**Winter Reminders**

**From the Nurse:**

-With the changing of seasons and the cold weather upon us, we start to see many viral infections. Signs of these could be runny nose, fever, rash, cough, excessive fatigue and/or headaches. Be sure your child eats right and gets enough rest. **If your child appears sick before school, please keep them home**. *This is the best way to prevent the spread of germs.* *Germs love to be shared!* It’s cold outside, please be sure your child is dressed for the weather.

**- Vision and Hearing Screenings** will be starting in school in accordance with NYS mandates by specific grade level. If you receive a referral in the mail for your child, please make an appointment with an eye doctor or ear doctor. The form should be filled out by the doctor and returned to school ASAP. Seeing and hearing clearly are essential to learning.

-If you change your phone number or need to add a contact person, please inform the clinic. We need to be able to contact you should your child become ill in school.

The goal in the Health Office is to try to ensure the safety and wellbeing of your child when in school. Should you have any questions or concerns, please feel free to contact me.

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