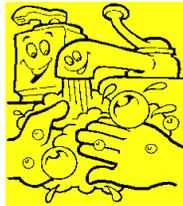


## Nurse's Notes From Mrs. Heilmann - June 2021



During the school year we are often so busy that we don't take the time to relax. Summer is a great time to spend family time together. Catch lightning bugs, lay in the grass and watch the clouds, read a really great book (or 2!), bike, hike, swim, have a backyard picnic...the possibilities are endless! We are fortunate to live in the beautiful Hudson Valley where you can be out in nature safely and socially distant. Just relax, have fun and stay safe!

Don't forget to use sunscreen and wash your hands often!



### **A couple of important reminders for the end of the school year:**

- **Please remember to pick up** all student medications by the end of the day on June 24<sup>th</sup>. All medications left in the Health Office at the end of the school year will be destroyed. Medications cannot be kept in the Health Office over the summer. Please call or email me the time and date you would like to pick up your child's medication.
- **If your child will need medication in school next year**, please email me ([dheilmann@acsdny.org](mailto:dheilmann@acsdny.org)) to arrange a time to bring the completed medication order, and the appropriately labeled medication to school prior to the start of the new school year. All medication for school must be brought to the School Nurse, by a parent/guardian or trusted adult, in the original, unopened, container, labeled with the name of the student. Only the School Nurse can accept delivery of medications.

**Students are NOT allowed to carry medications to and from school.**



### Back to School Check List

- ✓ **Yearly physical exam...**All students **new to the school district as well as all students in grades K,1,3,5,7,9,11** are required to have a physical exam. Physical forms can be found on the Arlington District website. Schedule your doctor appointment early and submit the physical documentation as well as an updated immunization record to the Health Office at the beginning of the new school year. You can also email the completed forms to me at [dheilmann@acsdny.org](mailto:dheilmann@acsdny.org)
- ✓ **Immunizations** up to date? Please submit a current immunization record to the Health Office prior to the start of school. If you have questions about immunizations, please contact your primary care provider or the Dutchess County Department of Health. If you have been made aware by the School Nurse that you are overdue for any immunizations, please have them done and documentation submitted to the TIS Health Office before the start of school in the fall.
- ✓ **Create** a daily schedule for waking up, eating breakfast, arriving to school on time, doing homework, enjoying free time, having dinner with the family, bathing, and packing up for the next day; post on the fridge as a reminder.
- ✓ **If your child has** a special diet, allergies or health concerns, please list these on the yellow Emergency Health Summary Form that you complete at the beginning of the new school year

#### ***WANTED:***

**Girls leggings, sweat pants, new socks, and new underpants, sizes 8, 10, 12**  
**Boys sweatpants or joggers, new socks, and new underpants, sizes 8, 10, 12**



*Be Safe and Be Healthy!*

*Mrs. Heilmann, RN.*

*TIS School Nurse*