

September 2009

**Welcome back to school!**  
**We wish you a healthy and happy school year!**

**Your School Nurse is Lisa Hogan and she can be contacted at 604-488-4854. She is available to provide health information and resources to parents and students such as nutrition, tobacco prevention, immunization, community resources, etc.**



**REDUCE YOUR RISK OF FLU AND OTHER ILLNESS**

**Wash your hands regularly,** especially after you cough or sneeze. Take **20-30 seconds** and use regular soap.



**Cover your nose and mouth** with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it. *Or,* sneeze or cough into your sleeve or arm then wash your hands.



**Avoid touching your eyes, nose and mouth** as germs spread that way. Avoid close contact with people who are sick.



Adapted from HealthLinkBC file #108, May 2009

**FAMILY CONNECTION**

September brings lots of changes, so keep an eye on how your child is adjusting to these transitions. Some ideas:

- △ Plan on having at least one family meal together, every day! Turn off the distractions and encourage everyone to share something from their day.
- △ Talk to your child about how things are going. If they have any worries remind them that you are there for them.
- △ Cover the basics -- ensure they get enough sleep and start the day with a good breakfast. Help them get organized for each school day the night before.
- △ Remind them of the positives of each new situation (such as new opportunities, and people you meet).
- △ If you have any concerns about your child's adjustment, speak to your child's teacher, principal, school nurse, school counselor or doctor.



**MEDICAL ALERTS**



Is your child on the Medical Alert List at school? This includes students with serious allergies, diabetes, epilepsy, severe asthma, blood-clotting disorders and

serious heart conditions.

Medical alert forms are available at the school office. Please complete and return forms to the school as soon as possible as they communicate important information on the treatment or emergency plan as ordered by the doctor. Inform the school of any changes during the school year.

Emergency medications: please ensure that your child's personal emergency medication kept at the school has not expired.

Medical alert bracelets or necklaces are also a great idea. Check out these websites –

[www.IdentifyYourself.com](http://www.IdentifyYourself.com) or [www.medicalert.ca](http://www.medicalert.ca)

**If you have any questions or suggestions for future topics, please let us know!  
Call 604-983-6700 and ask for the On-Call Nurse for the Child and Youth Team.**