



SEPTEMBER NOTES FROM THE NURSE

FOR ALL OUR NEW STUDENTS AND FAMILIES - WELCOME TO TRAVER ROAD
FOR ALL OUR RETURNING STUDENTS - WELCOME BACK!

My first newsletter always contains the same information I believe will be useful for all our families. For those who have read this before... let it be a gentle reminder of how to help get our children AND our selves back into a healthy routine.

Wow! Summer vacation is over and what a wonderful summer it was. We are back to school and now is a great time to talk about sleep, schedules & snacks.



SNACKS: Bag the chips, toss the cookies & candy. Many packaged snacks lack the nutrients our little ones need to make it through the day. We have all been guilty of grabbing these from time to time, but make this year the year of getting in a habit of healthy eating. Many of these healthy snacks can be purchased in small portions in the supermarket, perfect for little ones to pack for a snack. Have them help pick out their "new" healthy snacks. They'll be more prone to enjoy them! Here are some suggestions:

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| ♥ 100% <u>juice</u> or bottled water | ♥ Yogurt |
| ♥ Crackers instead of chips | ♥ Cheese & crackers |
| ♥ Carrots with ranch dressing | ♥ A piece of fruit |
| ♥ String cheese | ♥ Cut up veggies |

Remember: We have several children with nut allergies at Traver Road this year. This can be a very dangerous, life-threatening allergy and I ask that all our parents keep this severe allergy in mind when sending food into school for their child. If there is a nut allergic student in your child's class I ask that you please refrain from sending in ANY foods with nuts into the class.

Remind your child that they can enjoy these foods at home anytime.

THE NURSE'S OFFICE CAN ALWAYS USE DONATIONS OF ELASTIC WAISTED SWEATPANTS AND LEGGINGS - SIZES 6-10.

Many parents also find it convenient to place a Ziploc bag with a change of clothes in their child's backpack in case of cafeteria or bathroom accidents

~ This is especially helpful for the children as they are more comfortable ~



SLEEP: Adults crave it, kids fight it-we all NEED it. It helps us to grow and learn. The start of school is always a difficult time to get to bed early. Summer is still in the air and the children miss their freedom of late nights and sleeping in. The school day begins early (8:40) and getting to bed on time is very important. Children aged 4-8 truly require 10-12 hours of sleep per night to perform well in school and stay healthy. This brings me to schedules.



SCHEDULES: Gone are the lazy days of summer (although there are still week-ends). Setting a sleep schedule with regular bedtimes and bedtime rituals will almost guarantee a fight-free bedtime. Try to adhere to the same bedtime every night. Settle down with a quiet activity at least 30 minutes before bedtime (reading, puzzles, coloring, talking). Not only are these activities soothing they are perfect opportunities to spend some quality quiet time with our children. And, parents are happiest when they know in advance when their parenting day will end. Parents need sleep too!!



Cold or Allergy?

Although allergies and colds share many symptoms, there are some differences that can help tell the two apart:

COLD

- Fever – even a low grade one
- Discharge – white, yellow or greenish dripping from nose
- Actual throat pain (sore throat)
- Swollen lymph nodes in front of neck usually sign of a cold
- Appears ill and listless
- Eyes – usually normal
- Occasional sneezing
- Cough – both allergies and colds cause coughs that can be worse at night – but will last longer with an allergy
- Duration – all symptoms of colds usually subside within a couple of weeks

ALLERGY

- Fever uncommon in allergies
- Discharge usually watery with allergies
- Itchy or scratchy throat
- No swollen neck lymph glands
- Not sick – but may be more tired than usual
- Red, itchy, watery eyes common
- Repeated, prolonged spells of sneezing likely reflect an allergy
- Cough – both allergies & colds cause coughs that can be worse at night – will usually last longer with an allergy
- Duration – allergy symptoms may last for many weeks or months