERE!



- Students should always have a winter jacket, hat, mittens or gloves for outdoor activities and footwear that meets fun and safe outdoor playtime needs.
- Every day there is activity. Footwear is best if it is good for climbing and jumping; comfortable closed-toe shoes are excellent for climbing, running and keeping feet warm.
- A sweatshirt or sweater at school is perfect for classroom use because temperatures vary in different areas of the school building.

Did you know that Hand Washing benefits the community?

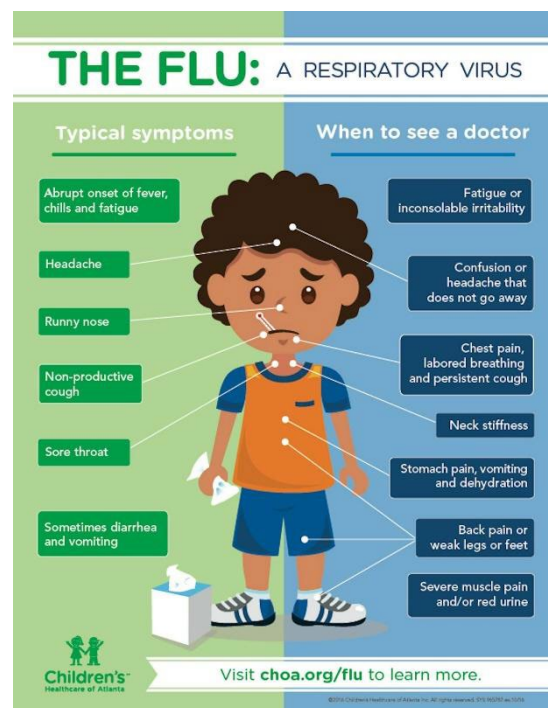
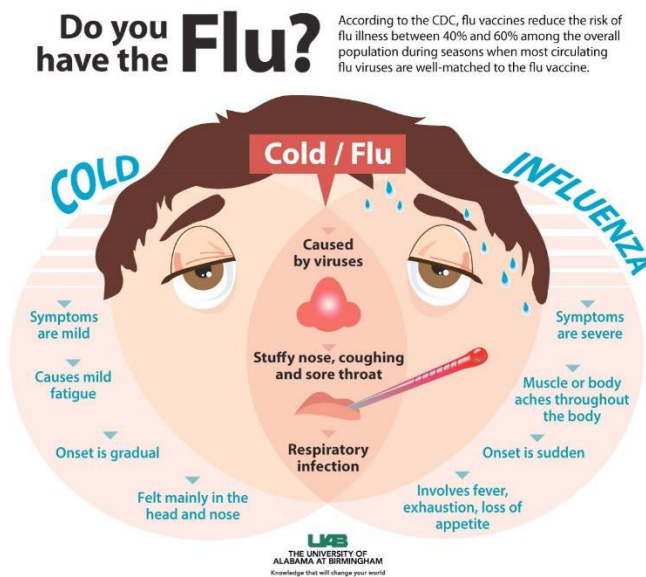
- Reducing respiratory illnesses, like colds, by 21%
- Reducing the number of people who get sick with diarrhea by 31%
- Reducing diarrhea type illness in people with weakened immune systems by 58%



Washing hands with soap, scrubbing for 20 seconds and singing the happy birthday song twice is how we promote proper handwashing at school!

Flu Season Is Here

Flu season is upon us. It's not too late to receive a flu shot and the additional protection the flu immunization provides. If your child is diagnosed with the flu, follow your doctor's protocol. Remember all students need to be fever free without medication for 24 hours before returning to school. Please remember when your child receives a flu shot to provide a note or an updated immunization record to the nurse.



Even on the winter break you can email me the proof of the flu shot I will be updating the flu list during this time. Our Goal is to have all students clear and ready to return to class by Jan 2.



[Influenza Vaccine Notice 23-24 SPA \(1\).](#)



[Influenza Vaccine Notice 23-24 ENG \(1\)](#)

HELPFUL HINTS

Doctor's Notes are required when a student returns from any of the following:

- Major Illness/Surgery/Emergency Room Visits, or any absence 3 days or more. The note should state whether or not they are allowed to do gross motor skills activities.
- If your child has a rash, they will need a doctor's note stating the reason for the rash, **and that the rash was or was not contagious.**
- **If your child's eyes are red, or have any drainage-a Doctor's note is required.** Do not send your child to school if they have or had a fever within 24 hrs.
- **Your child must be fever free for 24 Hours without taking any medication to reduce the fever. Do not send your child to school if they have a bad cough, diarrhea or runny nose.**

No medication is to be brought to school unless prescribed by the doctor. **You can pick up the forms from the nurse's office that the doctor or parent must fill out.**

Medication must be in the original container from the pharmacy with your child's name on it.

We must be able to reach you during school hours. **This is an absolute requirement.** We must have your most current home, work, cell, and any other emergency numbers.

If your child becomes sick in school an adult must come to pick them up, and their name must be on the emergency list. Photo I.D.. is needed.

Class inspection may be done at different times during the school year, such as height & weight.

Please feel free to contact me with any health concerns regarding your child.

I am so Glad I am part of the wonderful Bryant Family. Lets make this a fantastic school Year

Johanna Reyes BSN, RN
School Nurse

Teaneck Public Schools

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